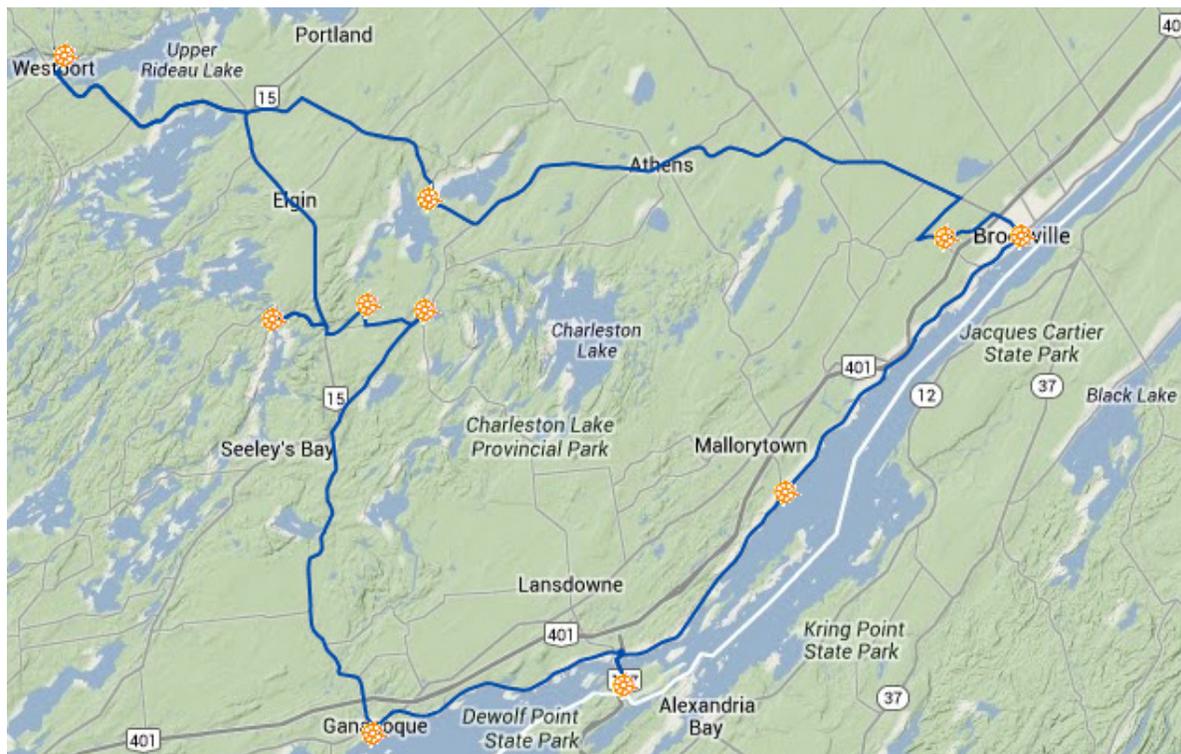




# FAB EXPERIENCES

Eastern Ontario, Canada

## FAB Brockville Signature Tour



### Tour Description

The Frontenac Arch Biosphere is big. New York City plus two Torontos would fit inside, with room to spare. It's half the size of Prince Edward Island—but the FAB programs involve people and communities for twice that area.

The Frontenac Arch Biosphere is very complex. Five forest regions meet here, the geology encompasses a quarter of the age of the planet, and people have lived here for 9,000 years.

Between the size of the region, and its complex story, seeing what it's all about is more than a day trip—in fact, it may take several days to get an appreciation of why this is one of the most important natural and cultural regions of the planet. This tour is designed to give you a sense of place for FAB: its geography, community, environment, local food and arts scene. Other tours on FAB Experiences delve into each topic in much more depth. Enjoy the time it may take, and be sure to introduce yourself to the people you meet, as locals know all the “best spots”.

Aristotle famously said “The whole is greater than the sum of its parts”. Nothing could be closer to the truth for the Frontenac Arch Biosphere.

## 1. Brockville

Lat: 44.589596  
Long: -75.68429

Brockville, with a population of 22,000, is the largest urban centre within the Frontenac Arch Biosphere, and sits at the southeast corner of the actual UNESCO designated area, at the edge of the Arch. The Three Sisters - the eastern-most of the Thousand Islands - can be seen from the waterfront, at Blockhouse Island. A site of First Nations encampments for centuries before European discovery, and a frequent stop for French voyageurs. The first organized settlement followed the American Revolution, when in 1785 many loyal to Britain came to this region. Brockville was Ontario's first incorporated town, and has Canada's oldest railway tunnel, built 1860, running from the waterfront, under city hall and emerging 1/2 km. north. Explore the historic downtown and see into the past from the many historic signs. To get seasonally fresh produce, visit the farmers market, Tues., Thurs., Sat spring to early winter.

*Driving directions: From Blockhouse Island, turn left on Water St., right onto Broad St., across King St. which becomes Court House Av.; follow to Wall St to stop sign, turn left onto Pearl St.; one block to Stewart Blvd., north to Parkdale Ave.; turn left on Parkdale Ave., Driving about 4km to Lyd Rd.; Turn left to Inspirations Gallery, 100 metres on right. 2490 Lyn Rd.*

### Notes:

## 2. Inspirations Gallery

Lat: 44.58805  
Long: -75.74164  
  
Tel: 613-342-5548

While it's difficult to showcase one gallery, the Inspiration Art Gallery at the west edge of Brockville is introduction to two of the many excellent artists of the region. Sheila Ballantyne's oils and sculptures, and George Hurst's fine wood furniture are a taste of the region's fabulous art, inspired by the Biosphere. A working gallery, where a conversation leads to discovery.

*Driving Directions: Continue north on Lyn Rd., to County Rd 27 (Centennial Rd.); turn right. After 3.5km, turn left onto Highway 29 continue northwest for 11km to County Rd 42, turn left. Continue east for 24km along county road 42, through the village of Athens, to Delta.*

### Notes:

Explore more at: [frontenacarchbiosphere.ca](http://frontenacarchbiosphere.ca)

### 3. Delta

Lat: 44.609412  
Long: -76.122982

The village of Delta nestles between Upper and Lower Beverley Lakes. The short creek between the two lakes was key to a founding of a once thriving village. A dam built in 1810 backed up the waters of shallow Upper Beverley—barely more than a rich marshland—creating a head of water for the first mill on the site. This was vital to farms and rural people alike. A mill, a distillery, the site of the first temperance speech in Upper Canada—the mill is now a National Historic Site, and thanks to dedicated local volunteers, is working again, grinding heritage wheat into flour used in local bakeries. A must-see, the mill and exhibits encapsulate the story of early Biosphere communities.

*Driving directions: Continue north on County Rd 42 for about 28km, turn left on Rideau St., (which becomes Main St.) in Westport to explore the village. To get to Foley Mountain: Main St becomes County Rd. 10 out of Westport; follow Cnty. Rd. 10 approx. 1 km.; turn right at Foley Mountain Conservation Area sign, follow Foley Mountain Rd. approx. .5 km. to Spy Rock lookout parking area.*

#### Notes:

### 4. Westport & Foley Mountain

Lat: 44.684330  
Long: -76.392020

At the north, central edge of the Frontenac Arch Biosphere, the village of Westport thrives as a scenic, artistic community near the mid point of the Rideau Canal system. Westport was built on the early 1800s timber industry. The lake and rivers to the north and west floated millions of board feet of logs to the village, where they were milled or floated further to supply growing Bytown (today's Ottawa) to the north up the system, or south to Kingston. Westport is art, music and heritage together. Explore the galleries and art events. Visit the Chamber of Commerce office to see what's on. Go just west from Westport to Foley Mountain Conservation Area, for a tremendous view from Spy Rock over Westport and south down the Frontenac Arch. The steep cliff is the edge of an ancient fault line, where hundreds of millions of years ago, the land dropped a hundred metres, creating the basin for the Rideau Lakes to the east, and a chain of lakes to the west.

*Driving directions: Get back on County Rd 42, and travel southeast for 14km, to Highway 15, turn right. After 14km, turn right onto Jones Falls Rd for 3.5km, then turn left onto Kenneys Rd to stop at Hotel Kenney and explore the locks.*

#### Notes:

Explore more at: [frontenacarchbiosphere.ca](http://frontenacarchbiosphere.ca)

### 5. Jones Falls

Lat: 44.54531  
Long: -76.23779

There are 47 locks on the 202 km Rideau Canal system, from Kingston to Ottawa. If you were to visit one lock station to take it all in, Jones Falls is the place. While every lock station is wonderfully unique, Jones Falls has multiple locks, a turning basin, a loading station, defensible lockmaster's house and interpretive exhibit—a little of almost everything—and very scenic as well. The dam at the site of the former falls was, in its day, the largest engineering feat in the New World, and it still stands strong. Another story is told at the dam site, where you'll see three enormous barrel-like wooden tubes leading down the steep slope to a power generating station, still working after the better part of a century. Top off the visit with lunch at Hotel Kenney, a resort built in 1877.

*Driving directions: Take Jones Falls Rd back to Highway 15, turn right to go south for 3.5km, then turn left onto Fortune Line Rd.; stay left at the fork to continue on Fortune Line Rd, Wendy's Country Market is at 151 Fortune Line Rd.. Just past Summers Rd. on the right hand side.*

#### Notes:

### 6. Wendy's Country Market

Lat: 44.552862  
Long: -76.168642

At first glance, a small country market store—but so much more. This is where the tastes of the Frontenac Arch Biosphere come together. The former one-room school house is the hub of local food, with produce, cheeses, meats, baking - everything, in fact, that represents local food. A visit is next best thing to a farm tour. Open year 'round.

*Driving directions: Get back on Fortune Line Rd, heading northeast for 650m, and turn right at Turk Rock Rd. After 1km, turn left onto Briar Hill Rd., After 2.2 km, turn right onto Old Briar Hill Rd., take the first left onto County Rd 33, and continue 1.3km northeast into the village of Lyndhurst.*

#### Notes:

Explore more at: [frontenacarchbiosphere.ca](http://frontenacarchbiosphere.ca)

## 7. Lyndhurst

Lat: 44.5499  
Long: -76.1253

A small village, but a past that was pivotal in the history of the region. Lyndhurst was originally called Furnace Falls. Before dams were put in place in the early 1800s, the waters of the Gananoque River system plunged down Lyndhurst Creek from Lower Beverley Lake, into Lyndhurst Lake, and powered timber and flour mills. It was also the site of Upper Canada's first iron foundry, where iron ore, though not of great quality, was turned into much needed implements - as well as arms and munitions for Fort Henry in Kingston. The mills and foundry are all but gone, though parts of foundations are still seen. The stone bridge in Lyndhurst is the oldest surviving stone bridge in Ontario. An excellent interpretive plaque in the park by the bridge illustrates the impressive past. Today, explore the village, stopping at the Green Gecko and Wing's Baits - local icons.

*Driving directions: Drive south on County Rd 33 to Highway 15, about 8km. Turn left onto Highway 15, and drive south for 1km to County Rd 32, turn left. Continue south for about 20km, this road turns into Stone St in Gananoque. To explore the Gananoque waterfront, drive through town on Stone St, and turn right on Water St. The Arthur Child Heritage Museum is located at 125 Water St, Gananoque.*

### Notes:

## 8. Gananoque

Lat: 44.3271  
Long: -76.16406

The small town of Gananoque has a remarkable place in the story of Canada. It was key to prosperous settlement in the late 1700s, an impressive manufacturing centre in the mid 1800s, and the gateway to the Thousand Islands' burgeoning tourism development in the early 1900s. Today, Gananoque is still a regional tourism site, and a hot spot for arts and local food. Start your town tour at the waterfront at the Arthur Child Heritage Museum and the park and harbour. Be sure to mark the artist's locations on your itinerary. To see the islands from the very best angle, rent a kayak at 1000 Islands Kayaking.

*Driving directions: Return to King St E, and travel 2km east to merge onto the Thousand Islands Parkway. After 14km, take the exit to Highway 137 south, towards Hill Island. Drive over the Thousand Islands Bridge to Hill Island and explore the area. The Sky Deck is straight ahead on the left hand side.*

### Notes:

Explore more at: [frontenacarchbiosphere.ca](http://frontenacarchbiosphere.ca)

### 9. Thousand Islands Bridge

Lat: 44.35252  
Long: -75.9788

The centre of the Frontenac Arch is in the fleet of islands just east of the village of Ivy Lea, and where the Thousand Islands Bridge island-hops to span the St. Lawrence River. Cross the bridge, and park roadside on the right, just past the last section of bridge. Take the walkway over the bridge for a treetop view of the islands and river. To the west is the east end of Lake Ontario; and to the east is the St. Lawrence River, which literally begins under your feet. Here, the water flows over the top of the Arch, through channels narrowed by numerous islands, and begins its seaward race by plunging down an underwater chute that is 1 1/2 half times the drop of Niagara Falls, and with twice the volume of water. Back to your vehicle, and just a couple of hundred metres further onto Hill Island is the Hill Island Sky Deck, and with the elevator ride to the top, a clear-day spectacular view of all of the Thousand Islands, east to west; and a view south into the Adirondack Mountains at the southern end of the Frontenac Arch. Look north to trace the rolling and ancient hills, all that remains of the ancient mountain chain, extending far north into the Canadian Shield.

*Driving directions: Drive back over the bridge, and get on the Thousand Islands Parkway, eastbound towards Rockport. Stop in the village of Rockport to glimpse another riverfront hamlet, if you have time left in the day. The Thousand Islands National Park visitor centre is located about 15km east at Mallorytown Landing, on the south side of the parkway.*

#### Notes:

### 10. Thousand Islands National Park

Lat: 44.454488  
Long: -75.859255

Thousand Islands National Park is the First national park created east of the Rocky Mountains - but was actually the first proposed, by none other than Sir John A. Macdonald, spurred on by forward-thinking area residents. The visitor centre at Mallorytown Landing is introduction to the incredible natural history of the region. Be sure to hike at least the first sections of the nearby Jones Creek Trail to see nature up close.

*Driving directions: Continue eastbound for 9km on the Thousand Islands Parkway. At the end of the Parkway, turn right onto Brockmere Cliffs Rd, then turn right onto Highway 2. Continue about 10km into downtown Brockville. When in Brockville, check the schedule at the Brockville Arts Centre, downtown, to see what terrific play or music event may be on.*

#### Notes:

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