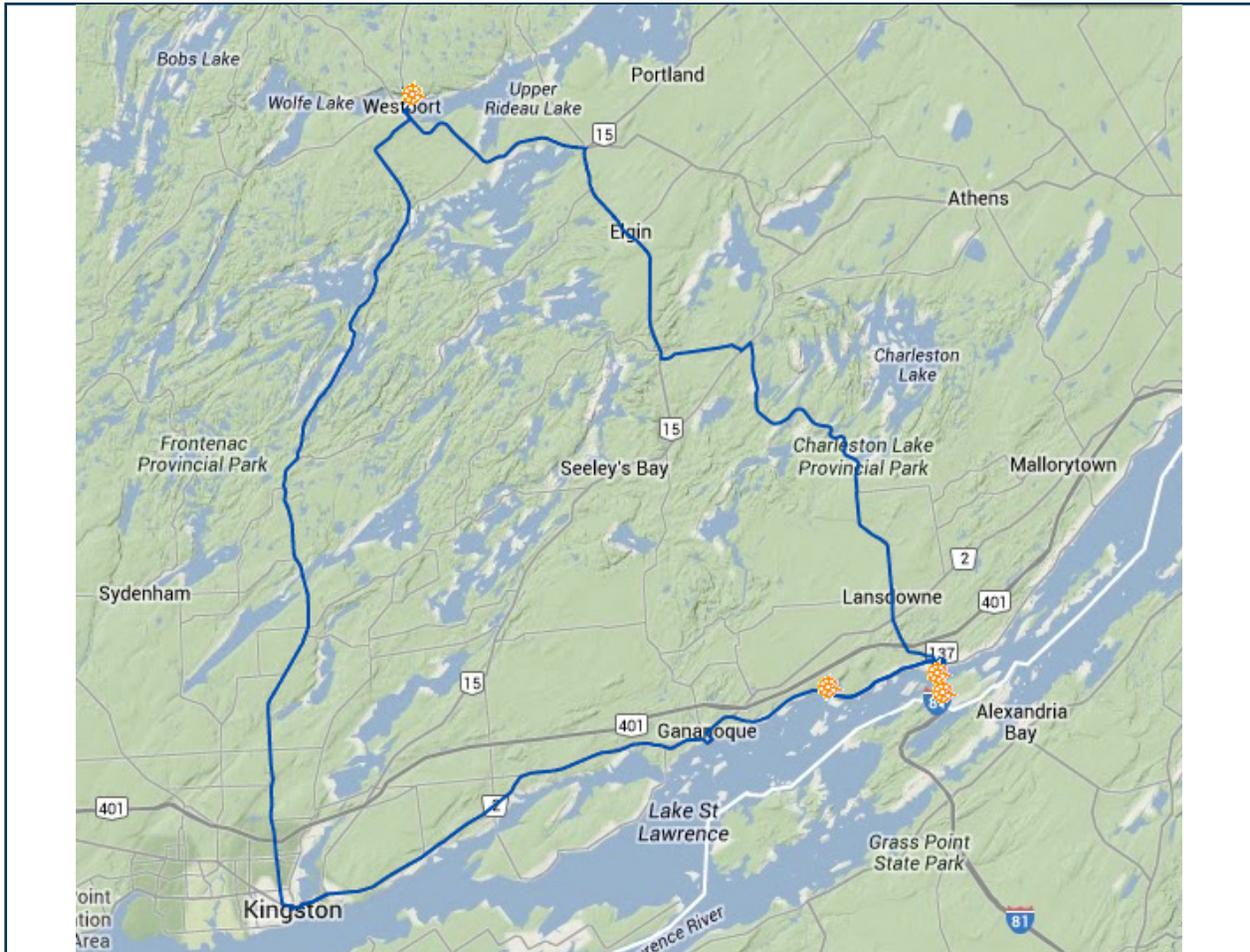




FAB EXPERIENCES

Eastern Ontario, Canada

Drive the High Points



Tour Description

A bird's eye view of a place you visit always gives you a better perspective. Around the Frontenac Arch Biosphere, there are a few very good high point view points. A couple of these are manmade and very easy to get to; a couple are an easy stroll; and a couple of others involve a good hike.

The geology of the Frontenac Arch has everything to do with the natural viewpoints. More than just high ground, they are part of the story of the formation of the Arch. A short story of the long geological history is found on the Knowledge Central pages of the frontenacarchbiosphere.ca website. In fact, you may want to take FAB Rocks! tour as part of your FAB Experience.

1. Landon Bay Lookout Trail

Lat: 44.355150
Long: -76.067700

At the Landon Bay Centre just a few kilometers east of Gananoque on the Thousand Islands Parkway, there are excellent hiking trails. A short hike with a modest climb brings you to a terrific viewpoint over the St. Lawrence River.

The view is towards the southeast. You can see both spans of the Thousand Islands Bridge. Beyond, at the horizon on a clear day, are the Adirondack Mountains where the southern arm of the Frontenac Arch ends. The view of the Thousand Islands is the stuff of postcards, and it's easy from here to see how the St. Lawrence River floods and flows around ancient granite hilltops as it spills from Lake Ontario, at the western edge of the horizon.

Driving directions: From Green Woods Inn, travel north on Highway 15 about 2km to Highway 401 east. After approx. 24km, take exit 647 to Thousand Islands Parkway exit on right; drive approx. 6.1 km to Landon Bay Centre; turn left to enter. Follow laneway through property to green wash-room; park at roadside; trail just ahead.

Notes:

2. Thousand Islands Bridge

Lat: 44.362250
Long: -75.982640

At the mainland foot of the Thousand Islands Bridge, just before the toll booth, there is a convenient parking lot. From spring through fall, you can park here to walk across the bridge – no fee. This Canadian span of the bridge is just under a kilometer long, with a walkway on the west side. Arcing high above the river, this is a great bird's eye view of the islands and river – but close enough to see and appreciate the river's torturous flow. The bridge was built at this location, because this is the narrowest stretch of water to cross. In fact, this is the centre of the Frontenac Arch, and is where the St. Lawrence River actually begins. To the west is where Lake Ontario ends, funneled by the narrowing passage through the islands. The swirling currents below mark where the waters begin that seaward race, as the channel drops to a depth of about 100 meters – well below sea level, and half again the height of Niagara Falls.

Driving directions: From Landon Bay Centre, continue travelling east on Thousand Islands Parkway for about 8km. Turn left onto Highway 137 South ramp, towards Hill Island. The bridge is about 800m away. There is a toll to cross the bridge.

Notes:

Explore more at: frontenacarchbiosphere.ca

<p>3. Hill Island Skydeck</p> <p>Lat: 44.352520 Long: -75.978800</p> <p>Tel: 613-659-2335</p> <p>Email: skydeck@1000island.net</p>	<p>Just across the Thousand Islands Bridge is Hill Island, still in Canada. A half km. along is the 130 meter tall Skydeck, a viewing tower well worth the small fee for the elevator, on a clear day.</p> <p>The 360° view takes in the entire Thousand Islands and breadth of the Frontenac Arch, from the east to western horizons. The Skydeck sits in the centre of the Frontenac Arch, at the south edge of the Biosphere. You can look southeast into the Adirondack Mountains, and northwestward up the Arch to the Canadian Shield.</p> <p><i>Driving directions: After crossing the bridge, the Skydeck is about 400m ahead, on the left side of the road.</i></p> <p>Notes:</p>
<p>4. Spy Rock, Foley Mountain</p> <p>Lat: 44.684330 Long: -76.392020</p>	<p>Just north from Westport, atop the steep hill, is Foley Mountain Conservation Area. A short way in the Foley Mountain Road is a small parking are for the short trail to Spy Rock – a terrific lookout over Westport and Rideau Lake.</p> <p>At this lookout, you are standing on the high side of an ancient fault line, called a slip fault. At a major fracture line still quite visible in part as the arcing north shoreline of Rideau Lake, the landscape south of this fault dropped away, a hundred meters or more.</p> <p><i>Driving directions: From Hill Island, take the second exit past the toll booth to Thousand Islands Parkway west; after 350m, turn right on Cnty. Rd. 3/ Reynolds Road, north; follow Cnty. Rd. 3 approx. 28 km. to Cnty. Rd. 33, , turn left; in 750 metres take 1st right on Old Briar Hill Rd., turning left at top of hill on Briar Hill Rd., approx. 4.5 km. to Morton; turn right onto Hwy. 15 for approx. 14.6 km. to Crosby; turn left onto Cnty. Rd. 42, for approx. 13.6 km. to Westport; turn right onto Rideau St. and through Westport on Main St. which becomes Cnty. 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.</i></p> <p>Notes:</p>
<p>Return to Green Woods Inn</p>	<p><i>From Foley Mountain, go back through Westport to County Rd. 42, turn left. Travel 1km to County Rd. 10, turn right. Drive 36km south to Moreland-Dixon Rd., turn left. After 4km, turn right onto Battersea Rd. Drive 11km to Kingston Mills Rd., turn left. Turn right onto Highway 15, drive for 3km to Green Woods Inn.</i></p>

Explore more at: frontenacarchbiosphere.ca