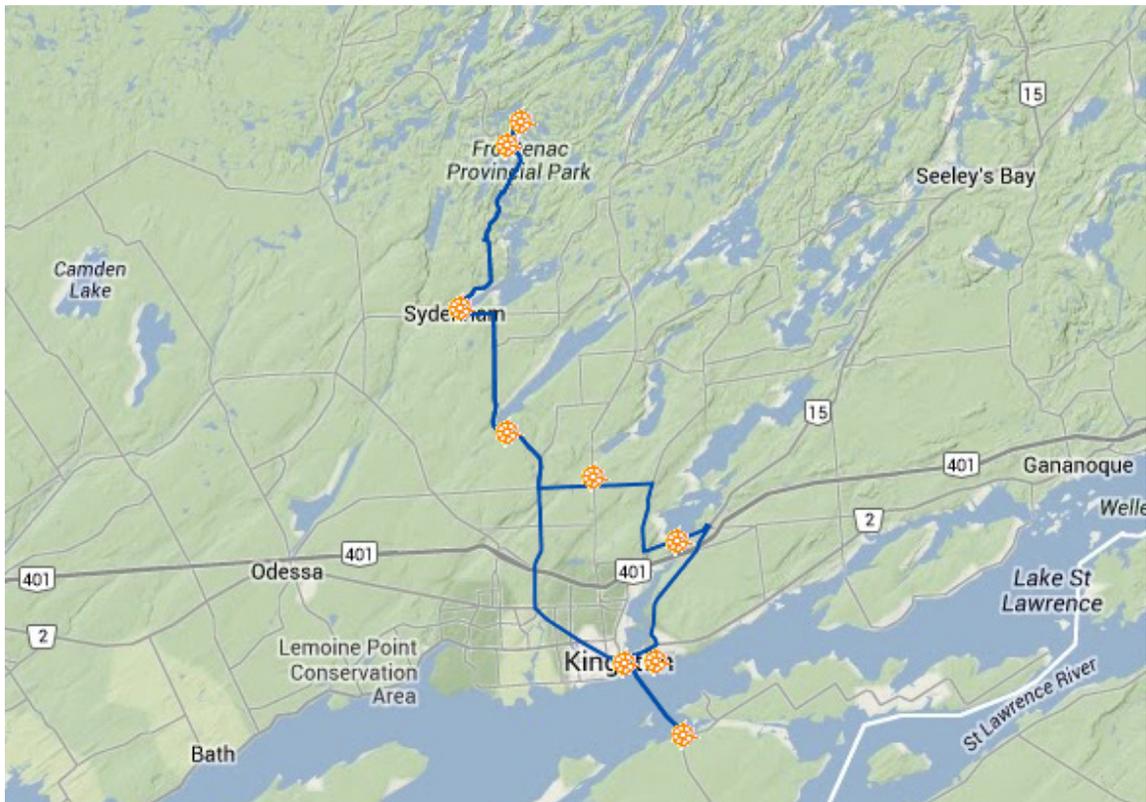




FAB EXPERIENCES

Eastern Ontario, Canada

FAB Signature Tour



Tour Description

This tour will take you from the Kingston Gateway, into the countryside celebrated as a UNESCO World Biosphere Reserve and World Heritage Site. On this adventure to the northwest of Kingston, you will explore the many environments of the region, and could choose a short hike and paddle experiences that will show you the wild side of the Frontenac Arch Biosphere - with local food and art stops on the way. This will be a long day - get an early start.

Tour from the FAB Kingston Gateway

fabkingston.ca

1. Kingston Mills

Lat: 44.684330
Long: -76.392020

At the very back of the long bay where the Cataraqui River empties into Lake Ontario, the river—a creek, actually—tumbled down steep granite cliffs. This waterpower source was vital for the young Kingston settlement of the late 1700s. The grist, or flour mill served the region for miles around, and the lumber mill fed the demand for building materials cut from the island and inland forests. The mills at Kingston Mills became of secondary importance in the building of locks for the Rideau Canal in the late 1820s. The lock station, a flight of three locks, with a turning basin and boat repair site between the second and third locks. A dam raised the water at the shallow pond above the falls, creating Colonel By Lake, another commemoration of the British engineer, Colonel John By, who supervised the massive canal project. While the mills were removed, the waterflow was further harnessed in the late 1800s as a hydro electric generation station, which still operates seasonally today. Visit the small museum at the site, and the associated locks, lockmaster's house and the blockhouse built for additional defense.

Driving directions: From Green Woods Inn, travel north on Highway 15 to Kingston Mills Road. To get to the next stop, head west on Kingston Mills Rd. for about 2km. Turn right onto Battersea Rd. After 4km, turn left onto Unity Rd. Travel for 3.3km, and turn right onto Perth Rd. Sun Harvest Greenhouses are located at 2542 Perth Road, about 500m north on the right hand side.

Notes:

2. Sun Harvest Greenhouses

Lat: 44.324513
Long: -76.502815

Tel: 613-546-6541

Local food is an important part of any authentic regional experience. While you'll certainly want to visit any farmers markets, each is on just some days of the week. Sun Harvest Greenhouses is open daily through the growing and harvest seasons, and a good stop along the way to see what's in season and to learn a little about local operations.

Driving directions: Go south, back to Unity Rd., and turn right. After 3km, turn right onto Sydenham Rd. Continue northwest for 4km to Limestone Organic Creamery at 3113 Sydenham Rd.

Notes:

Explore more at: frontenacarchbiosphere.ca

3. Limestone Organic Creamery

Lat: 44.347657
Long: -76.564001
Tel: 613-542-0732

Through the 1800s, this region was the dairy capital of Canada, with tremendous volumes of milk and cheese exported to other parts of Canada, and the world. The collective output of the many, many small farms was eventually eclipsed by bigger operations in other parts of the country. Today's Limestone Creamery brings another innovative and high quality dairy back to the landscape, with organic dairy products in old-style glass bottles. Enjoy terrific local ice cream, and many other local products.

Driving directions: Continue west on Sydenham Rd for about 7km. Turn left on Rutledge Rd. After about 2km, turn right onto Mill St. Trousdale's General Store is on the left hand side at 4395 Mill St.

Notes:

4. Trousdale's General Store

Lat: 44.410382
Long: -76.596978
Tel: 613-376-7622

Trousdale's General Store in the village of Sydenham is one the oldest general stores still operating in Canada, with a Trousdale in the store since 1836. Built in the days when Sydenham's economy was propelled by a mica mine, and three hotels catered to all the traffic, the store's floors still creak and groan, but Trousdales is both modern in its goods for sale, and antique in its displays and memories.

Driving directions: Heading north from Trousdale's, turn right onto George St., travel east for about 500m, then turn right onto Bedford Road. After 11km, Frontenac Outfitters will be on the right hand side, at 6674 Bedford Rd.

Notes:

5. Frontenac Outfitters

Lat: 44.49214
Long: -76.56334
Tel: 613-376-6220
E-mail:
frontenacoutfitters@gmail.com

There are few better ways to experience the character of the Frontenac Arch than by water - after all, a third of the region is "wet", with lakes, rivers, streams and marshes. Whether a novice or experienced with kayaks and canoes, Frontenac Outfitters is a great place to enjoy the small boat experience. They can outfit you, and instruct you for a taste of the Biosphere region by water.

Driving directions: Continue north west on Bedford Rd. for 150m, then turn right onto Salmon Lake Rd. After about 2km, turn right to enter the Frontenac Provincial Park Visitor Centre, at 7600 Salmon Lake Rd.

Notes:

Explore more at: frontenacarchbiosphere.ca

6. Frontenac Provincial Park

Lat: 44.50448
Long: -76.55478

Tel: 613-376-3489

Frontenac Provincial Park is one of the most significant parks in Ontario, in terms of size and experiences. It is known world-wide as a place for wilderness hiking experiences. The park is key in the Frontenac Arch Biosphere as a refuge for wildlife, and anchors conservation efforts of the region. The park's interpretive centre introduces you to this "back country", and visitors can take in trails, by land or water, at any experience level, from the visitor centre. Try the Doe Lake Loop: 3.0 km. Approximate time to complete: 1-2 hrs. This loop skirts two beaver ponds, climbs to a spectacular lookout over Doe Lake and returns along the shore of Otter Lake. The trail explores some of the landforms found in the southern zone of Frontenac Provincial Park.

Come prepared for the weather, and to walk on the well-marked trails in rugged terrain.

Driving directions: To Wolfe Island, head west on Salmon Lake Rd., Back to Bedford Rd. Travel south on Bedford Rd. for 11km, then turn left onto George St. After 250m, turn left onto Wheatley St. Head south for 550m, then turn left onto Rutledge Rd. After 2km, turn right onto Sydenham Rd. Travel south for 18km, until Sydenham Rd merges with Princess St, and take a slight left. In 6km, turn left onto Ontario Street, to the Wolfe Island Ferry Dock.

Notes:

7. Wolfe Island

Lat: 44.193682
Long: -76.44047

Wolfe is the western-most and largest of the Thousand Islands. The prevailing southwesterly winds travel the full hundreds of kilometers of Lake Ontario before sweeping over the island. The same climate that moderates the island climate - lake-warming in winter; lake cooling in summer, made this an attractive location for the 86 turbines to generate electrical power. Wolfe Island's flat terrain made it easy in earliest days to take the oak, maple and hickory forest off, for the rapidly growing Kingston community. Cleared, the land came under the farmers' ploughs, and for two centuries was the food basket for the region. Explore across the west end of the island, to see and feel the power of the lake at the Big Sandy Bay Conservation property, see across the south channel at the ferry to Cape Vincent, New York, and have a fresh-made treat back in Marysville at the Wolfe Island Bakery.

Driving directions: Head back over to Kingston on the ferry. From the ferry ramp, turn right onto Ontario St (Highway 2). Continue on Highway 2 for about 1km, and turn right onto Constantine Dr, which turns into Fort Henry Dr.

Notes:

Explore more at: frontenacarchbiosphere.ca

8. Fort Henry

Lat: 44.193682
Long: -76.459584

Tel: 613-542-7388

Fort Henry is one of Kingston's most prominent landmarks. The fort, though, is just one part of the story of Kingston's pivotal role in the history of Canada. The Fort Henry of today is the restored 1832 - 1837 second fort on the site. The original 1812-1814 fort was much less substantial, but in a better location than Fort Frontenac to protect the harbour and ship-building sites. The Point Henry location was ideal to control the harbour and Canadian channel entrance to the St. Lawrence River at Lake Ontario. The current fort was part of the strategy to guard the entrance to the river, and the Rideau Canal - itself part of the military strategy of ensuring the flow of trade and commerce where the narrow and island-strewn St. Lawrence was potentially vulnerable to attacks. The blockhouses on the canal, as at Kingston Mills, the market battery once in front of the City Hall (itself of note as Canada's first parliament building), and the series of four Martello Towers aligned along the waterfront were all part of the plan to protect this important town site.

Driving directions: Head north, back to Highway 2, turn right. After 700m, turn left onto Highway 15. Travel north about 5km, back to Green Woods Inn.

Notes:

Explore more at: frontenacarchbiosphere.ca