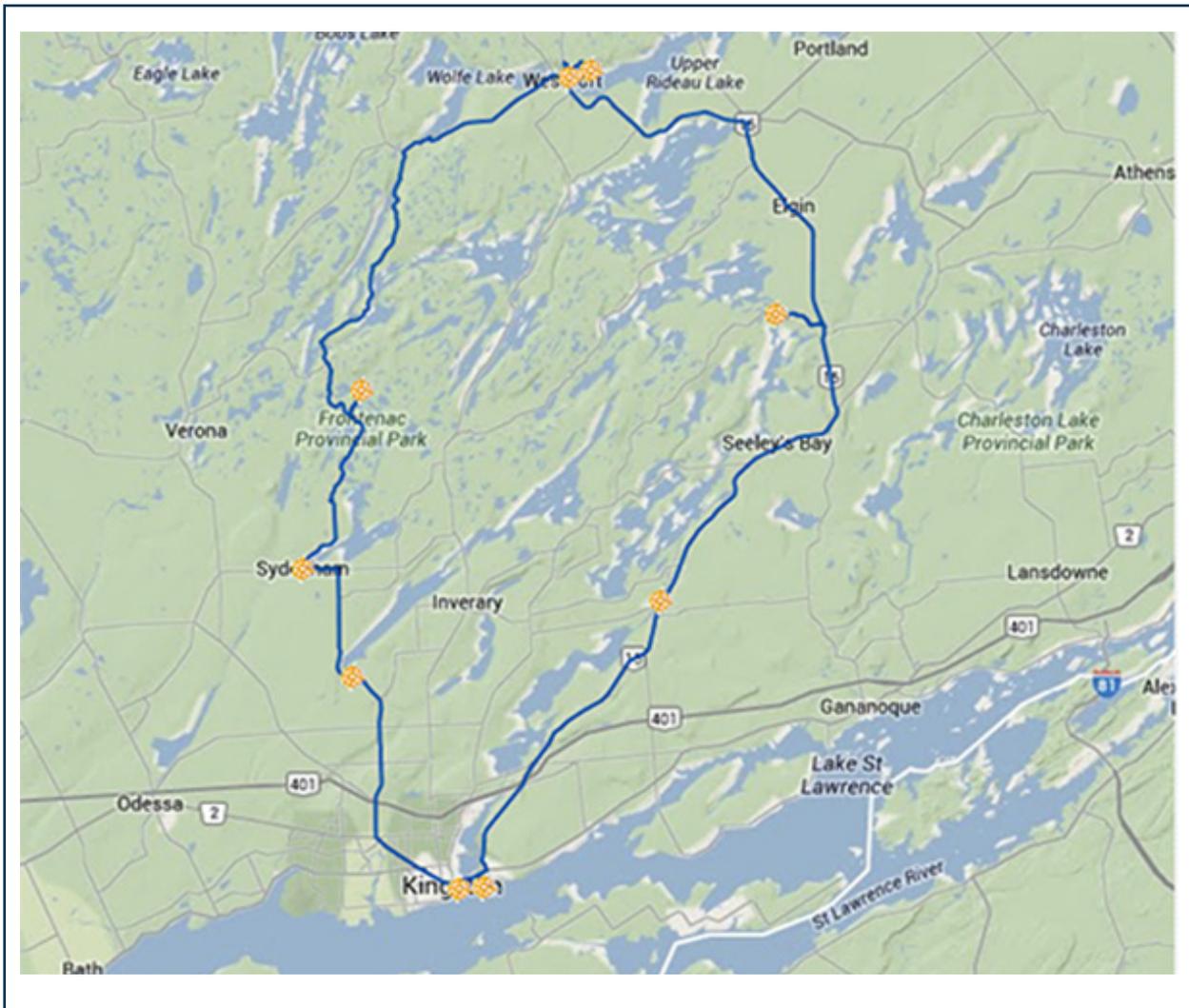




# FAB EXPERIENCES

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 heritage, 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](http://fabkingston.ca)

## 1. Kingston

Lat: 44.229469  
Long: -76.480507

Kingston itself will take a couple of delightful days to explore—an historic city, a vibrant cultural centre, in a very scenic location. If your time in the region is limited, this tour is designed to give you a sample of the experiences from the Kingston Gateway, into the countryside celebrated as a UNESCO World Biosphere Reserve and World Heritage Site. You will explore north into the Frontenac Arch Biosphere, experiencing the communities, heritage, nature and local food and art that are collectively a snapshot of the region. The tour loops north to Westport parallel to the Rideau Canal, and returns through a wilder and wonderfully scenic route and farm communities.

*Driving directions: Start your tour at the Kingston Tourism Office, in the old train station, across from City Hall; 209 Ontario St, Kingston. To Fort Henry, go east on Ontario Street, crossing the La Salle Causeway, for 1.5 km., to turn right at the stoplight for Fort Henry Drive; keep left up the hill to parking at the Discovery Centre.*

### Notes:

## 2. Fort Henry

Lat: 44.230289  
Long: -76.460121  
Tel: 613-542-7388

### Notes:

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 better located to protect the harbour and ship-building sites than was the mid-1700s Fort Frontenac, tucked into the west shore of the bay. 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 St. Lawrence River and the Rideau Canal - a 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: Drive back down Fort Henry Drive to Highway 2, turn right; in 700 metres, turn left at the lights onto Highway 15; continue 20.8 km. to Washburn Road, turn left; destination at Lower Brewers Lock Station is in 400 metres.*

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

### 3. Lower Brewers Lock

Lat: 44.389511  
Long: -76.325058

*Driving directions: Return to Highway 15, turn left; continue 22.6 km. just past the village of Morton to Jones Falls Road, turn left; continue 3.9 km. to parking for Jones Falls Lock Station, on left. Follow the roadway at the east side of the parking area to the locks just past the Kenney Hotel.*

Art, history, local food and local energy merge at Lower Brewers Lock Station. This is the second lock station on the canal - a single lock with a small lift, but important in raising the water level enough for boats to get to the next station north, Upper Brewers, and saved having to dredge through a marsh. There is a lot to see here. In addition to the lock is one of the amazing innovations to get wagon, and now car traffic across the canal. First built in 1827, the swing bridge is made of heavy timbers, but balances on a central pivot point. It can be turned by hand by just one person, when the lockmaster needs to let boats to pass through the lock. The big iron rods and turnbuckles are used to “tune” the bridge, because with temperature changes the ends may lift or sag, and not touch down properly at each end. There are just five such bridges left on the canal. On the west side of the bridge is a hydro-electric generating station. The water flow can be diverted into the barrel-like wooden tubes to spin a turbine, part of a local power grid since 1939. Also on the west side of the canal is the Doner Studio, where metal artist Randall and jewelry artist Darlene fashion very creative works, displayed in both their studio gallery and in a museum setting and delightful grounds. Nearby, on the east side of the canal, is Waddell Apples - an orchard and store with not-to-be missed farm baking and tasty treats.

### 4. Jones Falls

Lat: 44.548824  
Long: -76.235657

*Driving directions: Return the 3.9 km. on Jones Falls Road to Highway 15, turn left; continue 14.1 km. to the intersection with County Road 42 at Crosby, turn left; continue 14 km. to Westport. You may wish to stop in Newboro on the way to shop, visit the Newboro Lock Station (historic plaques of interest) en route. To go to Spy Rock at Foley Mountain Conservation area, follow Cnty. Rd. 10 past The Cove Country Inn at the northwest corner of town, up the steep hill for about 1 km., turn right into the conservation area, to the parking area for Spy Rock.*

Jones Falls is perhaps the most extraordinary construction works of the Rideau Canal. The good news for builder Colonel John By was that there wasn't a settlement or mill built here. The landowner, Charles Jones of Brockville, had not yet settled the site. The bad news was the very long rapids that descended about 17.3 m. from Sand Lake through winding channels, over a distance of 1.6 km. (1 mi.). It emptied into what was known as the Drowned Lands, now Whitefish Lake; a broad, marshy creek backed up by a downstream settler, flooding hundreds of hectares of forested land and creating a swamp. A major dam was needed. At 18 m., it was the highest dam on the continent in its day, and massive in every respect. Suitable stone had to be quarried at Elgin. The blocks were rough hewn in Elgin, and dragged in winter by farm teams of oxen to the site, where masons had to thaw the blocks before shaping them so that they wouldn't fracture in the cold. The arch-shaped dam was nearly 66 m. long at the top, 30 m. wide in the ravine bottom, and very thick at the base. The dam has stood for over 180 years. There are three locks at the lower end of the station, separated from the upper lock by a turning basin, built in a gully. As an important site, a blacksmith shop here forged iron works needed at several lock stations. The lockmaster's house, on the hilltop above the turning basin, was built of stone and timber as a small fortress. The lockmaster and family would supposedly repel attackers - the canal system was, after all, a military undertaking at the outset. There is another hydro electric generating station, near the dam, where for decades water is diverted down the massive wooden tubes to spin turbines. another feature at Jones Falls is the Hotel Kenney - operating since 1877 for people coming to relax, and often fish.

### 5. Westport

Lat: 44.678909  
Long: -76.394897

#### Notes:

Westport today is an attractive rural town in a spectacular rugged setting. It's a destination for boaters and road voyageurs alike. A hike out the trail to Spy Rock at Foley Mountain Conservation Area leads to grand views across this granite hill and lake landscape, southeastward across the Frontenac Arch Biosphere Reserve. Westport today is an attractive rural town in a spectacular rugged setting. It's a destination for boaters and road voyageurs alike. A hike out the trail to Spy Rock at Foley Mountain Conservation Area leads to grand views across this granite hill and lake landscape, southeastward across the Frontenac Arch Biosphere Reserve. Popular in town are the labyrinths of the Village Green, a shop full of quaint and curio crafts. Visit the Rideau District Museum on the 2nd block of Bedford Street for the local story in glorious detail. The Chamber of Commerce info office is just a half block up from the harbour on Spring Street, at 613 273-2929 or [www.westportrideaulakes.on.ca](http://www.westportrideaulakes.on.ca) A favourite lunch and dinner spot is The Cove, serving local food and often evenings of great music..

*Driving directions: The route from Westport to Frontenac Provincial Park transforms from rolling farm fields and woodlots to a winding hilly scenic road through rich forests and a myriad of sparkling lakes. Follow Cnty. Rd. 42 west to the southwest edge of town, turn left onto Regional Rd. 12, which becomes the Westport Road; continue 11.2 km. from Cnty Rd. 42; turn left onto Canoe Lake Road. After 16 km. the Canoe Lake Rd. becomes the Bedford Rd., also signed as Cnty Rd. 19, and in 4.6 km. turn left onto Salmon Lake Rd. It is 2.3 km. to Frontenac Provincial Park at 6700 Salmon Lake Rd.*

### 6. Frontenac Provincial Park

Lat: 44.505978  
Long: -76.554855

Tel: 613-376-3489

#### Notes:

Frontenac Provincial Park is a special natural place in the Frontenac Arch Biosphere Reserve. A 52 sq. km. natural area park, it both protects and allows visitors to experience a significant environment. Thanks to a dedicated Friends of the park group, the 100 km. of hiking trails, with breath-taking views, and the paddling routes and remote campsites are world class. A visit to the park's interpretive centre on the west side of the park is an introduction to the park story and its fabulous wildlife. You may decide then and there to return for a full day, or two and explore a part of authentic Canada rated as one of the top hiking experiences in the country.

*Driving directions: About 2/3 of the way from the park to the town of Sydenham, the twisting, hilly Bedford Road leaves the rugged terrain of the Frontenac Arch and suddenly runs straight through rolling farmland. From the park, follow the Salmon Lake Rd. the 2.3 km. to Bedford Rd., turn left. Continue 12 km. into Sydenham.*

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

## 8. Sydenham

Lat: 44.407352  
Long: -76.600487

Sydenham sits on the west edge of the Frontenac Arch, where the granites of the Arch dip beneath the much younger limestone bedrock. Settled in 1836, it was called Sloats Landing before apparently visited by the then Lieutenant Governor of Upper Canada 1839-1841, Lord Sydenham. Impressed, the villagers renamed the community in his honour. Mica mines, farming and a railway stop built a bustling community. While here, visit Trousdale's General Store - the oldest general store still operating in Canada, since 1836. It's a mix of eclectic, essentials and museum, at 4395 Mill St. Hungry for very local food, stop at the Mill Street Cafe. Enjoy The Point, the village park on the lake.

*Driving directions: Continue through Sydenham, south on Church Street, turn left onto Rutledge Road/Regional Rd. 5; In 2.2 km. turn right onto Sydenham Rd. and in 7.3 km. arrive at the Limestone Organic Creamery, on the right.*

### Notes:

## 9. Limestone Organic Creamery

Lat: 44.347317  
Long: -76.562378  
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: To return to Kingston, from the Limestone Organic Creamery turn right onto the Sydenham Rd.; continue south for 10.9 km., crossing Highway 401 and to where Sydenham Rd. ends at Princess Street. Turn left onto Princess Street and to downtown Kingston. Look in the FAB Experiences Guide or website for great restaurants that serve local food from the countryside you've just experienced.*

### Notes:

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