



Sydenham Railbed Ramble

FRONTENAC ARCH BIOSPHERE CYCLING TRAIL GUIDE

ROUTE

This is a countryside loop, with an ice-cream detour, that explore sections of both the K&P and Cataraqui Trails. Most of the loop is on unpaved trails and roads, but is an easy-going and scenic countryside ride. Start the tour in the village of Sydenham, parking in the library lot where Wheatley and George Streets merge. Either starting or ending this loop, explore the town and Truesdale's General Store, the oldest still in business in Ontario, and the Mill Street Café for great local tastes.

South on George St., turn onto Mill St., and up the hill to cross Rutledge Rd. where Mill becomes Stage Coach Rd. Keep going south past farms and forest edge to Railton Rd., and turn left/east. In just under 2 km, turn right/south on Sydenham Rd./County Rd. 9. This is a well-travelled road, but has paved shoulders except in some places where there are rock cuts. After rounding the end of Loughborough Lake, to your left, and about 400m past the Kepler Rd., you'll spot Limestone Creamery on your right. Here's a stop for treats.

KEY FACTS

Distance: 43 km

Difficulty: Flat to gently rolling hills

Other key facts: Unpaved mostly - suitable for road, touring, hybrid bikes

Refreshed, ride back north on Sydenham Rd. to turn left/west onto Kepler Rd. At Babcock Rd., turn right/north to the T-stop at Orser Rd. Turn left/west on Orser, and in a little less than 3km this straight stretch makes a left bend. Just around the bend the K&P Trail crosses Orser. Turn right onto the trail - there is an orientation sign there.

Follow the K&P north, winding along the back edges of fields, along creeks and wetlands and forests. The trail will intersect the Cataraqui Trail, where you turn right/east and continue along. The Cataraqui Trail crosses a county road on an old iron trestle, and like the K&P, winds to find an easy route through the increasingly hilly terrain.

At the north edge of Sydenham, leave the trail where Bedford Rd./County Rd. 19 intersects George St., across from the Freshmart Grocery. A short ride south on George brings you back to the starting point.



Photo Credit: Limestone Creamery website



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NOTES AND CAUTIONS

Start Location: Parking area at the Sydenham Library

Notes: Be aware of following and converging traffic on Sydenham Road

Terrain: Gently rolling hills, but lots of flat terrain.

Distance: 43 km

Bike Suitability: Unpaved surfaces much of the way; suitable for touring, hybrid or mountain bikes with suitable tires.



Township of
Leeds and the
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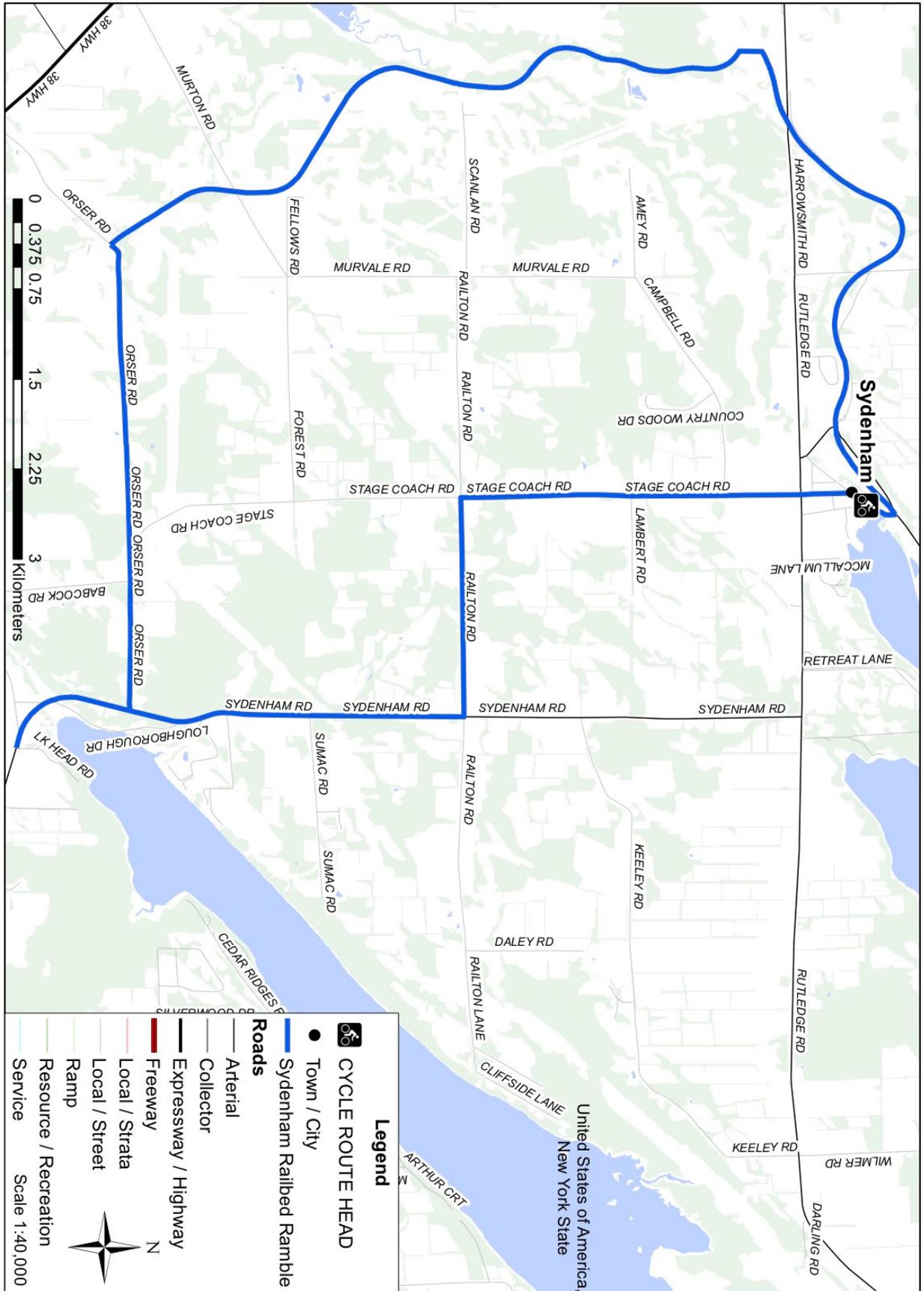
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Sydenham Railbed Ramble (25 km)

Take nothing but pictures, leave nothing but footprints