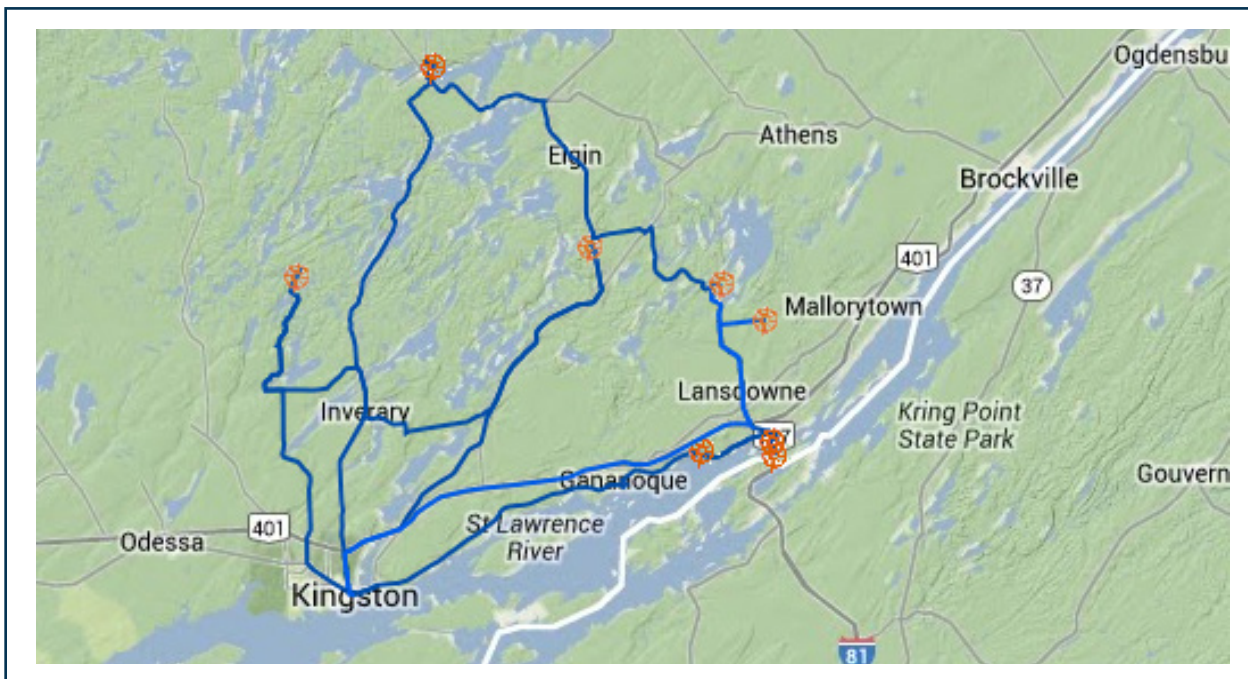




# FAB EXPERIENCES

Eastern Ontario, Canada

## “High” Points Tour



### 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](http://frontenacarchbiosphere.ca) website. In fact, you may want to take FAB Rocks! tour as part of your FAB Experience.

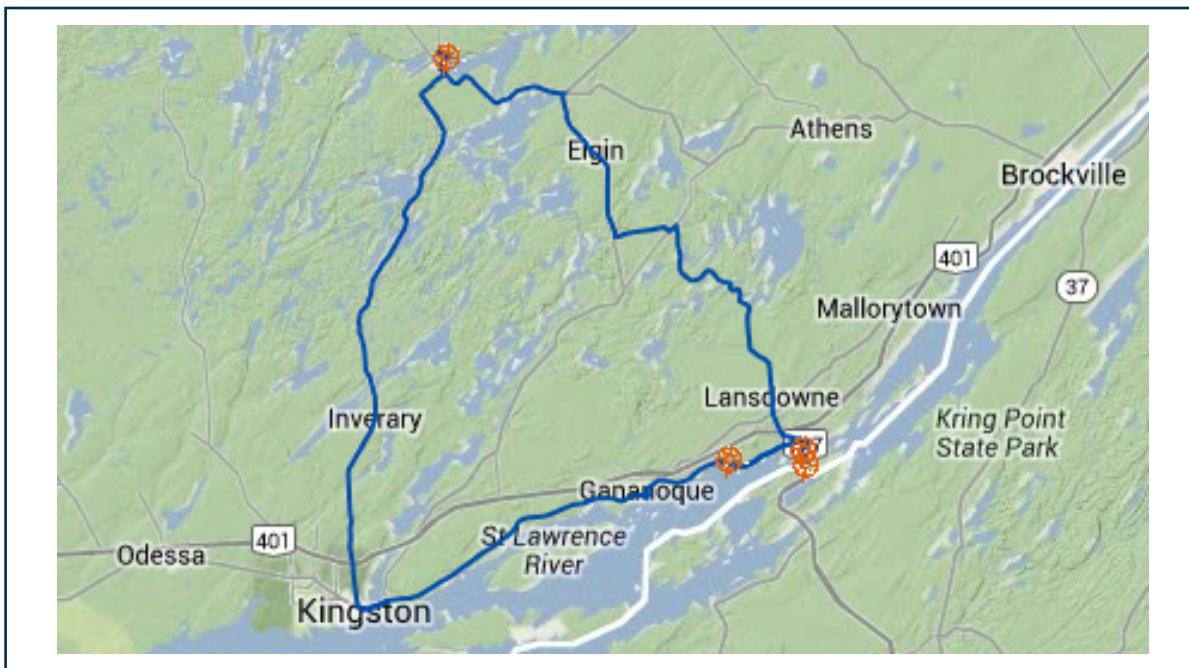
It takes more than a day to visit all of these high points, because a couple are longer walks. You may well want the extra days to stay to do them all, and each is a unique experience. The High Points Tour is divided up into three perfect days. Wear the right gear for the Rock Dunder and Frontenac Provincial Park hikes, and be ready for a combined day on the water and hike for Blue Mountain - and be sure to take your camera and binoculars wherever you go!



# FAB EXPERIENCES

Eastern Ontario, Canada

## Day 1- Drive the High Points



## Day 2- Hike the High Points



### Day 1- Drive to the High Points

Drive east from Kingston across La Salle Causeway, and follow Kingston Rd. 2/Cnty. Rd. 2 approx. 27 km. to Gananoque; follow King St. through Gananoque; east side Gananoque, exit right onto Thousand Islands Parkway, follow Parkway approx. 6.1 km. to Landon Bay Centre, turn left off Parkway.

#### 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: Drive east from Gananoque on King St., to Thousand Islands Parkway exit on right; approx. 6.1 km to Landon Bay Centre; turn left to enter. Follow laneway through property to green washroom; 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: At Landon Bay Centre, follow laneway through property to green washroom; park at roadside; trail just ahead at forest edge trail sign.*

#### Notes:

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

### 3. Hill Island Skydeck

Lat: 44.352520  
Long: -75.978800

Tel: 613-659-2335

Email: skydeck @1000island.net

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.

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.

#### Notes:

### 4. Spy Rock, Foley Mountain

Lat: 44.684330  
Long: -76.392020

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 area for the short trail to Spy Rock – a terrific lookout over Westport and Rideau Lake.

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.

*Driving directions: From Hill Island, take the second exit past the toll booth to Thousand Islands Parkway west; follow Parkway 350 metres, turn right on Cnty. Rd. 3/Reynolds Road, north; follow Cnty. Rd. 3 approx. 28 km. to intersection with 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.*

#### Notes:

### Return to Kingston

Return to Cnty. Rd. 10, turn left to Westport, through Westport on Main to Rideau Streets; turn left onto Concession St./Cnty. Rd. 42; approx. 600 metres turn right onto Cnty. Rd. 10/Kingston Rd. Follow Cnty. Rd. 10 to Kingston, approx. 54 km. where Cnty. Rd. 10 becomes Division St. in Kingston, to downtown or destination.

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

## Day 2- High Point Hike

Note: these two High Point hikes could be one day or two separate days, depending on your ambition and energy levels. Turn on the FAB Local Flavours to find lunch spots, or picnic ingredients.

### 1. Rock Dunder

Lat: 44.531140  
Long: -76.198540

The Rock Dunder trail starts about ½ km. south of the village of Morton, on Highway 15. It is land owned by the Rideau Waterway Land Trust, and well deserves the preservation and respect given.

Rock Dunder, like Blue Mountain and the rock at Landon Bay is a Monadnock. The name comes from a First Nations term meaning 'smooth mountain' or isolated mountain'. This is a section of granite in the landscape that is relatively free of fractures in the rock. Such solid rock bodies are far more resistant to erosion than the surrounding areas, and even though they were well rounded by the bulldozer-like action of several ice ages, remained 'heads and shoulders' above the rest of the landscape. As you look across the landscape from these other monadnocks, rising like islands in a way, above the lower hilltops.

Such hilltops play an important role in the ecological history. They are like beacons for migrating birds, which carried and deposited seeds from their gut. Around these hilltops are often found unusual plant species and isolated populations, which sometimes become point sources for introduction of those species into the area's forests.

The Rock Dunder trail is about five km. long; the lookout at the halfway point. A half day hike. See maps and directions at [frontenacarchbiosphere.ca/explore](http://frontenacarchbiosphere.ca/explore) to FAB Trails.

*Driving directions: From Kingston on Ontario St. cross La Salle Causeway onto Kingston. Rd 2; in approx. 1 km. turn left at Hwy. 15, approx. 42.5 km.; turn left onto Stanley Lash Lane (obscure entrance, about .5 km. south of Morton), and parking.*

#### Notes:

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

## 2. Frontenac Provincial Park

Lat: 44.504500  
Long: -76.554800

Frontenac Provincial Park is one of the premier destinations for hikers, and paddlers, in Canada. A wildlands park on a very rugged area of the Frontenac Arch Biosphere, this is a stunningly beautiful place to experience nature. The trails start at the park's office and nature centre, and trails distances are measured from there.

**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.

**Slide Lake Loop: 21 km.** Approximate time to complete: 6-8 hrs  
This loop is located in the most rugged part of the Park. The trail crosses Labelle Gorge and passes a series of waterfalls which drop 16 metres from Slide Lake to Buck Lake. This loop features an excellent view of Mink and Camel Lakes and the ridge and trough landscape of this area of the Park.

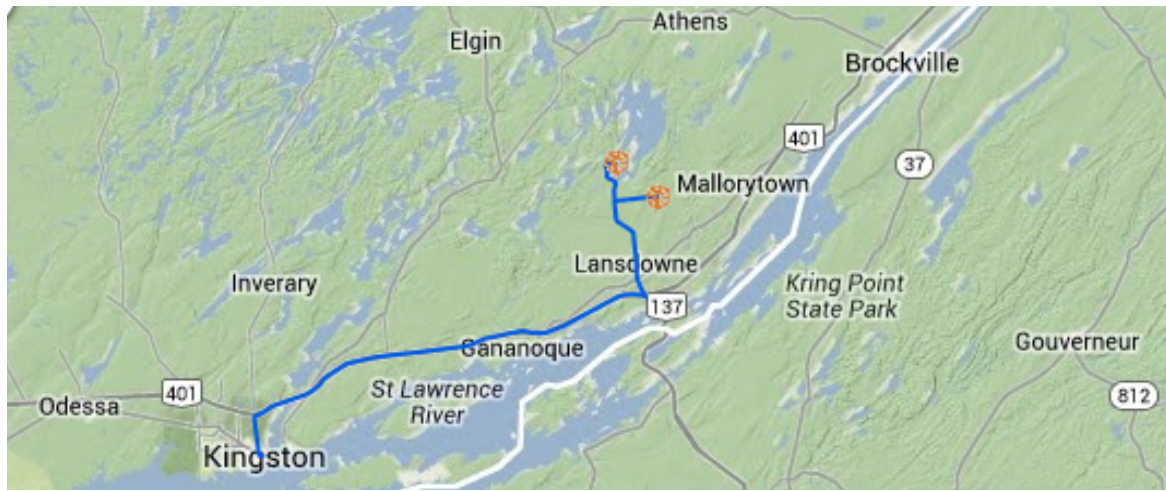
*Driving directions: From Morton/ Rock Dunder, follow Hwy. 15 south approx. 22 km. to Washburn Rd., turn right; approx. 8.7 km. to Battersea Rd./Cnty. Rd. 11, turn right; approx. 1 km. turn left onto Moreland Dixon Rd. for approx. 4.3 km. to Perth Rd., turn right; approx. 4.9 km. to Rutledge Rd., turn right; approx. 9.7 km. to village of Sydenham, past high school to Mill St., turn right onto Mill St., to intersection with Bedford Rd., turn right; approx. 11.1 km. to Salmon Lake Rd.; turn right; approx. 2.2 km. to Frontenac Provincial Park and nature centre.*

### Notes:

### Return to Kingston

Return to Sydenham to Rutledge Rd./Cnty. Rd. 5 east; approx. 1.7 km. to Sydenham Rd., turn right onto Sydenham Rd. to Kingston at Hwy. 401 approx. 18.2 km.

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



### Day 3: Paddle to the High Point

This outing combines a paddling experience to a hiking trail head, for those comfortable on the water (North access) – or an alternative route on land only (South access).

#### Blue Mountain, Charleston Lake Provincial Park

##### North access

Lat: 44.51140  
Long: -75.993885

##### South access

Lat: 44.467800  
Long: -75.989700

The Blue Mountain trail is part of Charleston Lake Provincial Park. At Blue Mountain, visitors experience the highest altitude in Leeds and Grenville County and have an opportunity to see Charleston Lake and the surrounding area from the mountain top. There are two trails to Blue Mountain. One is from the north, and is entered from Charleston Lake itself.

From the north, you will need a boat, because the moderately difficult hiking trail begins in Huckleberry Hollow, a bay on the southeast side of the lake, about 2.2 km. east of the boat launch in Boathouse Cove of the park. The trail winds past a beaver dam and up the mountain to the peak.

If you have your own boat, canoe or kayak, launch from the Boathouse cove ramp; or rent a canoe at the park – ask at the gatehouse for directions.

The southern access is from County Road 4, also called the Warburton Road, where it makes a 90° turn about 4 ½ km. east off County Road 3. There is an area to park. Walk north on a lane about 1 km. through private land (permission kindly given) to a trail that begins at the edge of the park.

The entry to Blue Mountain is well marked just past the large beaver dam area known as Mosey Lake. The view, and scenery along the way, is worth the two hour hike.

*Driving directions: From Kingston on Ontario St. cross La Salle Causeway onto Kingston. Rd 2; in approx. 1 km. turn left at Hwy. 15, approx. 6.4 km., turn right onto Hwy. 401; approx. 35.8 km. take exit 659, turn left to Lansdowne onto Cnty. Rd. 3/Reynolds Rd.; approx. 14.8 km., to Woodvale Rd., turn right; approx. 1.2 km., turn left onto Charleston Lake Rd., and park entrance.*

#### Notes:

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



Your Trip Notes:

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