

# Waterfront Trail, from Cornwall westward to Upper Canada Bird Sanctuary

Paved path; quiet paved road; paved path

27.2 km one way



= Exercise caution. See notes on page 2



Washrooms at Lost Villages Museum and Farran's Point (seasonal), and entrance stations to Long Sault Parkway



Hospital in Cornwall



Snack bars at Lost Villages Museum and Farran's Point (seasonal)

Use this map at your own risk.

See second page for more notes

**Trail description:**

Trail start (for me) was directly across the road from the Comfort Inn in Cornwall.

Paved multi-use trail from Cornwall to east end of Long Sault Parkway - 2 rail crossings, several road crossings but trail is off highway

Cycling on paved shoulder for the length of the Long Sault Parkway - exercise caution near entrances from beaches and campgrounds: it seems that pulling out of one of these entrances close in front of cars and bikes is a bit of a sport in this area!

Paved multi-use trail from west end of Long Sault Parkway, mostly along the river. Paved trail ends in the parking lot at the Upper Canada Migratory Bird Sanctuary. It is possible to carry on along a gravel trail another 5-6 km to Upper Canada Village if your bicycle can handle this.

**Notes from map:**

- (1) Road crossing at Power Dam Rd - busy road, high-speed traffic. Just west of this crossing, up a small rise, the trail forks: to proceed to the west, take the right fork that parallels the road. This will parallel Power Dam Dr, then Highway 2, for much of the first 5-6 km.
- (2) Watch for inattentive drivers at all road crossings (roadways, driveways), particularly near Long Sault where the trail is close to the highway.
- (3) Watch for inattentive drivers entering from roadways into beaches and campgrounds along the parkway.
- (4) This area seems to be an off-leash dog park (official or not, I do not know).

This trail first visited 2013-08-25; description based on that visit.

At the east end, at the above-mentioned fork (note 1), the trail continues south then east into Cornwall's waterfront area. According to available maps, it is off road for the most part until the eastern limits of Cornwall, where it returns to Highway 2's shoulder.

At the west end, the trail continues off road but with gravel surface, ending at Upper Canada Village, From there, it continues along the highway (paved shoulder).

Highway 2 (a.k.a. SD&G County Rd 2) has a fraction of the volume of nearby highway 401, but nonetheless has a lot of fast traffic , much of which seems to show neither respect nor concern for cyclists.