



Canada- Cycle the Rideau Heritage Trail (2025)

7 Days/ 6 Nights

Self-Guided



Embark on a gentle cycling journey that uses a multitude of historic rail trails maintained by the communities between Ottawa and Kingston. Our multi-day bike ride starts in the nation's capital, exploring the historical sites and picturesque Parliament buildings. Leaving the city behind, soak in the tranquil rural landscapes to reach Carleton Place, known for its historic shops and fine dining experiences. The itinerary follows some sections of the Rideau Canal, a UNESCO World Heritage Site which connects these great cities, including the lovely Chaffey's Lock. As you make your way between selected charming bed & breakfasts or fancy inns, our team will take care of your luggage transfer. Enjoy the lush greenery surrounding the trails on this refreshing ride as you make your way to Kingston, once considered to be Canada's capital in the mid-1800s.

- Tour the Parliament buildings and pathways of Ottawa
- Explore locks on the Rideau Canal, a UNESCO World Heritage Site
- Cycle past rolling farmlands and enjoy the serene rural atmosphere along the trails
- Experience the hospitality and liveliness of historic towns along the Rideau Heritage Route
- Ride through pristine woods and wetlands teeming with life
- Admire tranquil lakes and swirling waterways next to the trail

OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9

www.okcycletours.com Toll Free 1-888-621-6818 Local 613-702-5350

TICO Ontario Registration No: 50022848

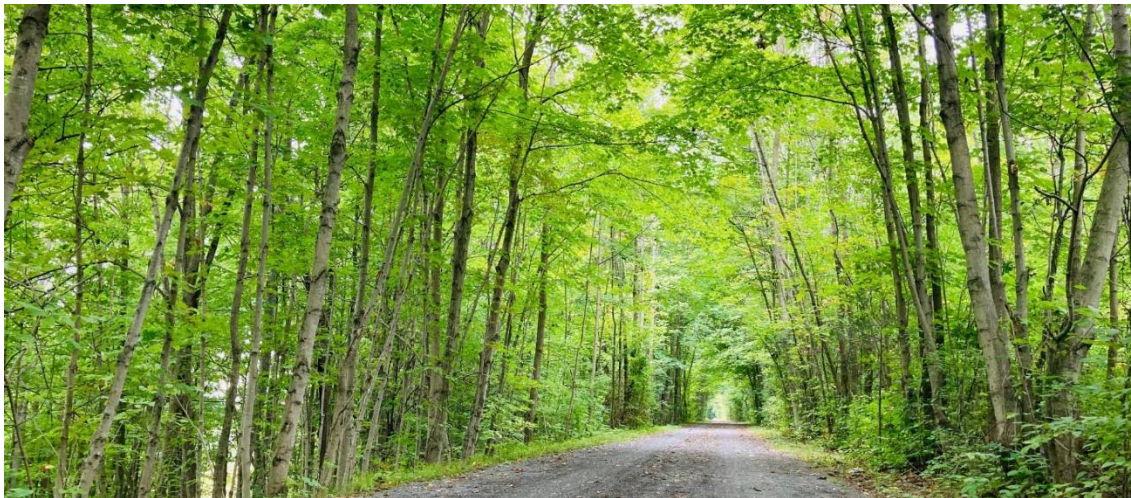
Day by Day

Day 1: Ottawa

Make your way to the joining hotel in Ottawa to get settled for the evening. Tonight you will be staying in the famous Byward Market, one of the city's tourist hubs where you can find opportunities to dine, shop and enjoy the city's vibrant nightlife. Meals: Nil

Day 2 Ottawa to Bells Corners (30km/18.6miles)

You will be fitted for your bicycle downtown near your accommodations after breakfast. We recommend doing a scenic but optional out-and-back detour of the Rideau Canal Locks, a national historic site. You'll be riding alongside the Ottawa River next where you can admire the Parliament buildings of Canada's capital city. Discover Ottawa's enthralling and enduring features before heading to your hotel in Bells Corners for the evening. Meals: B



Day 3 Bells Corners to Carleton Place (33km/20.5miles)

After breakfast, hop on your bike and cycle to the historic town of Carleton Place. Today's ride follows the Trans Canada Trail, which runs across Canada. This section, known as the Ottawa Carleton Trailway, was a railroad line abandoned in 1990 before its conversion to a multi-purpose trail. Keep an eye out for deer and a variety of birds as you pass by wetland areas, wooded areas and farmlands. In Carleton Place, you will have opportunities to shop, dine and stroll along beautiful streetscapes, scenic trails and a picturesque waterfront. Meals: B

Day 4 Carleton Place to Portland (56km/35miles)

This morning you may have breakfast at your hotel or one of the many cafés nearby. Cycle through the woods as you leave town along the trail, with many more tree-lined paths ahead. You will also pass by serene marsh or wetlands, wildflowers and gorgeous rolling farmlands on your way to Smiths Falls and

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beyond. Smiths Falls has a rich heritage, and its early growth and popularity were attributed to the Hershey chocolate factory, which closed by 2007. In town, there are restaurants, museums and multiple lock stations on the Rideau Canal that you can view before joining the Cataraqi Trail for the rest of the day. The farmlands near this section of trail are fed by waters of the nearby Rideau River and a few lakes. Tonight you will stay in Portland, best known for the pristine waters on Big Rideau Lake, where enchanting hospitality and refreshments await your arrival at your bed and breakfast. This small town is ideal for relaxing and viewing the stars before retiring for the night. Please note that there is an unavoidable section of road cycling leading into Smith's Falls. Meals: Nil

Day 5 Portland to Chaffey's Lock (21.4km/13.3miles)

Hop back onto the Cataraqi trail after a delicious European style all-you-can-eat buffet breakfast. Today is a shorter cycling day, but keep an eye out for herons in flight, ospreys nesting and perched eagles. You will notice that the trail becomes even more serene and remote as you approach Chaffey's Lock. Lovely Chaffey's Lock is another fascinating feature of the Rideau Canal. It features a Lockmaster's House Museum that celebrates the town's heritage. Meals: B,L



Day 6 Chaffey's Lock to Kingston (65km/40.4miles)

The path continues where you left off the day before and travels west along the Cataraqi Trail before splitting off to follow the K&P Trail. Both trails feature wetlands or bodies of water that make for prime habitats for the local wildlife, including nesting turtles. You will also pass through more woods and open fields as you head into Kingston. Historic Kingston is also known as the 'Limestone City' due to the massive limestone beds located under the topsoil. It is rich in history and cultural significance. This is partly due to its military value in protecting trade along the Rideau Canal and its presence close to the Canada-United States border. Today's route also winds through Kingston on the way to the lively waterfront near your lovely bed & breakfast. You might spot some of the city's famous historical sites as well. Meals: B



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Day 7 Return to Ottawa

Your trip concludes in Kingston where a shuttle will pick you up with your gear and bring you back to Ottawa. Kingston is a great place to extend your stay for an extra night so that you can enjoy a day excursion to Wolfe Island. The ferry offers regular service from the Kingston waterfront during the day to and from Wolfe Island. Enjoy riding through rural landscapes with a stop in Marysville to visit a cluster of charming shops and eateries before retiring for the evening back at your accommodations in Kingston. Meals: B

Route

Easy. The rail trails are easy, mostly flat, stone dust/packed gravel surfaces. Distances each day are short, so this itinerary is suitable for beginner cyclists. In wet weather, parts of the trail may be muddy. Please note that there is an unavoidable section of road cycling leading into the town of Smith's Falls on this tour. Self guided walking or cycling requires individuals to use problem solving skills, be adaptable and have a keen eye. It is recommended that you are comfortable map reading, referring to route notes and that you have a good sense of direction (or are willing to work on improving this!). Cyclists will be expected to know how to fix a flat tire and make basic adjustments to their bicycles using the included repair kit

Accommodation

3 Star hotels & Charming B&B's Some accommodations may not have twin rooms. If you do not wish to share a bed with your travel companion you will have to pay a single supplement on those nights. Rooms with two beds may require an additional fee.

Shoulder season departure – All inclusions remain the same, but please note that the experience may vary as some attractions and tourist services may be limited during this time.

Dates and Prices Saturdays to Mondays June 7 – September 27

Price per person in Canadian Dollars- subject to confirmation on booking

Double Occupancy \$2160 plus tax

Single room supplement \$740 plus tax

Solos Traveller Supplement \$1590 plus tax

E-bike rental \$130 plus tax

Reduction if you bring your own bike \$240

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Included

- 5 breakfasts, 1 lunch
- 6 nights in a combination of inns, B&Bs and hotels at double occupancy, generally with private facilities
- Luggage transfers (1 piece per person 20kg max)
- Return transfer to Ottawa from Kingston of participants and gear
- Hybrid bicycle rental including helmet, bike lock, bike bag, rear rack and basic repair kit
- C\$50 per person donation to Trans Canada Trail
- Navigation APP inclusive of detailed route notes and points of interest (available offline while cycling)
- Emergency hotline

Not Included

- Optional E-bike upgrade (extra cost, limited quantities)
- Travel to/from Ottawa
- Guide (this is a self-guided tour)
- Meals not listed in the itinerary (suggestions are provided)
- Personal expenses such as laundry and phone calls
- Airfare, visas
- Travel insurance
- Applicable taxes

This is a partner tour