



## Spring Excursion Ride - Kingston

May 29-30-31, 2020



Join the Niagara Freewheelers for a three-day cycling adventure to explore the picturesque countryside around Kingston. Located on the eastern end of Lake Ontario, at the mouth of the Cataraqui and St. Lawrence Rivers, Kingston is nicknamed the "Limestone City" because of its grand 19th-century buildings and many heritage buildings constructed using local limestone. The grand house and gardens of the Bellevue House National Historic Site commemorate Canada's first Prime Minister, Sir John A. Macdonald. The Thousands Island tourist region is nearby to the east. There are many options for everyone to explore.

[City of Kingston](#)

[Visit Kingston](#)

### Tour Leaders

Lynda & Vince Purpura

### Accommodations

St. Lawrence College, Kingston

[St. Lawrence College](#)

[Summer Residence Information](#)

Main campus entrance: 100 Portsmouth Avenue

Residence entrance: 23 Country Club Drive

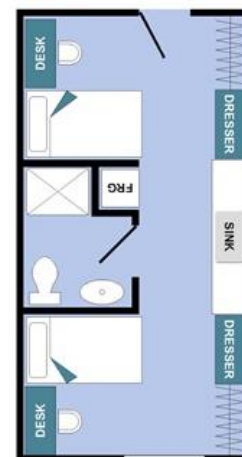
**Participants may opt to stay wherever they choose.**

Hotel accommodations in Kingston are on the high side, so a block of rooms has been booked at the student residence at St. Lawrence College. There are many things to do and see in Kingston, so you may decide to come a day early or stay a day later to allow for sightseeing. The quoted room rates include May 28-31.

- Double occupancy room @ \$91.95 (tax included): space for two people ; separated by a bathroom; beds are twin mattress; bedding/towels provided. Add a TV for \$10 a night.
- Single occupancy room @ \$72.16 (tax included): space for one person with bathroom; bedding/towels provided. Add a TV for \$10 a night.
- Continental breakfast included (7-11 am/Sat-Sun)
- WIFI, full-size refrigerator, free parking
- Bicycle storage in rooms
- Block of rooms on hold until May 15
- Minimum of 24 hours' notice for a cancellation
- Check-in: 2 pm/Check-out: 11 am
- Book your room on line:
  - Go to <https://reservations.sl.on.ca>
  - Enter your Stay Information
  - Enter Group ID: 040151
  - Enter PIN ID: NF20
  - Click 'Check Rates & Availability'
  - Select the room type and arrival/check out dates desired
  - Follow the remaining payment steps as needed
- Book your room via email: [reservations@sl.on.ca](mailto:reservations@sl.on.ca)



Single



Double

# Cycling Itinerary

Cycle Friday, Saturday, & Sunday, or days of your choice

## **Friday, May 29 - Hay Bay Loop from Napanee (45 km)**

- Start/End Location: [Santorini Mediterranean Grill](#), 54 County Road 8, Napanee - before the ride, join us for lunch at noon
- Ride Start Time: 1:30 pm (arrive 15 minutes before ride, if you are not having lunch)

What you need to know about this ride:

- Roads are paved, low traffic, no bike lanes.
- There are no services once we leave the restaurant.

## **Saturday, May 30 - Exploring Wolfe Island (Distance Options)**

Start/End Location: Residence, St. Lawrence College

Ride Start Time: 9 am

Distance: 60 km, or 71 km, or 92 km

Wolfe Island Ferry to Marysville, Wolfe Island; ride east to the end of the island and return to Marysville for lunch. Ride options after lunch:

1. Return to St. Lawrence College (60 km).
2. Ride to west end of the island and back to Marysville, and return to St. Lawrence College (71 km).
3. Ride across Wolfe Island to Point Alexandra and cross ferry to Cape Vincent, USA. Ride west to Tibbets Point Lighthouse, retrace route back to Marysville and return to St. Lawrence College (92 km).

Note: Lunch location in Marysville to be determined

What you need to know about this ride:

- Ferry to Wolfe Island is free.
- Roads are paved, low traffic, no bike lanes.
- There are no services once we leave Marysville.
- Cell phones will connect with USA networks from the island.
- Ferry to Cape Vincent, USA is \$3 each way and passport is required. Must pass through customs both ways.

## **Sunday, May 31 - Loop to View Locks at Kingston Mills (40 km)**

Start/End Location: Residence, St. Lawrence College

Ride Start Time: 9 am

What you need to know about this ride:

- Paved roads with decent shoulders.
- No services except in Kingston.
- Ride takes us to the Royal Military College and Fort Henry.
- On our way back through Kingston, there will be a coffee stop.



## **Dining**

**Participants may opt to dine wherever they choose.**

### **Friday, May 29**

- Lunch: Santorini Mediterranean Grill, 54 County Road 8, Napanee at noon
- Dinner: Potluck Dinner in residence lounge, St. Lawrence College at 6:30 pm; bring your favourite dish/serving utensil if needed; microwave available; more details to come

### **Saturday, May 30**

- Breakfast: St. Lawrence College
- Lunch: Marysville, Wolfe Island (location to be determined)
- Dinner: Group Dinner in downtown Kingston at 7 pm (details/location to be determined)

### **Sunday, May 31**

Breakfast: St. Lawrence College

Coffee Stop: upon return to Kingston after ride, before return to St. Lawrence College



## **Registration**

Contact Lynda Purpura

[lpurpura@cogeco.ca](mailto:lpurpura@cogeco.ca) or 905-646-0942

with the following information:

- Will you be staying at St. Lawrence College?
- Which nights will you be staying at St. Lawrence College?
- Which days will you ride?
- On Friday, May 29, will you join us for lunch at the Santorini Mediterranean Grill in Napanee at noon before the ride at 1:30 pm?
- On Friday, May 29, will you attend the Potluck Dinner at 6:30 pm?
- On Saturday, May 30, will you join us for lunch in Marysville, Wolfe Island?
- On Saturday, May 30, will you attend the Group Dinner at 7 pm?

Do you have any questions? Please contact Lynda.