Cycling in Eastern Ontario

Cornwall and the Seaway Valley

Long Trails in Eastern Ontario	5	Tour 22. Kente Portage:	
Beckwith Trail	5	The Oldest Road in Ontario	9
Forest Lea Trails	5		
Hastings Heritage Trail	5	Tour 23. Lake on the Mountain Adventure	
Lower Trent Trail	6		12
K & P Trail	6	Tour 24. Athol Bay, Sandbanks and Sand Dunes	16
Millennium Trail	6		
Minnesing Mountain Bike Trail	6		
New York Central Fitness Trail	7	T 25 11	
Old Railway Bike Trail	7	Tour 25. Limestone and Black Powder: Discovering Kingston	20
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Pakkotinna Recreation Trail	7		
Petawawa Research Forest	7	Tour 26. Rideau Canal	
Prescott and Russell Recreational Trail	7	Former Railway Explorer	26
Silent Lake Provincial Park	7		
Trans Canada Trail (TCT)	7	Tour 27. Morrisburg	
Capital Pathway	8	Cornwall Circuit	29
Carleton Place Trailway	8		
Cataragui Trail	8	Tour 28. Ottawa Gatineau Loop	33
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