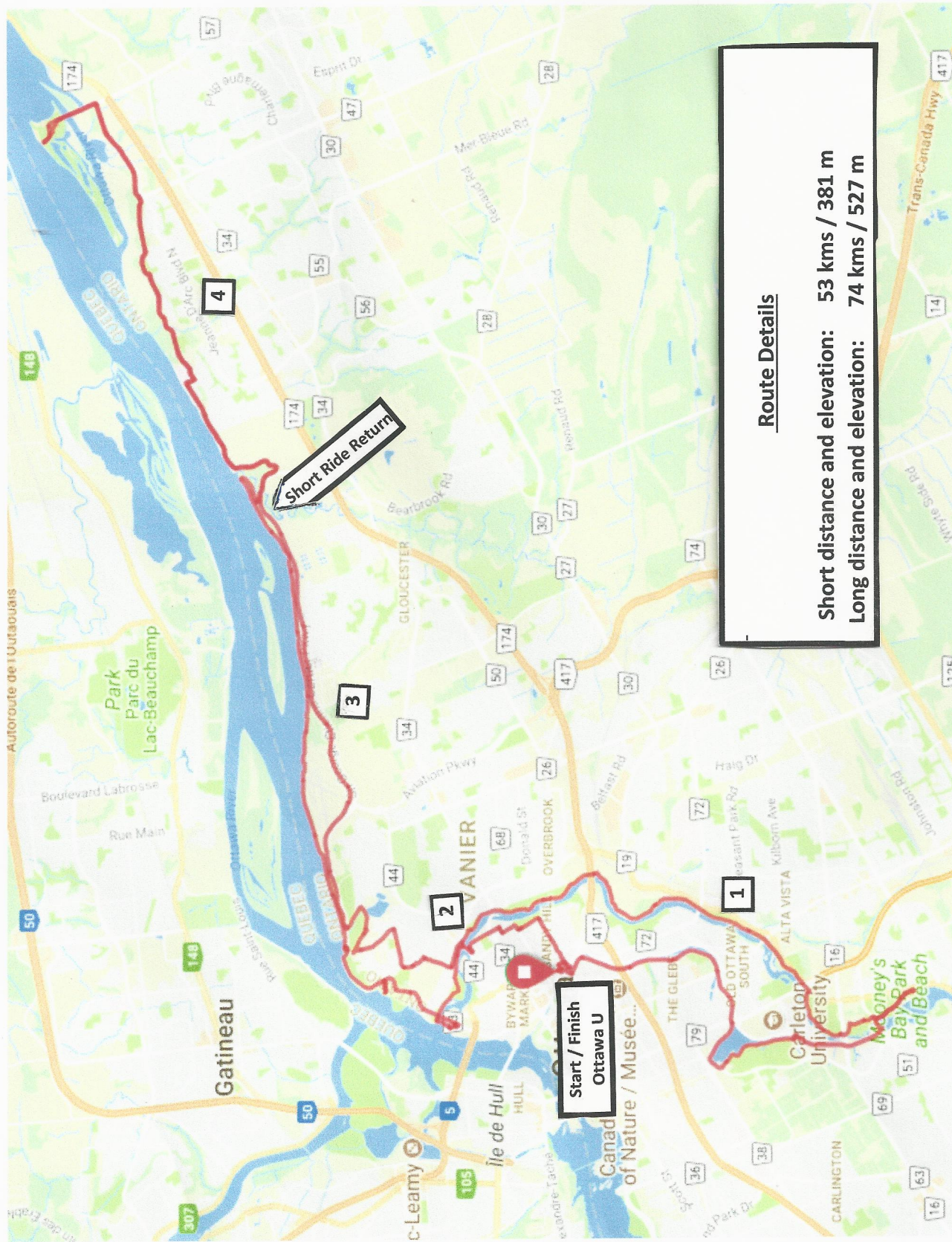
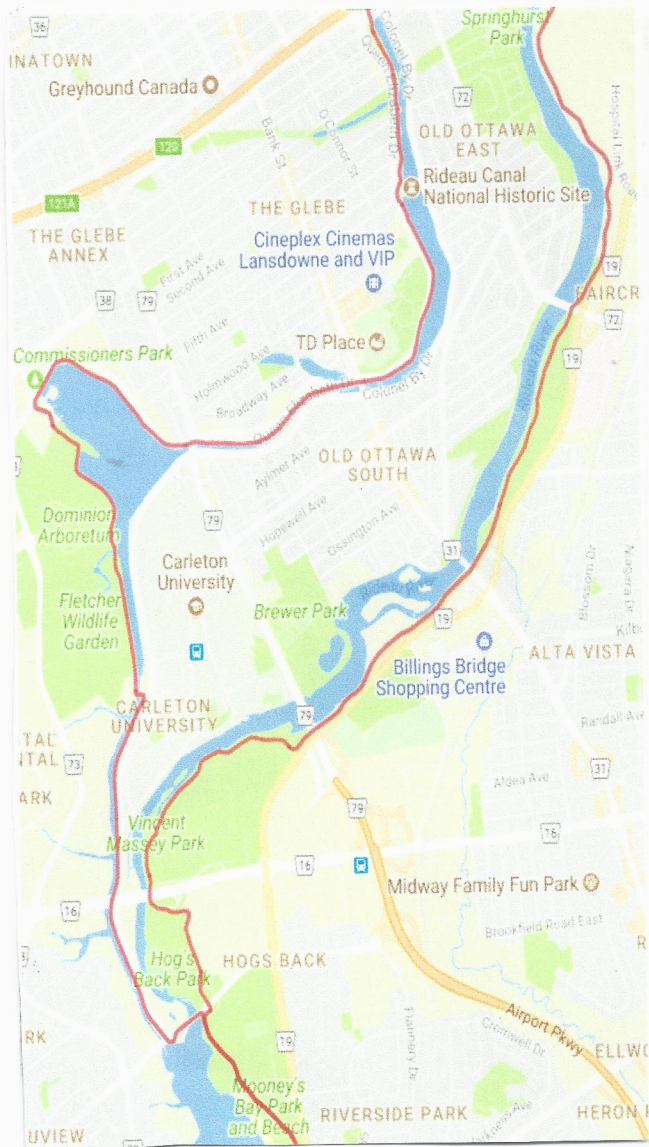


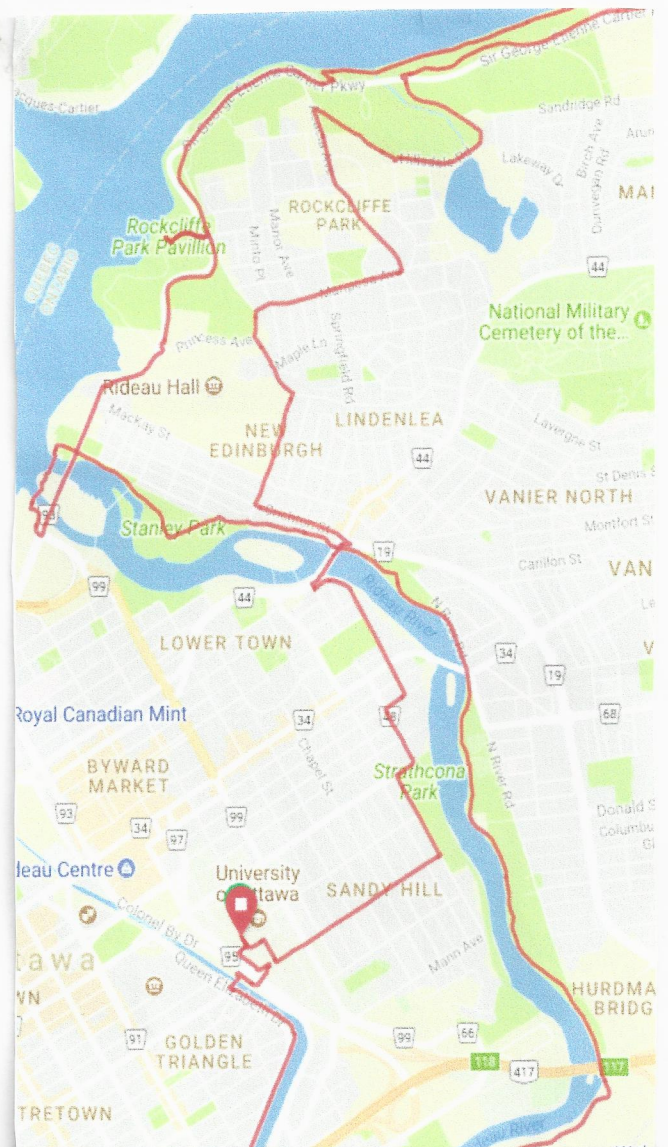
A Canal & Two Rivers



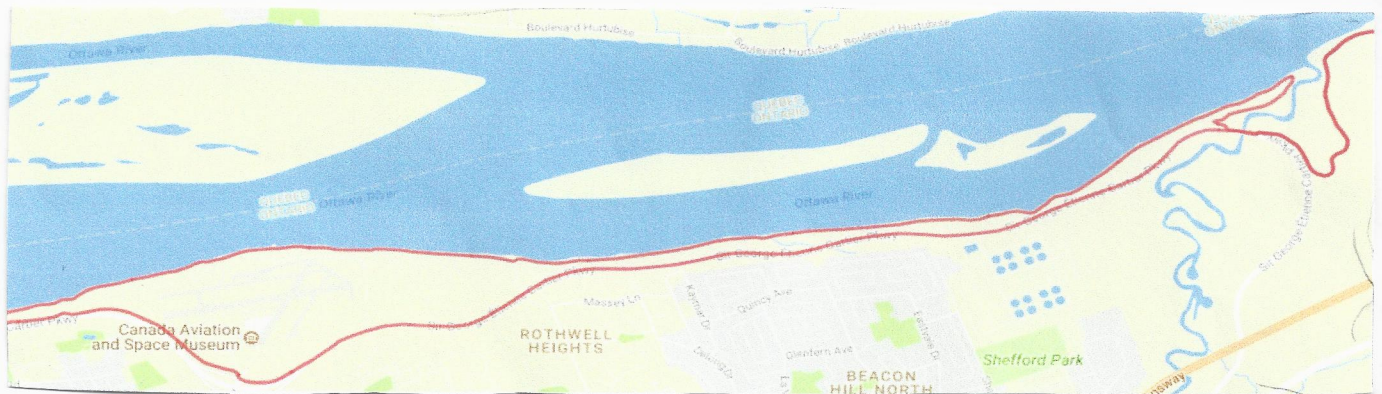
1



2



3



4



A Canal and Two Rivers - Long Route

74 Km Route - Elevation 527 M

Leg	Total	
0.0	0.0	START Ottawa University Residence - 90 University Private
0.2	0.2	South on University Private towards the South West corner
0.1	0.3	Right down spiral path, through tunnel to Colonel By Drive
0.1	0.4	Cross Colonel By Drive, turn right and over to Corktown footbridge
0.2	0.6	Cross over the canal via the footbridge, turning left (south) onto the Rideau Canal Western Pathway
5.4	6.0	Follow the Rideau Canal Western Pathway to Dow's Lake, rounding the lake to the park pavillion. (check out the restaurant and view from the pavillion deck)
1.6	7.6	Continue on the Western Pathway along the lake and canal to Hartwell's Lock station. (Check out the history of this lock station)
0.1	7.7	Cross the canal via one of the lock gates (wheel bikes) to the Rideau Canal Eastern Pathway
1.7	9.4	Right onto the Eastern Pathway (now on Carlton University campus) and continue south to Hogs Back Rd.
0.1	9.5	Onto Hogs Back Rd, cross over the Rideau River and immediately turn back on to the Pathway and down into Mooney's Bay Beach Park.
1.9	11.4	Circle down and back exploring Mooney's Bay Beach Park, returning to Hogs Back Rd.
0.1	11.5	Proceed under Hogs Back Rd via a short tunnel to Hogs Back Falls. (Get the Cameras out and enjoy the impressive views. <u>Washrooms and Restaurant</u>)
0.4	11.9	Leave Hogs Back Falls through the parking area and onto the Rideau River Eastern Pathway. This Pathway splits to the left and under the Heron Rd highway. <u>From this point, keep the Rideau River to your left.</u>
11.2	23.1	Continue on the Rideau River Pathway down to Sussex Drive. (May have to move to the street for a short distance due to some construction at Stanley Park which is just before Sussex Drive)
0.1	23.2	Cross Sussex Drive and into Rideau River park. Super view of Rideau Falls. "Tavern on the Falls" could be a good place for a break and some refreshments.
0.5	23.7	left and cross over the Rideau River and Falls by footbridge to National Research building parking lot, exiting onto Sussex Drive.
0.7	24.4	Left on Sussex Drive, passing by the French Embassy and the official residence of the Prime Minister, and over to traffic Circle. (might want to stop and check out gate and guards to Rideau Hall)
0.4	24.8	Continue straight through first traffic circle and over to the second traffic circle.
0.0	24.8	Take second exit from traffic circle and immediately enter right onto the Ottawa River Pathway.
1.6	26.4	Continue on the Ottawa River Pathway to Sir George-Etienne Cartier Parkway. (Optional Stops - Rockcliffe Park Pavillion and Rockcliffe Lookout)
0.7	27.1	Right onto Sir George-Etienne Cartier Parkway and over to the entrance to the Aviation Pathway.
0.1	27.2	Left on to Aviation Pathway to first entrance down to the Ottawa River Pathway.
0.1	27.3	Left down to the Ottawa River Pathway - a wide crushed stone pathway that runs only a few feet from the water. (Caution: Slow and easy for the first half Km or so due to loose gravel!)
9.5	36.8	Right on to the Ottawa River Pathway and continue until it heads inland and gradually loops back to a T-intersection with a paved pathway.
0.1	36.9	Left and up a small hill to Sir George-Etienne Cartier Parkway.
0.2	37.1	Left on to Sir George-Etienne Cartier Parkway and over to Ottawa River Pathway
2.8	39.9	Left, back on to Ottawa River Pathway and over Radisson Way in Orleans
0.3	40.2	Continue straight down to Hiawatha Park Rd
0.2	40.4	Right on to Hiawatha Park Rd and down to the Ottawa River Pathway entrance (watch for sign!)
5.6	46.0	Left, back onto Pathway and over to Trim Rd (rough hard packed gravel road but bikeable and worth the ride down)
1.3	47.3	Left on Trim Rd and down to Petrie Island Park (beautiful beach, washrooms, restaurant, food and beer)
10.4	57.7	Time to head back to Ottawa! Reverse route back to Sir George-Etienne Cartier Parkway (36.9 km mark above)
5.0	62.7	Right onto Sir George-Etienne Cartier Parkway and over to C H Airport Marina Rd
3.4	66.1	Immediate left onto the Aviation Pathway, past the entrance to the Canada Aviation and Space Museum and over to Hillsdale Rd.

0.0	66.1	Left across the Sir George-Etienne Cartier Parkway and onto Hillsdale Rd.
1.0	67.1	Down Hillsdale Rd to Cloverdale Rd (Hillsdale curves into Cloverdale)
0.4	67.5	At the Cloverdale street sign, make a right turn onto the Rockcliffe Rockeries Pathway and follow it to the left and up to Acacia Ave. (Optional stop - check out the Rockcliffe Rockeries Monuments)
0.9	68.4	Left on Acacia Ave (home to many Dignitaries) and down to Mariposa Ave. (Stornoway, home to the Leader of Opposition, is at 541 Acacia Ave)
0.7	69.1	Right on Mariposa Ave and over to Lisgar Rd
0.5	69.6	Left on Lisgar Rd and down to Dufferin Rd
0.6	70.2	Right on Dufferin Rd and down to Stanley Ave.
0.5	70.7	Left on to the Rideau River Eastern Pathway and over to St Patrick Street.
0.3	71.0	Cross to the other side of St Patrick Street, turn right and ride down the sidewalk to a walkway opening on the other side of bridge.
0.0	71.0	Left on to walkway to Lower Charlotte Street
0.7	71.7	Left on to Wortemburg Street and down to Daly Ave. (The next few streets are an embassy row. See how many you can pick out.)
0.1	71.8	Right on Daly Ave and over to Charlotte Street.
0.3	72.1	Left on Charlotte St and down to Laurier Ave
0.1	72.2	Right on Laurier Ave and over to Range Rd
0.4	72.6	Left on to Range Rd and down to Somerset St E.
1.0	73.6	Right on Somerset St E (becomes Marie Curie Private at King Edward Ave) and over to Jean Jacques Lussie Private
0.1	73.7	Right on to Jean Jacques Lussie Private
0.3	74.0	Left on University Private and up to 90 University Private.
		Congratulation, ride is over. Where is the nearest pub?