

# Lake Ontario Loop 1000K

Toronto - Ancaster - Niagara Falls - Ontario - Oswego -  
Cape Vincent - Napanee - Bloomfield - Cobourne - Toronto



Last revision: May 2006

SO - Straight On	VL - Veer Left	R - Restaurant
TS - Traffic Signal	VR - Veer Right	GS - General Store
TL - Turn Left	SS - Stop Sign	FN - Finish
TR - Turn Right	CN - Control	

	Dist.	Cues	Total
<b>Provincial Parliament Buildings, Queen's Park &amp; Wellesley St</b>		<b>START</b>	<b>0.0</b>
West on Wellesley St, through tunnel to traffic circle, University of Toronto	0.1	TR	0.1
Follow road north, through passage in tower to Hoskins Ave	0.1	TL	0.2
West on Hoskins Ave to St. George St	0.2	TR	0.4
North on St George to Duport St.	1.4	TL	1.8
West on Duport St to Dundas Ave W	5.0	TR	6.8
West on Dundas St. W. to Burnhamthorpe Rd	6.5	TR	13.3
West on Burnhamthorpe Rd., over Hwy 427, to Ponytrail Dr, Mississauga	5.5	TR	18.8
North then west on Ponytrail Dr., becomes Rathburn Rd, to Creditview Rd.	10.4	TR	29.2
North on Creditview Rd. to Eglinton Ave.	1.6	TL	30.8
West on Eglinton Ave. becomes Lower Base Line to 4th Line	14.0	TL	44.8
South on 4th Line to Lower Baseline Rd.	0.6	TR	45.4
West on Lower Baseline Rd to Tremaine Rd	5.6	TL	51.0
South on Tremaine Rd. to No. 2 Sideroad	1.0	TR	52.0
West on No 2 Sideroad to Appleby Line	1.9	TL	53.9
South on Appleby Line to #1 Sideroad	1.1	TR	55.0
West on #1 Sideroad to Guelph Line	4.0	SO	59.0
North on Millar Cres. to #1 Sideroad	0.5	TL	59.5
East on # 1 Sideroad to Parkside Rd	4.7	TL	64.2
West and south on Parkside Drive to Robson Rd	4.1	TR	68.3
North on Robson Rd. to #2 Sideroad	2.0	SO	70.3
North on Beeforth Rd. to 6th Cons. E	1.8	TL	72.1
West on 6th Conc. E to Centre Rd.	2.0	SO	74.1
to Hwy 6, Millgrove	2.5	SO	76.6
South on Millgrove Rd. to Highway 5 (SS)	4.7	TR	81.3
West on Highway 5 to Sydenham Rd	0.2	TL	81.5
South on Sydenham Rd to Harvest Rd	1.8	TR	83.3
West on Harvest Rd to Brock Rd (SS)	3.4	SO	86.7
Becomes Crooks Hollow Rd	0.2	SO	86.9

West on Crooks Hollow Road to Highway 8 (Jameson Dr) (SS)	2.0	TR	88.9
West on Highway 8 to Weir's Lane	0.2	TL	89.1
South on Weir's Lane to Governors Road (SS)	2.3	TL	91.4
West on Governors Road to Binkley Rd	1.7	TL	93.1
South on Binkley Rd to Mineral Springs Road	1.1	TL	94.2
West on Mineral Springs Rd to Sulphur Springs Rd	2.3	SO	96.5
West then south, becomes Lover's Lane to Jerseyville Rd	2.3	TR	98.8
West on Jerseyville Rd to Fiddler's Green Rd	0.1	TL	98.9
South on Fiddlers Green to Carluke Rd.	8.0	TL	106.9
East on Carluke (becomes White Church, then Binbrook Rd) to Woodburn Rd	17.5	TL	124.4
South on Woodburn Rd to Rymal Rd	6.3	TL	130.7
West on Rymal Rd. to Woodburn Rd.	0.3	TR	130.9
North on Tapleytown Rd. to Ridge Rd.	5.0	TR	135.9
East on Ridge Rd to Mountain Rd.	13.8	TR/TL	149.7
to Thirty Rd. (CR 14)	4.5	TR	154.2
South on Thirty Rd. to Sobie Rd	2.4	TL	156.6
East on Sobie Rd (becomes Philip Rd) Fly Rd. (CR 73)	4.5	TR	161.1
East on Fly Rd. to Victoria Ave (CR 24)	6.8	TL	167.9
South on Victoria Ave. to Sixth Ave.	0.4	TR	168.3
East on Sixth Ave. to Glen Rd	1.1	TL	169.4
North on Glen Rd to 21st St.	0.3	TL	169.7
North on Glen Rd. to 19th St.	1.2	TR	170.9
North on 19th Ave. to Main St. , village of Jordan	0.3	TR/TL	171.2
North on Main St. to Wismer St	0.5	TL	171.7
East on Wismer to 19th Ave	0.1	TL	171.8
North on 19th Ave, becomes Bridgeport Drive to Prince William St.	1.6	TR	173.4
East on Prince William St. to Jordan Rd, Jordan Station.	0.6		174.0
North on Jordan Rd. To Honsberger Rd	0.9	TR	174.9
East the north on Honsberger, becomes Fairlane Rd to South Service Rd.	3.1	TR	178.0
East on South Service Rd. to Seventh St (CR 34).	2.1	TR	180.1
North on CR 34, over QEW to Lakeshore Rd W	0.8	TR	180.9
East on Lakeshore Rd W, becomes Main St. to Lakeport Rd, Port Dalhousie	4.1	SO	185.0
Southeast on Lakeport Rd to Lakeshore Rd	1.0	TL	186.0
East on Lakeshore Rd, through St Catherines, across the Welland canal, to Nassau St	16.2	TR	202.2
North on Nassa St. to Queen St., Niagara-on-the-Lake	0.8	TR	203.0
East on Queen St to Mississauga St	0.4	SO	203.4
East then south on Queen St, becomes Niagara Pkwy, to York Rd, Queenston.	11.1	SO	214.5
to Hiram St, Niagara Falls	7.5	TR	222.0
West on Hiram St to Falls Ave.	0.1	TL	222.1

South on Falls Ave to Rainbow Bridge	0.1	TL	222.2
<b>Cross Bridge (use pedestrian walkway, if requested) to USA, Niagara Falls, NY</b>	<b>1.6</b>	<b>CN/SO</b>	<b>223.8</b>
SR104 East, Main Street Niagara Falls, NY	0.1	TL	223.9
Whirlpool Street/2nd Street, do NOT go on Robert Moses Parkway!	0.0	VL	223.9
@ T, Findlay Drive	3.0	TR	226.9
SR 104 West Note: Sections very busy and 4 lane divided	0.1	TL	227.0
Follow exit signs for route SR18F North, leaving SR104	7.1	SO	234.1
North on SR18F, Watch turns in route, some signs behind bushes/trees		SO	234.1
Fort Niagara State Park, water, restrooms, may be ridden through back to 18F	10.8		244.9
@T, SR 18 East, Seaway Trail (Follow 18F till it ends at SR18)	5.1	TL	250.0
SR 18 East to Wilson, Olcott, Toronto visible across the lake			250.0
Olcott, NY, last on route stores until Rochester, approx 95km away	24.0		274.0
Lakeside Beach State Park access road North to Parkway entrance, Seaway Trail	40.8	TL	314.8
NOTE: Restrooms/water fountain available at Park entrance kiosk, straight ahead 100M			314.8
Lake Ontario Parkway East (Bicycles permitted), Seaway Trail	0.1	TR	314.9
Hamlin Beach State Park, restrooms, water in park, about 26km from Lakeside Beach State Park		SO	314.9
E. Manitou Road North, leave Seaway Trail	43.1	TL	358.0
Edgemere Drive, (Almost at the lake shore)	2.0	TR	360.0
At Schallers Drive In TRO Edgemere Dr.	5.1	VL	365.1
Edgemere Dr. becomes Beach Ave		SO	365.1
Lake Ave (Stores, Toronto/Roch Ferry terminal)	7.7	TR	372.8
Lake Ontario State Parkway, Pattonwood Drive	1.0	TL	373.8
Cross Col O'Rourke Bridge, CAUTION Large Expansion joints! Seaway Trail	0.0	SO	373.8
@ T St Paul Blvd.	1.5	TR	375.2
Lake Shore Blvd	0.1	TL	375.3
Lakeshore Blvd becomes Sweet Fern		SO	375.3
Culver Road	5.1	TR	380.5
TRO Culver Rd	5.7	VL	386.2
SR 404 East, Empire Blvd (Large Church on corner)	0.5	TL	386.7
Pass South end Irondequite Bay		SO	386.7
Bay Road, Seaway Trail	5.5	TL	392.2
@T Lake Road	6.0	TR	398.2
Webster Park - Restrooms, water on lake side of road	6.0	SO	404.2
Country Store, Subs Pizza, Gatorade etc.		SO	404.2
Driveway, 1119 Lake Road, Black Mailbox with DUSEL, 1119 on it	10.0	TL	414.2
NOTE: House is NOT visible from the road!			
<b>South on driveway to 1119 Lake Road, Ontario, NY (Phone (315) 524-8519)</b>	<b>0.8</b>	<b>Control</b>	<b>415.0</b>
Return to Lake Road	0.8	TL	415.8

East on Lake Rd. (Seaway Trail) to Pultneyville, Store 7AM - 9PM Subs, Pizza	11.5	SO	427.3
to Rt 14, Sodus Pt	14.0	TR	441.3
South on Rt. 14 to Ridge Rd (Seaway Trail), Alton	7.1	TL	448.4
East on Ridge Rd to Bridge, south end of Sodus Bay	4.7	SO	453.1
Orchard View Country Market on left (Restrooms, snacks etc)	1.6	SO	454.7
East on Ridge Rd to Ridge Rd, Wolcot	10.6	TL	465.3
NOTE: Ridge Rd . Oswego St . Main St . Ridge Rd, CR 143 in Wolcott			465.3
Cross 104 at Traffic Light	3.5	SO	468.8
Remain on Seaway Trail CR 370	1.1	SO	469.9
North on Rt. 104A to Rt. 104 (CAUTION on 104!)	28.0	SO	497.9
To W. Bridge St, Oswego	6.2	SO/SO	504.1
East on Rt. 104 to Rt 104B, New Haven	17.2	VL	521.3
East on Rt 104B (follow Seaway Trail) to Rt 3	10.0	TL	531.3
North on Rt 3 to Rt 13, Port Ontario	6.5	SO	537.8
North, then east on Rt. 3 to Rt 180, Baggs Corner	52.6	TL	590.4
North on Rt 180 to Dexter (continue on Seaway Trail)	5.8	SO	596.2
North on Rt. 180 to Rt 12E, Limerick	2.5	TL	598.7
North and west on Rt 12E to Broadway, Cape Vincent	27.5	TR	626.2
<b>East on Broadway to Point St</b>	<b>0.5</b>	<b>CN/TL</b>	<b>626.7</b>
North to Ferry for Wolfe Island (don't miss last ferry! - see schedule before)	0.3	SO	627.0
South on Hwy 95 to Ferry to Cape Vincent	10.0	SO	637.0
West on Hwy 96 to Hwy 95, Marysville	1.0	TR	638.0
North to Ferry to Kingstons (runs every hour)	0.1	TL	638.1
West on Ontario St. to Brock St	0.2	TL	638.3
North on Brock St to Division St.	1.0	TR	639.3
North on Division St, becomes CR 10 to CR 5, Missouri	22.3	TL	661.6
West on CR 5 to CR 38, Harrowsmith	15.0	TR	676.6
North on Hwy 38 to CR 7(Sign posted Bellrock) (use caution)	8.7	TL	685.3
West on CR 7 to Bellrock	5.8	SO	691.1
Becomes CR14 to Enterprise	10.4	SO	701.5
To CR 4, Reidville	6.3	TL	707.8
South on CR 4 to Centreville	7.4	SO	715.2
South on CR 4 to CR 17	4.8	TR	720.0
West on CR 17 to CR 27	4.3	TL	724.3
South on CR 27 to CR 11, Newburgh	0.5	TR	724.8
West on CR 11 to CR 16	2.6	TL	727.4
South on CR 16 to CR 1	1.5	TR	728.9
Southwest on CR 1, under bridge to Hwy 2 (Dundas St.), Napanee	7.3	TR	736.2
West on Dundas St. to CR 8	1.0	TL	737.2

South on CR 8 to T-Junction, CR 21	12.7	TR	749.9
West on CR 8 to Dorland	14.6	TL	764.5
South to Hwy 33, Adolphustown	1.8	TR	766.3
West on Hwy 33 to Glenora Ferry (Ferry runs every 1/2 hour)	4.5	SO	770.8
<b>West on Hwy 33, becomes Bridge St, to Main St. W., Picton (GS,R)</b>	<b>8.6</b>	<b>TL/CN</b>	<b>779.4</b>
West on Main St. to Lake St, CR 10	1.1	TL	780.5
Southwest on CR 10 to CR 1	2.6	TR	783.1
West on CR 1 to Hwy 33	1.8	SO	784.9
To CR 30	4.0	TL	788.9
<b>South on CR 30 to Main St, Bloomfield</b>	<b>1.8</b>	<b>TR/CN</b>	<b>790.7</b>
West on Main St to Wellington St, CR 33 (Loyalist Hwy).	0.5	TL	791.2
West on CR 33 to Belleville St. (CR 2), Wellington (GS,R)	9.0	SO	800.2
West, then North on CR 33 to CR 64 (Old Portage Rd)	27.0	TL	827.2
West on CR 64 to Harbour St, Brighton	15.9	TL	843.1
West on Harbour St. to Ontario St	1.0	TR	844.1
North to Presqu'ile Pkwy	0.1	TL	844.2
West on Presqu'ile Pkwy to Lake St (becomes Lakeshore then Beach) to Hunt Rd	5.0	TR	849.2
North on Hunt Rd to Hwy 2	1.9	TL	851.1
<b>West on Hwy 2 to Ontario St, Cobourne</b>	<b>7.2</b>	<b>TL/CN</b>	<b>858.3</b>
South then west on Ontario St, becomes Lakeport Rd to Orchard Grove Rd	9.3	TL	867.6
West on Orchard Grove Rd, becomes Lakeshore Rd to Archer Rd	2.5	TR	870.1
North on Archer Rd to Hwy 2	2.5	TL	872.6
West on Hwy. 2, through Cobourg, to Mill Street, Port Hope	24.9	TR	897.5
North on Mill Street to Walton St	0.4	TL	897.9
West on Walton, becomes Lakeshore Rd, through Port Granby and Port Britain to T-Junction	21.0	TL	918.9
South then west to Mill Street, Bond Head	2.5	TR	921.4
North on Mill Street, becomes CR 17, past Hwy. 401, Hwy 2, Newcastle	2.3	TL	923.7
West on Hwy 2 through Bowmanville (GS,R) to Maple Grove Rd (3rd Left after railway overpass)	9.6	TL	933.3
South on Maple Grove Rd to 2nd Line (first left)	0.2	TR	933.5
West on 2nd Line to Townline Rd	7.0	TR/TL	940.5
West on Bloor St. W. through Oshawa, to Thickson Rd.	8.6	SO	949.1
Becomes Victoria St., to Lakeridge Rd. (CR 23)	6.1	SO	955.2
Becomes Bayly St. to Whites Rd (CR )	12.3	SO	967.5
North on Whites Rd., over Hwy 401, to Finch Ave	1.1	TL	968.6
West on Finch Ave. to Beare Road	1.7	TR	970.3
North on Beare Rd to Plug Hat Rd	1.1	TL	971.4
West on Plug Hat Rd, then south on Meadowvale Rd to Old Finch Ave	1.9	TR	973.3
West on Old Finch to Sewells Rd (caution on metal surfaced bridge)	1.7	TL	975.0
North and west on Sewells Rd, becomes Old Finch Rd. to Morningside	1.6	TR	976.6

North, then west on Morningside Ave, under railroad bridge, becomes Finch Ave. to Middlefield Rd	3.9	TL	980.5
South the west on Middlefield Rd. to McCowan Rd	1.6	SO	982.1
Huntingwood Drive, past Kennedy Ave, Victoria Park Ave	5.9	SO	988.0
East on Old Sheppard Ave. to Brian Drive	0.6	TL	988.6
South on Brian Drive to Sheppard Ave. E	0.4	TR	989.0
West on Sheppard Ave. E., over Hwy. 404, to Don Mills Rd	1.3	TL	990.3
South on Don Mills Rd. to York Mills Rd.	2.2	TR	992.5
East on York Mills Rd. to Don Mills Rd.	3.4	TL	995.9
South on Bayview Ave. to Nesbitt Drive ( Just after the Railroad Bridge )	6.6	TR	1002.5
Southwest on Nesbitt Drive to Governor's Rd.	0.6	TL	1003.1
Southwest on Governor's Rd. to Astley Ave.	0.2	TL	1003.3
South on Astley Ave to Douglas Dr.	0.2	TR	1003.5
Meander on Douglas Dr . to Glen Rd.	0.4	TL	1003.9
South on Glen Rd to Elm St.	1.3	TR	1005.2
South on Sherbourne St. to Wellesley St.	0.9	TR	1006.1
<b>West on Wellesley St. to Provincial Parliament Buildings, Queen's Park &amp; Wellesley</b>	<b>1.4</b>	<b>FN</b>	<b>1007.5</b>

Schedule of Ferry from Cape Vincent: Cost \$2 US, \$3 CDN

- 8:15 a.m.
- 9:30 a.m.
- 10:30 a.m.
- 11:30 a.m.
- 12:30 p.m.
- 2:00 p.m.
- 3:00 p.m.
- 4:00 p.m.
- 5:00 p.m.
- 6:00 p.m.
- \*7:30 p.m. (this run may not be sailing)

On completion of the brevet, please e-mail (anne\_pokocky@hotmail.com) or phone (905-655-5483) your finishing time to Anne Pokocky, VP Toronto Chapter. Hand in your completed control card to the ride organizer, or mail it to: Anne Pokocky, 19 Lazio Street, Whitby, ON. L1R 3A3.