

SYDENHAM TO SHARBOT LAKE AND RETURN

2 Days | Total Distance: 105 kms

Day One

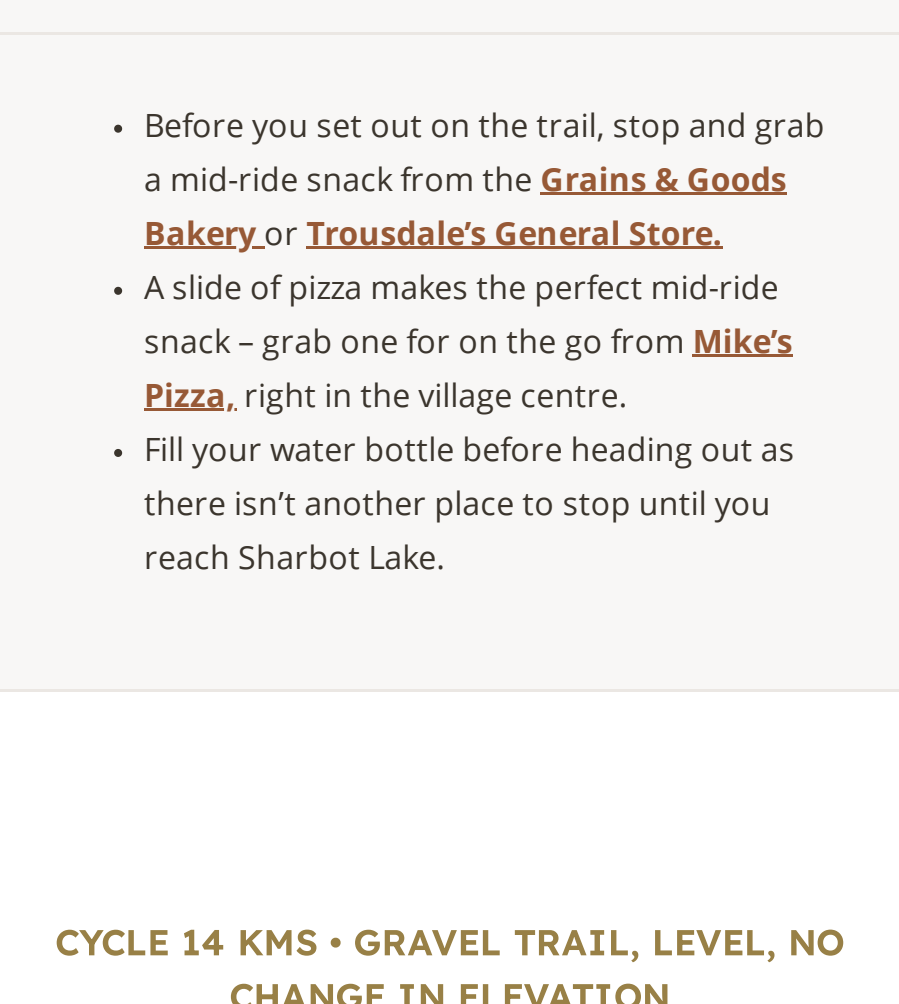
Whether you're riding out-and-back or have left a vehicle at the other end, your first day on the trail promises a scenic introduction to the region. Expect to cycle through farmland, wetlands, lakes, granite outcrops, and dense forested stretches of the Frontenac Arch.

START OF DAY ONE



Sydenham to Harrowsmith

Your journey begins on the [Cataraqui Trail](#), heading west to where it meets the K&P. Trailhead parking is available at [The Point Park](#) in Sydenham, where you'll find washroom facilities and a water filling station to get ready for your ride.



Start Here: The Point Park, Sydenham

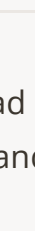
Nestled at the southern tip of Sydenham Lake, the village of Sydenham is the gateway to South Frontenac's vast network of trails and waterways. Located just north of Kingston, the community blends small-town charm with access to rugged Canadian Shield landscapes that define this region of Eastern Ontario.

The Cataraqui Trail forms part of the Trans Canada Trail network and follows a former Canadian National Railway corridor. The crushed stone surface is wide, level, and well-maintained, making it ideal for cyclists looking for a relaxed touring experience through farmland and mixed forest.

What you need to know

- Before you set out on the trail, stop and grab a mid-ride snack from the [Grains & Goods Bakery](#) or [Trousdale's General Store](#).
- A slice of pizza makes the perfect mid-ride snack – grab one for on the go from [Mike's Pizza](#), right in the village centre.
- Fill your water bottle before heading out as there isn't another place to stop until you reach Sharbot Lake.

CYCLE 14 KMS • GRAVEL TRAIL, LEVEL, NO CHANGE IN ELEVATION



Next Stop: Harrowsmith

Harrowsmith was a railway junction town by 1890 with two railways passing through the small community – the BQR and the K&P. If you have an interest in homesteading, the name Harrowsmith will ring a bell. Printing from 1976 to 2016, Harrowsmith Magazine focused on themes of rural living and sustainability, reflecting the lifestyle of the community it was named for.

Note that as you cycle west from Sydenham towards Harrowsmith the Cataraqui Trail will branch onto the K&P Trail.

What you need to know

There isn't much to do in Harrowsmith but you could grab a slice of pizza and a drink from [The Pizza Place](#) in town

On your way out of town look for [The Big Rock](#) point of interest – a large area of exposed Canadian Shield terrain not far from the trail

The [Frontenac Farmers' Market](#) is held in Harrowsmith on Fridays through the summer and is worth a stop.

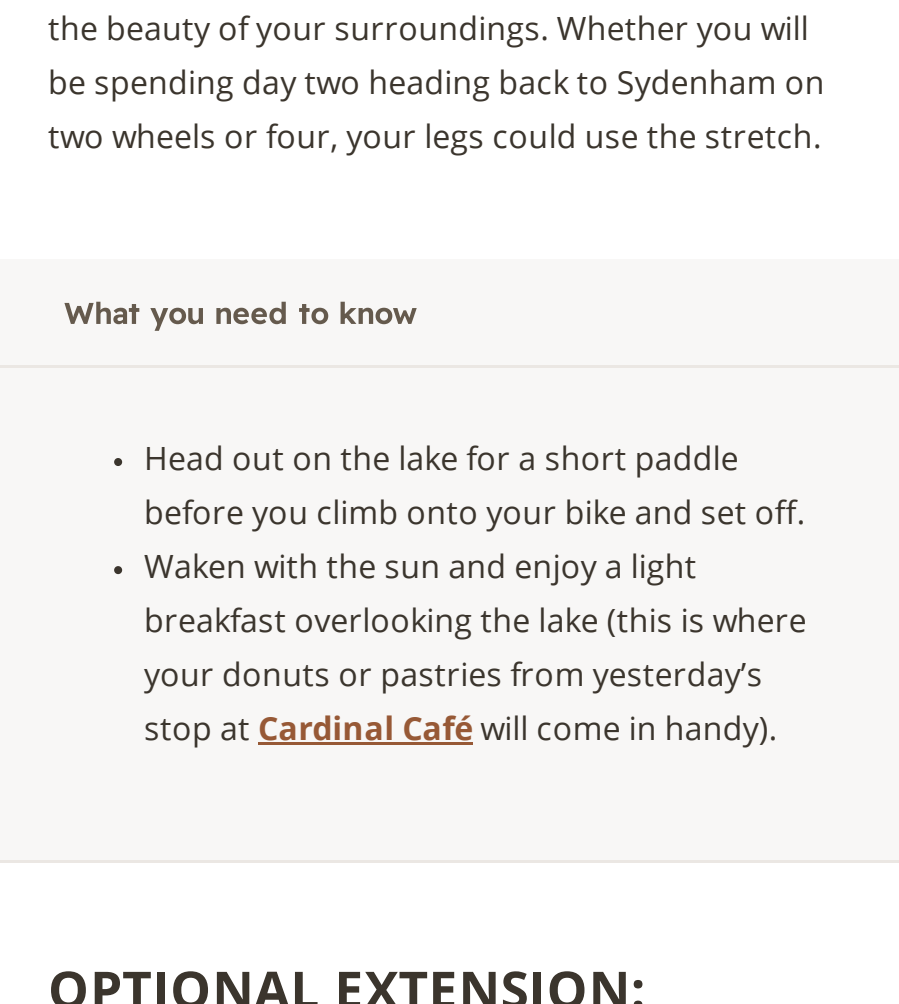
CYCLE 8 KMS • GRAVEL TRAIL, LEVEL



Next Stop: Verona

Located along the banks of the Napanee River, Verona sits at the junction of Highways 38 and 7 and marks one of the most accessible access points to the K&P Trail. Once a milling and railway hub, today the community is a convenient rest stop for trail users travelling deeper into the Frontenac Arch Biosphere.

As you pass through Verona, you'll begin to notice a subtle shift in landscape, from agricultural land to exposed granite, wetlands, and mixed hardwood forest characteristic of the Canadian Shield.



What you need to know

- There is a trailhead in Verona with parking, trail information and map, and a public washroom
- If you are feeling peckish, [Muddy Waters](#) is a must stop for a hearty homestyle meal that will stick to your ribs for the remainder of your ride.
- [Food Less Travelled](#) is a great stop for grab-and-go baked goods and fresh coffee before heading out on the longest stretch of the day.

CYCLE 38 KMS • GRAVEL TRAIL, LEVEL



Next Stop: Sharbot Lake

By the time you reach Sharbot Lake you will be ready for a well-earned break. The K&P Trail takes you right into the heart of Sharbot Lake and along the lake's shoreline.

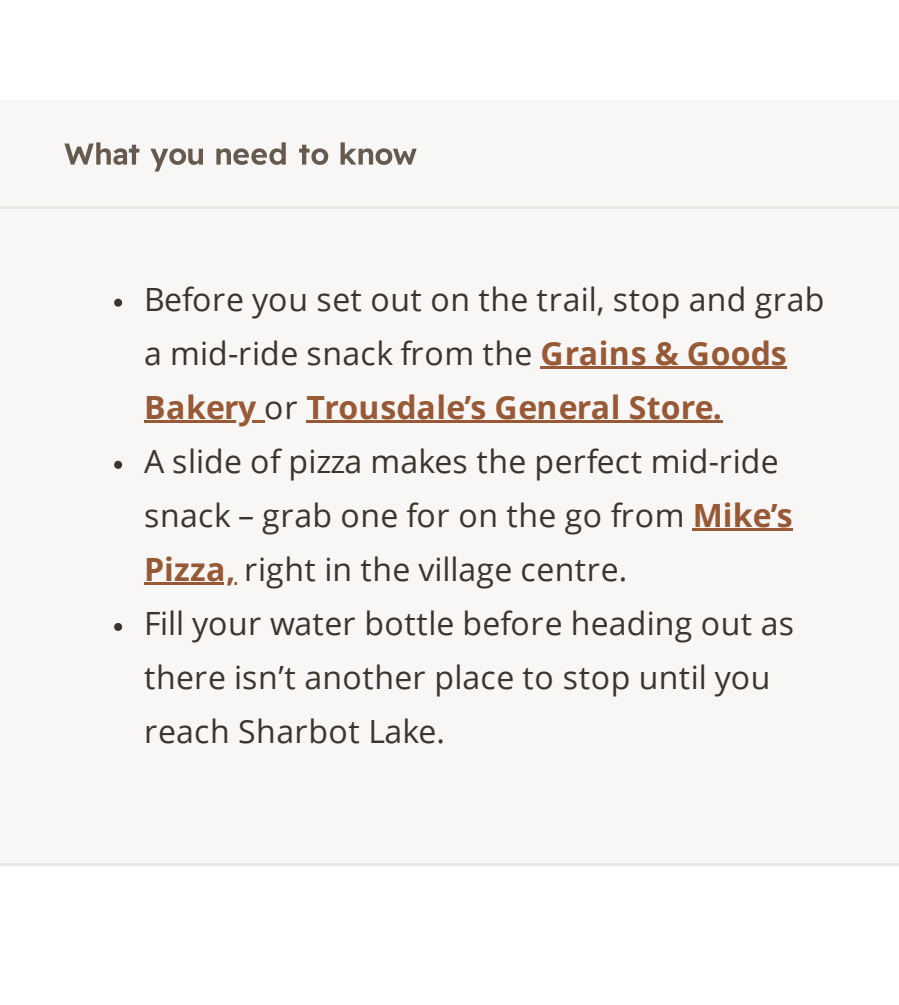
Railway Heritage Park, Sharbot Lake

What you need to know

- There are public washrooms at Sharbot Lake beach pavilion.
- If you're hot and ready for a swim, the trail takes you straight past the public beach where you can cool off before continuing your explore.
- Don't miss the [Railway Heritage Park](#) which features interpretive signage about the Kingston & Pembroke Railway.
- Grab a bite to eat, a donut, and a coffee from the [Cardinal Café](#) just up the hill from the beach. Bag up some donuts or pastries to have for breakfast at your accommodation tomorrow.
- [Kick & Push Brewery](#) is just steps from the K&P Trail north of Sharbot Lake, and a must visit for sampling craft beer and grabbing a pub-style meal.
- Make the short ride outside of Sharbot Lake to [Seed to Sausage](#) to stock up on pepperettes and other cured meat at this delicious local butchery.

End Your Day: [Lehlewa Lakeside Retreat](#)

The name Lehlewa was chosen to pay homage to the Sharbot Lake Algonquin First Nation and means "breathe" in the Algonquin language, pronounced "lay-lay-wa." This three-acre waterfront retreat offers three cottage accommodations overlooking the lake.



What you need to know

- Check into your cottage and explore the property – and the views – overlooking Sharbot Lake.
- After such a long ride your legs may be a little shaky – but that's a good thing! Unwind fatigued muscles in the on-site sauna, then take a dip in the lake to cool off between rounds.
- **Pro tip:** The sunsets here are EPIC. Make sure you are on the dock or shore in time to watch this brilliant and fiery display of nature's beauty.

END OF DAY ONE



Day Two

Day two offers a chance to experience the trail from a new perspective as you retrace your route back to Sydenham. The return journey reveals details you may have missed on the way in, like shifting light through the forest, expansive wetlands, and the beauty of the Frontenac Arch unfolding at an unhurried pace.

START OF DAY TWO



Start Here: [Lehlewa Lakeside Retreat](#)

Take some time to explore the property and drink in the beauty of your surroundings. Whether you will be spending day two heading back to Sydenham on two wheels or four, your legs could use the stretch.

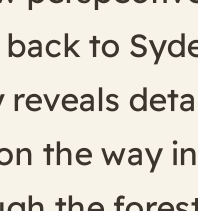
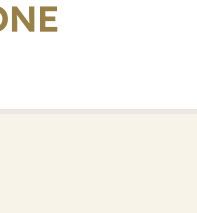
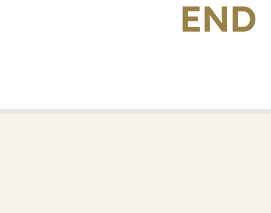
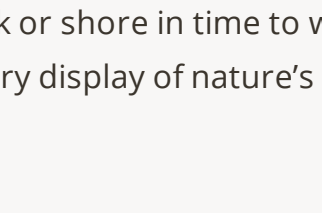
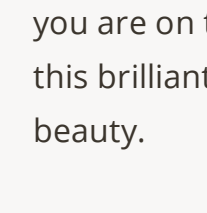
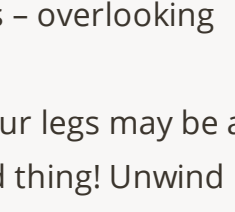
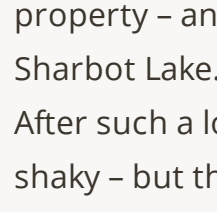
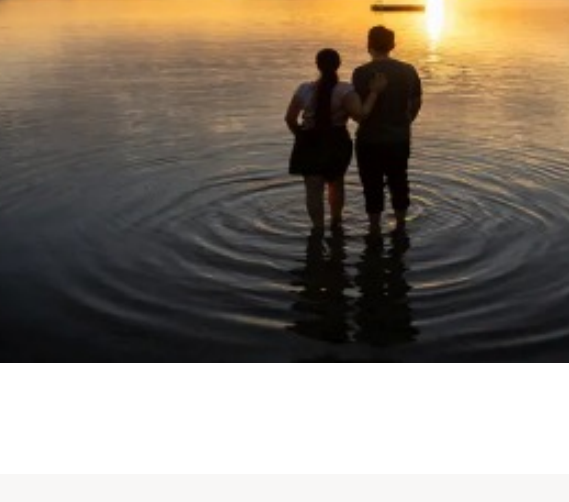
What you need to know

- Head out on the lake for a short paddle before you climb onto your bike and set off.
- Waken with the sun and enjoy a light breakfast overlooking the lake (this is where your donuts or pastries from yesterday's stop at [Cardinal Café](#) will come in handy).

OPTIONAL EXTENSION: [CLARENDON STATION](#)

Spend more time exploring Sharbot Lake before continuing north on the K&P to Clarendon Station, a roughly 12-kilometre cycle from the village. Here, you will find a phenomenal Airbnb housed in a restored railway station, complete with railway memorabilia and cyclist-friendly amenities.

A short ride north is, [Back Forty Artisan Cheese](#), a small creamery worth the detour. The Cheese Shop and Bistro is open Fridays and Saturdays from 11:30 a.m. to 7 p.m. Order from their farm-to-table menu – a must try is one of their delicious woodfired pizzas. Pick up some local cheese to enjoy later.



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