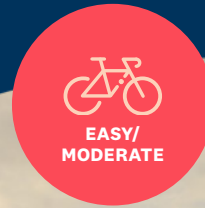


K&P Trail

Cycling Itinerary



K&P Trail

Experience a ride following what was once the Kingston and Pembroke Railway on what is now the K&P Trail, cycling a distance that best suits your style. For a trail-only experience, there are a number of designated parking areas north of the urban area. The trail can also be enjoyed from downtown Kingston, using some on-road connections and city trails, following K&P Trail signs.

From Lake Ontario and the Great Cataraqui River, the trail meanders northwards and under Highway 401 using a dedicated trail tunnel. Follow the tree-lined, well-maintained path, spotting evidence of rail activity that ceased in the 1980s. Pass picturesque wetlands and farm fields, cross bridges, and ride through limestone rock cuts. If you pedal as far as Harrowsmith, the trail connects with the Cataraqui Trail east and west or continues north. Enjoy any distance and return to Kingston to discover all the city has to offer, downtown and along the waterfront.

Route info

CYCLING ROUTE

10km to 69km
(6 to 43m)

CYCLING IN

South Eastern Ontario,
Kingston, Frontenac County

EXPERIENCE RATING

Easy to moderate,
cycle any distance

Digital maps

[K&P – Cycling Itinerary](#)



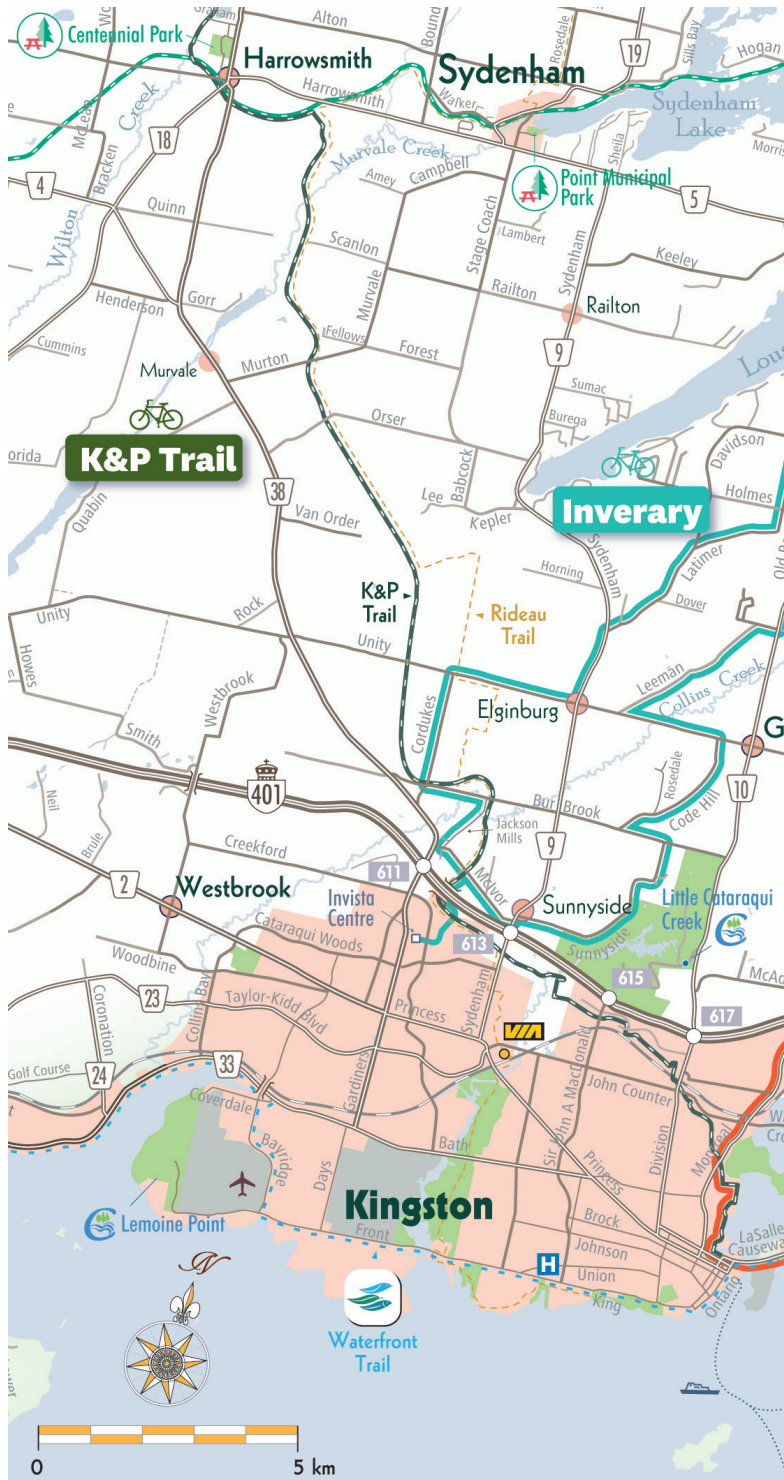


Legend

	Limited access Multi-lane highway
	County road, paved
	Paved surface
	Hard surface
	Loose surface
	Gravel lane
	Unmaintained road
	Rail
	Ferry
	International bridge

	Provincial Park
	Conservation Area
	Parks of the St Lawrence
	National Park
	Municipal parks and recreation areas
	Mountain Bike Trails

	Bike Repair Station
	Services and features
	Hospital
	Rideau Canal Lockstation, Parks Canada
	Trent-Severn Waterway Lockstation, Parks Canada
	St. Lawrence Seaway Lockstation
	Public beach
	Lighthouse



Legend

	Limited access Multi-lane highway
	County road, paved
	Paved surface
	Hard surface
	Loose surface
	Gravel lane
	Unmaintained road
	Rail
	Ferry
	International bridge

	Provincial Park
	Conservation Area
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Places to Stop

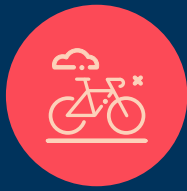
- Downtown and waterfront, Kingston
- Shops, restaurants, cafés, Kingston
- Marine Museum of the Great Lakes, Kingston
- The PumpHouse Museum, Kingston
- Kingston City Hall
- Queens University (nearby)
- Fort Henry (nearby)
- Wolfe Island (nearby)

There are a number of options to modify this itinerary:

- Start in alternate locations: Kingston urban or rural parking options, Harrowsmith
- Ride exclusively on off-road trail, starting from INVISTA Centre or rural parking options north of Kingston
- Ride on trail with some road connections from downtown Kingston
- Ride distance that best suits your style
- Continue on K&P Trail north of Harrowsmith
- Connect to the Cataraqui Trail: ride east of Harrowsmith to Sydenham or further; or ride west of Harrowsmith to Yarker or further to Napanee
- Follow the Great Lakes Waterfront Trail east and west of Kingston
- Combine this itinerary with other cycling routes nearby Kingston, Wolfe Island, and Frontenac County



Fort Henry,
Kingston



DISTANCE

**10km to 69km
(6 to 43m)**



Downtown Kingston

Logistics

Route

- Alternate start locations can ensure trail-only experience
- If starting downtown Kingston, some road connections required on busier roads
- Trail outside of urban areas is unpaved
- Flat, limited elevation
- Trail is family-friendly
- Suitable for all types of bicycles

Cautions & Notes

- Busier roads with some paved shoulders and bike lanes if connecting to trail from downtown Kingston
- Underpass trail used to cross Highway 401
- Trail crossings in urban centres include some busier intersections
- Trail crossings of rural roads

Park & Start

- Municipal parking lots, downtown Kingston
- Douglas Fluhrer Park or INVISTA Centre, Kingston
- McIvor Road or Burbrook Road or Unity Road, K&P Trail parking, north of Kingston
- Road 38, Cataraqui Trail parking, Harrowsmith

Services

KINGSTON

- Bike shops & rentals: [Frontenac Cycle](#) – sales, service and bike rentals; [Trek Bicycle Kingston](#) – sales and service; [J&J Cycle](#) – sales and service; [Ahoj Rentals](#) – bike tours and bike rentals
- Bike repair stations: 1350 Gardiners Road, INVISTA Centre; Artillery Park Aquatic Centre, 382 Bagot St; Memorial Centre – 303 York St; The Mansion, 506 Princess St; Fort Henry
- Bike parking – Secure app-based bike parking hub on Princess St near Ontario St
- Accommodations
- Restaurants/cafés
- Food/groceries/convenience stores
- Gas stations
- Public washrooms
- Bank ATM
- Shopping
- Attractions

HARROWSMITH

- Restaurants/cafés
- Convenience store/gas station



Information Links

Visitor Information

South Eastern Ontario website:
southeasternontario.ca

Visit Kingston:
visitkingston.ca

Disclaimer: The maps and itineraries have been developed to assist in planning bicycle trips throughout South Eastern Ontario. The majority of routes are on shared roadways and cyclists must use these streets, as well as any trails, with caution. Always wear the proper safety gear when cycling, ride sensibly and abide by all laws. Each route should be evaluated by each individual cyclist based on their level of experience, comfort level in cycling in traffic, weather conditions, time of day, and any road obstacles. South Eastern Ontario and the City of Kingston do not assume any liability whatsoever for cyclists travelling upon these routes.

Additional Information

More cycling routes near Kingston:

- Washburn Loop – ridewithgps.com/routes/42666142
- North Kingston to Inverary Loop – ridewithgps.com/routes/42666151
- Wolfe Island – ridewithgps.com/routes/42665235

K&P Trail maps:

- cityofkingston.ca/residents/recreation/parks-trails/k-p
- frontenacounty.ca/en/things-to-do/kp-trail.aspx

Cataraqui Trail maps: cataraquitrail.ca

Great Lakes Waterfront Trail maps:
waterfronttrail.org

For cycling routes, maps and certified bicycle friendly places to eat, visit & sleep:
ontariobybike.ca/southeasternontario