4 DAYS, 3 NIGHTS OF GRAVEL GRINDING AND GEARS

4 Days (plus 1 optional day) | Total Distance: Cycling distance for main route: 238 kilometres

Day One

Distance: 87 kms

On the first day expect to be challenged - there is a total change in elevation of 740 metres. Pace yourself because you have two more days of cycling ahead of you.

START OF DAY ONE

Start Here: Calabogie

Perched on the edge of Calabogie Lake, the town of Calabogie is cute as a button and a must-visit destination for outdoor lovers. With Calabogie Peaks found here, you know in advance that hilly terrain is on the agenda for any cycling from this destination.

What to do here

• Start your ride with a breakfast of champions from **Oh-el-la Café**.
• Gear up with a bike rental from **Madawaska Valley Cycling**. You can even book a VeloGuide **tour** through here and amp up your ride, or extend your trip.
• Pick up some snacks (or lunch, or a beer or two for the end of the day) from **Redneck Bistro.**

About the area

Calabogie

Ottawa Valley

From Toronto: 372km • 4 hr 40 min
From Ottawa: 102km • 1 hr 15 min

Referred to as 'the funnest small town in Canada' by CBC's comedy series, Still Standing, Calabogie more than lives up to the name. From indoor activities like restaurant hopping, to outdoor adventure in watersports, backwoods play, and skiing Ontario's vertical drop at Calabogie Peaks, there's plenty of fun to be had at this outdoor paradise.

Time Spent Here: It's best to get started early on your ride, but don't worry, you'll end up back in Calabogie at the end of your trip so you will still have plenty of time to explore.

CYCLE WEST ON LANARK ROAD, CROSS HIGHWAY 508 AND TAKE MURPHY ROAD

Next Stop: Calabogie Rustic

Farm Market

Your legs will still be fresh, so you can keep pedaling and hit up this market on the way back to Calabogie, or take the time to stop now.

What to do here

- If you are planning a picnic lunch, this would be a great place to stock up on some fresh, seasonal produce and dry goods.
- Chat with the owners about what got them interested in community supported agriculture and supporting small farmers.

CYCLE TOWARDS SCOTCH BUSH,

Next Stop: Balaclava

This ghost town was a busy industrial and farming centre in the latter part of the 19th century, but slowly decayed when it was overlooked as a railroad town. The lumber mill here continued to operate on water power until the late 1960s, and the town store operated until the mid-1970s. Today the town is abandoned and makes an interesting spot for photos.

What to do here

- Stop for a photo at the sawmill ruins here.
- Take a break for a picnic snack or lunch.

CYCLE SAMMON ROAD TOWARDS SCOTCH BUSH

End Your Day: Ottawa Valley Farm to Fork

You may be beat by now, but probably hungry as well, and you'll be in the right spot here. These small farmers create gourmet foods from ingredients grown on their property (think organic pierogi or grass-fed beef sausage rolls). They also operate a bike stop with parking and an accommodation option that sleeps up to six people, and are ideally situated on this loop as a place to spend the night.

What to do here

• Check out the farm and ask how you can help out! These folks offer a “Farmer for a Day” option as well, and you can even learn to milk a goat. Check their website for booking details.
• Check in with **Brooker’s Cider** and see if they are doing tastings or are open for sales so you can plan when you will make a trip out there.
• Book a dinner picnic in the pasture (or in your accommodation) using the ingredients you brought from **Calabogie Rustic Farm** or a farm-fresh meal from the farm.
• Crack open a beer and sit outdoors and bask in the quiet (and the fact that you’re finally stationary after a hard day in the bike saddle).

Time Spent Here: Try and get to the farm at least a couple of hours before dark so you have enough time to explore and stretch your legs before heading to bed to rest up for tomorrow.

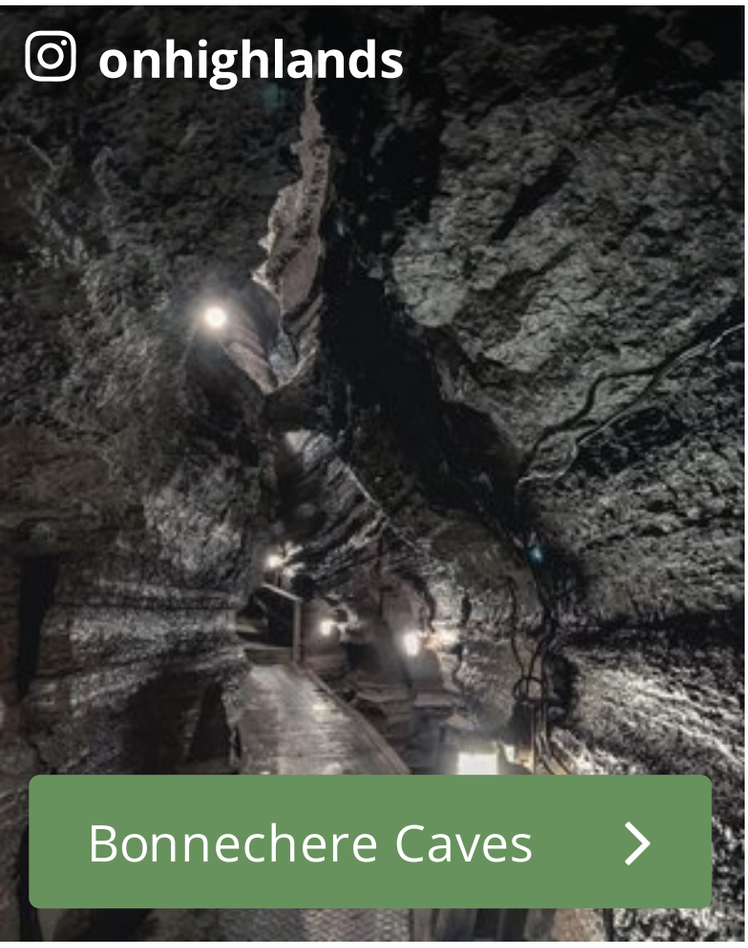
END OF DAY ONE

Day Two

Distance: 81 kms

You survived day one and are ready to get back at it. We have good news for you, you have far less gravel and more pavement in your future today. Expect a change in elevation of 700 metres, a little reprieve from the day before.

START OF DAY TWO



Start Here: Ottawa Valley Farm to Fork

The early part of today will be a luxury as it will be on paved roads. Don't get spoiled though, there is a pretty hefty change in elevation in your future of 705 metres over the first 30 kilometres, then a series of hilly, gravel roads before you end your day back at your accommodation.

What to do here

• Contact **Brooker's Cider** before heading out to see about doing a tasting or getting some cider. This is your last chance!
• Pre-order a breakfast straight from the farm, with farm-fresh eggs (maybe laid that day), local jams, and local bread.

Next Stop: Douglas

The small community of Douglas is home to a growing Mennonite population so your two-wheeled transportation may be passed by the four-legged kind with a buggy behind it. This stop will be a short break before you continue on towards Eganville.

What to do here

• Stop at the Douglas Grocery store for any sundries you may need (or a breather).
• Swing past the Douglas Mennonite Farm and farmstand and, if they're open, fill your saddlebags with some fresh produce and handmade goods.
• Stop for a photo at McRae Mill Dam Ruins, roughly halfway to Eganville. This would be a good place to have a picnic lunch using goodies from the Mennonite farm.

About the area

Douglas

Ottawa Valley

From Toronto: 374km • 4 hr 12 min
From Ottawa: 116km • 1 hr 13 min

Time Spent Here: You could spend an hour at the Mennonite farmstand, if you think you are on track for time.

CYCLE TOWARDS EGANVILLE

Next Stop: Bonnechere Caves

This is a must stop on your route, even just for a few minutes to wander the coolness of the caves and cool off a bit. You can make this stop on your way out or your way back as you will pass by this way again today.

What to do here

• Walk across the street to the Fourth Chute Falls and see if you can find any fossils Imprinted in the sandstone here.
• Take a tour of the cave and learn more about the geology of the region and how the underground cavern was formed.
• Chat with cave owner, Chris Hinsperger, who is the cyclist who was inspired by this itinerary and wanted to share it with everyone.

Time Spent Here: Plan on two hours here to really get a flavour of the caves. The rapids at Fourth Chute Falls are also mesmerizing and the perfect spot to stop for a rest and snack.

Next Stop: Eganville

You will fall in love with Eganville! The Bonnechere River runs straight through the centre of Eganville and creates a lovely setting no matter where you are in town.

What to do here

• Stop at **Bonnechere Museum** in Eganville, also known as the Ordovician Fossil Capital of Canada, teaches visitors about ancient life along the Bonnechere River.

• Time for lunch? A hearty meal from **Rio Tap & Grill** will keep your legs in pedaling shape for the rest of the day. Their soup of the day is a must try, any day of the week.

• Drop by **Fifth Chute Coffee** for a caffeine boost to keep up your energy. While you're there pick up a loaf of freshly baked bread for sandwiches tomorrow (or tonight).

• As you leave Eganville you can hang either left or right at the Y, because this is a loop, but if you decide not to stop in Eganville you may want to go left to hit the food and drink earlier.

About the area

Eganville

Ottawa Valley

From Toronto: 350km • 4 hr 20 min

From Ottawa: 135km • 1 hr 35 min

Laying in a deep limestone valley, Eganville is known as the Ordovician Fossil Capital of Canada. See these fossils up close at the Bonnechere Caves, and go deep underground to do your own fossil hunt.

Time Spent Here: Plan on at least an hour or more here, especially if you will be eating a full lunch you'll want to take time to let it settle before heading out on the road.

Next Stop: Mud Lake Loop

The loop around Mud Lake features a number of spots where you can stop and take a picture or stretch your legs. This loop takes you back to Eganville and then back down to Ottawa Valley Farm to Fork to spend the night.

What to do here

• Feeling a little sweaty? This stop will give you a chance to change that in a fragrant way! Open by chance or by appointment, **Opeongo Soaps** uses locally sourced goat's milk and rainwater to make their artisanal soaps.
• Stop for lunch or to pick up something for dinner from **Kokomish Café,** on Golden Lake. Their pizzas are a local favourite, and after your ride you won't need to worry about calories.
• The **Boat House BBQ & Fries** has been pleasing palates for 10 years and is another great option for a stop to refuel. In summer, a must-try is one of their famous milkshakes from the ice cream shack.

This loop will take you through territory of the Algonquins of Pikwakanagan.

End of Day: Egan Inn

Egan Inn can be your "home away from home" at the end of a long day pedaling. Be inspired by the Victorian era rooms and the views from the inn and take some time to sit down and take a breather. You earned it!

What to do here

- Visit a local restaurant for dinner – **Rio Tap & Grill** serves up good as homemade meals that will refuel after a long day in the saddle.
- Take a stroll through town to unwind and stretch your muscles.

• Look back at suggestions for things to do in Eganville to see what you missed on your first pass through town.

END OF DAY TWO

Day Three

Distance: Cycling distance 87 kms

This is your last day on the Lumberjack Gravel Loop but don't worry, your cycling journey doesn't need to end with the setting sun today.

START OF DAY THREE

Start Here: Egan Inn

Say good-bye to your hosts at Egan Inn and swing past **Fifth Chute Coffee** for breakfast before heading out on your last day of cycling the Lumberjack Gravel Loop.

RETRACE YOUR ROUTE BACK TO CALABOGIE

Next Stop: Calabogie

You’ve completed the Lumberjack Gravel Loop and deserve some much needed rest and rewards. If you didn’t explore Calabogie on Day One of this itinerary, this is your chance to really get an idea of the culture of this town that’s passionate about the outdoors.

What to do here

• Bring your bathing suit and a towel to Barnet Park for a relaxing swim to soothe your tired muscles in the cool water of Calabogie Lake.
• Lounge on the patio at **Calabogie Brewing Co.** and savour a refreshing pint (or two) as a reward at the end of the day.
• Enjoy a fine dining meal overlooking Calabogie Lake at **On the Rocks** or head to **Calabogie Peaks** to the on-site restaurant, **Canthooks**.
• Try the Redneck Burger at **Redneck Bistro** for a "Valley-style" dish that won't leave you hungry.
• Plan ahead to your next visit to this region and book a tour from **Madawaska Valley Cycling** to explore this region even further.

About the area

Calabogie

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Time Spent Here: Depending on how fast you cycle and when you set out for the day you could arrive back in Calabogie with several hours before the sun sets to dedicate to exploring the community.

End Your Day: Somewhere Inn Calabogie

This trendy inn is a boutique hotel that offers a Zen-like, minimalist accommodation with a focus on the outdoor experiences you can enjoy in Calabogie. The rooms here are big oversized and so soothing and beautiful you may not want to leave again. Some even offer a soaker tub in the room that your sore muscles will love.

What to do here

• Lounge in a hammock right at the inn, or gather around the campfire to chat about your ride and meet new people.
• An on-site wine bar will give you plenty of fine wines to choose from (and you may even want to uncork one for enjoying at the bonfire).
• Take a guided hike, coordinated by Somewhere Inn.
• If you've ever wanted to try Stand Up Paddleboarding, now is your chance. Rent a paddleboard from **Mad River Paddle** and set out on Calabogie Lake (you can also book a private or semi-private lesson).

• If you're there on a Friday, lather on the insect repellant and get installed on the inn lawn for an outdoor movie after sunset.

• Pre-book a massage or treatment at **dOMe Retreat** for a uniquely relaxing experience (not this is off-site and you will need to drive here).

Time Spent Here: If you can't fit in all of the above into your time after you check into the hotel, plan ahead to tomorrow. Somewhere Inn is literally its own destination, so don't feel bad if you can't squeeze it all in.

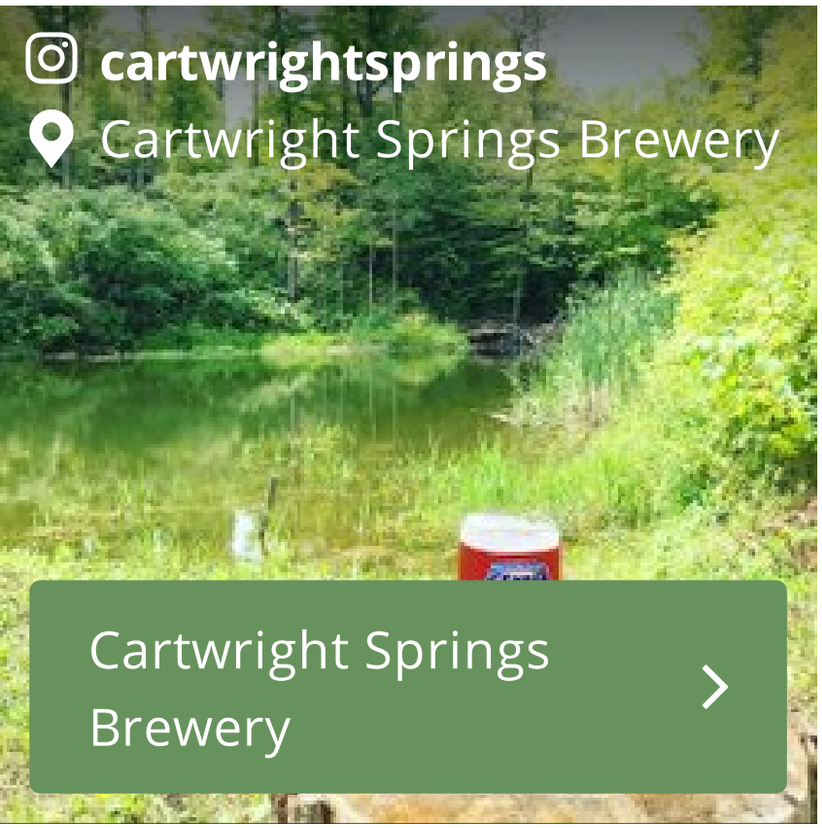
END OF DAY THREE

END OF TRIP ITO EXTEND YOUR TRIP EVEN LONGER, CHECK OUT DAY FOUR, BELOW)

Day Four

Given how close you will be to the **Ottawa Valley Recreational Trail (OVRT),** a mostly level gravel trail that runs from Mattawa to Smiths Falls, it would be a shame to not include this option on your trip! This extra day will give you a chance to explore the communities of Almonte and Pakenham, or you can go further to Carleton Place or Smiths Falls, should you choose.

START OF DAY FOUR



Start Here: Somewhere Inn

If you didn’t fit in everything you wanted to do here yet, that's okay, just book your next cycle in this area and you'll know exactly what to do first when you arrive.

38KM • 30 MINS

Next Stop: Nick Smith Centre, Arnprior

You will need to drive or cycle to access the OVRT in Arnprior, where you can park your vehicle at the Nick Smith Centre for an out and back ride on the trail. Cycle south on the OVRT towards Pakenham.

CYCLE SOUTH ON OVRT

Next Stop: Pakenham

You will fall in love with the village of Pakenham. This is a perfect destination for cyclists who want to take a short break from their ride to sit and enjoy an ice cream cone while watching the river rush past.

What to do here

• Visit **Cartwright Springs Brewery** in Pakenham to taste what beer made with fresh spring water tastes like. Chat with owner, Andre Rieux, to learn all about why he started his brewery here.
• Pizza for lunch sounds like a great choice, and you'll love the local favourite **Centennial Restaurant**, right on the main drag in Pakenham.
• **Scoops** ice cream has your favourite flavour, guaranteed.
• Have a caffeine refill at **Keepers Coffee Bar**, and why not tag on a baked treat to your order?

• Picnic by the Mississippi River as it rushes through Pakenham next to the Five Span Bridge.

About the area

Pakenham

Lanark County

From Toronto: 377km • 4 hr 40 min
From Ottawa: 59km • 50 min

Cartwright Springs Brewery takes locally-made to a whole new level, using natural water from an artesian spring located on the property, just 15 metres away.

Time Spent Here: Plan on two hours here if you are stopping for lunch.

CONTINUE CYCLING ON OVRT TOWARDS ALMONTE

Next Stop: Almonte

There is SO MUCH to do in Almonte! You will need to be stingy with your time here, especially if you plan on continuing on to Carleton Place to spend the night (lots of options for when to end your trip – you can even keep going to Smiths Falls).

What to do here

- Lock your bike up at Almonte Old Town Hall because you will be able to walk everywhere in the downtown.
- Walk the **Riverwalk Trail**, that runs from

Almonte Old Town Hall all along the riverfront into the heart of the downtown.

• Stop for lunch at the **Barley Mow** and dine on the patio with a view of the Mississippi River.

• The brand new cocktail bar and small plates restaurant, **The Stirling**, will be the ideal spot to relax with a pint and take a much needed break at the end of your ride.

• Snap a picture with the life-sized bronze statue of Dr. James Naismith, the inventor of basketball.

• Shop the many boutique shops on Mill Street, including clothing, art, books, and more.

About the area

Almonte

Lanark County

From Toronto: 360km • 4 hr 30 min

From Ottawa: 52km • 50 min

☆ Dr. James Naismith, the founder of basketball, was born in Almonte, where the original homestead still stands today. Visit the Dr. James Naismith memorial statue on Mill Street, and get your picture taken with this Canadian legend.

Time Spent Here: You could literally spend all day in Almonte, but if you will be continuing on your cycle trip to Carleton Place or Smiths Falls, best to keep it short. Overnight options in Almonte are **The Riverside Inn**, while in Carleton Place you can choose between **The Comfort Inn** and **The Grand Hotel**, both great places to rest at the end of your trip.