



### The History of the Trail

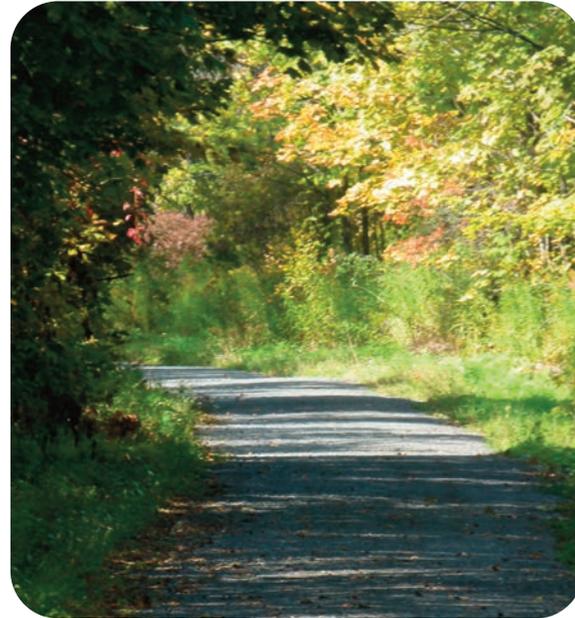
Dating back to the 1800s, the K & P Trail (formerly the Kingston and Pembroke railway right-of-way) served as a railway track for steam engines. Once the tracks were removed, the right-of-way became a popular trail for recreational uses.

Now owned by the City of Kingston, the trail will be an important connector to the Eastern Ontario Trail Network.

### Walk, Bike, Hike

The K & P Trail is ideal for a variety of recreational uses including walking, hiking, cycling, horse-back riding and cross-country skiing.

The trail provides for a range of scenic experiences with its open landscape, rock cuts and wetlands.



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Stay active, Naturally



## The K & P Trail

The K & P Trail is a 15 km multi-use, semi-urban and rural trail extending from the Little Cataraqui Creek to Orser Road, all within city limits. It offers a vehicle-free route from the tip of the city to the heart of the country.

*No motorized vehicles are permitted on the trail with the exception of farm vehicles.*

**Park and enjoy the trail from six entrance points:**

### Binnington Court Trailhead

*(Binnington to Sydenham ( 1.2km)*

Just off Dalton Avenue in Kingston's industrial park, you can leave your car at the southern starting point. You have over 15 kilometres of trail ahead of you.

- Pedestrian Bridge over the Little Cataraqui Creek
- Scenic vistas south across the Little Cataraqui Wetlands

### Sydenham Rd. at the 401

*(Sydenham to McIvor-3.7km )*

You have two choices, a scenic 2 kilometre excursions southward to the trailhead at Binnington Court or go north all the way to Orser Rd. if you choose

- Views north across the Provincially Significant Wetland between the trail and 401
- Large underpass under the 401
- Views south towards the forested escarpment

### McIvor Road to Jackson Mills Rd. (1.4km)

- Raised trail adjacent to wetlands and forest
- Historic remains of the Millrace
- Watch for horses looking down at you from their pastures!

### Jackson Mills to Burbrook Rd. (1.9 km)

You are nearly equidistant from the trailheads north and south. A round trip in either direction is about 15 kilometres from this starting point so plan on 2 ½ to 3 hours round trip, if you are on foot and are planning to walk to either end of the trail.

- An uphill climb and a big curve that many a Kick and Push train had to back down and start up again
- Geological granite anomalies to the north

- Scenic vistas across farmland to the south
- Rock edges and forest on the north side

### Burbrook to Unity Rd.(2.5km)

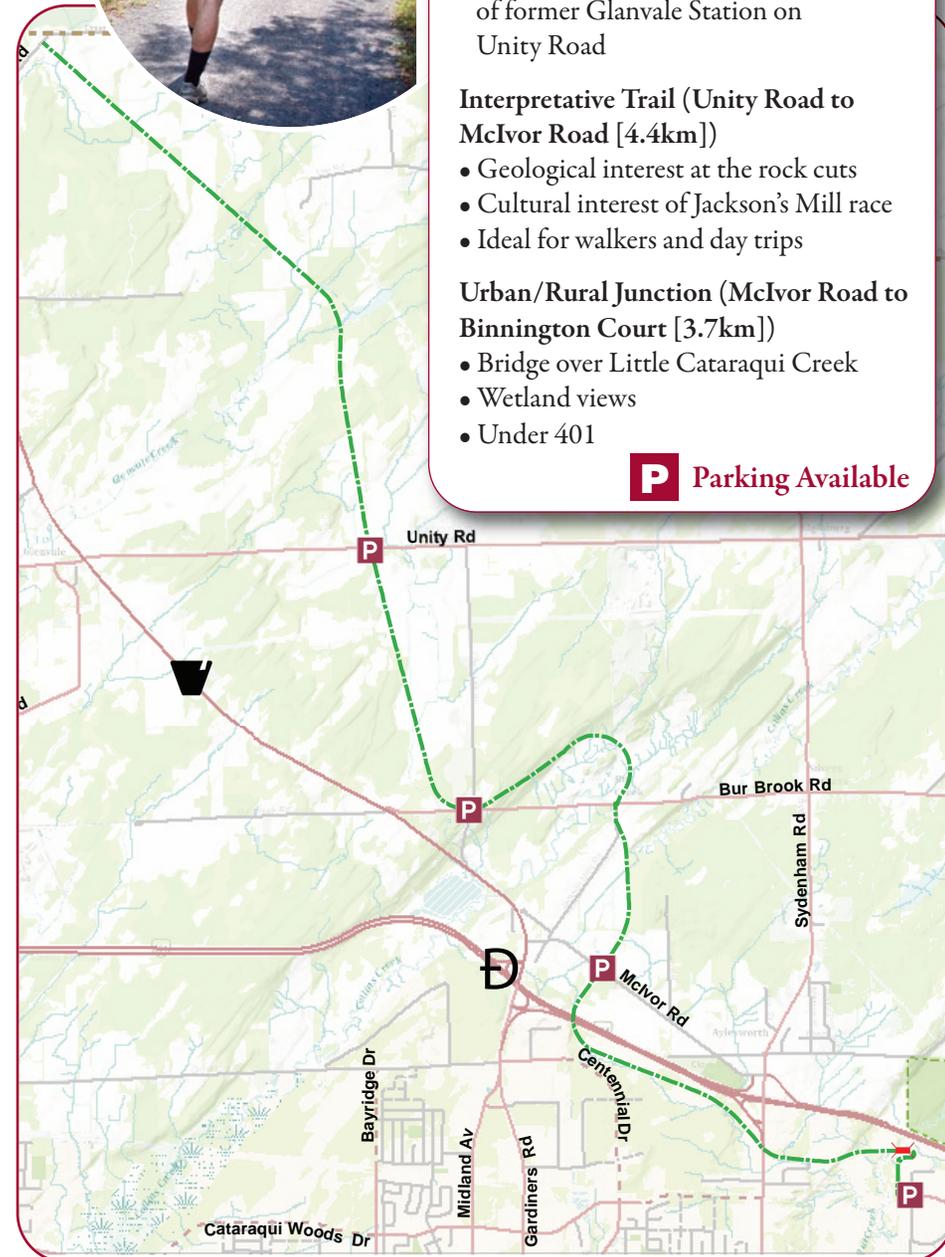
Farm fields and wooded areas dominate this area of the trail. Don't be surprised if the sights and sounds of local farm operations are present as you enjoy this starting point.

- A scenic rock cut along the curve north
- Some small wetlands and ditch culvert crossings
- The site of the Unity Rd parking lot was near the actual Glenvale Train station on the K & P line

### Unity to Orser Rd. (5.3 km)

You are at the northern boundary road for the City of Kingston and approximately 5 kilometres south to Unity Rd. Quiet countryside envelops the trail as you head south from the northern trailhead.

- A straight stretch with a minor curve pausing through pastoral farmlands
- Vista to the east of the Glenvale Creek Wetland



## Trail Experience

### Rural Section (Orser Road to Unity Road [5.3km])

- Open landscape / farmland
- Ideal for hikers, cyclists and equestrians
- Glenvale Creek Crossing trailhead at site of former Glenvale Station on Unity Road

### Interpretative Trail (Unity Road to McIvor Road [4.4km])

- Geological interest at the rock cuts
- Cultural interest of Jackson's Mill race
- Ideal for walkers and day trips

### Urban/Rural Junction (McIvor Road to Binnington Court [3.7km])

- Bridge over Little Cataraqui Creek
- Wetland views
- Under 401

**P** Parking Available