



Multiple  
Sclerosis  
Society of  
Canada

Société  
canadienne  
de la sclérose  
en plaques



**Ottawa Chapter / Section d'Ottawa**

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# Ottawa - Kemptville 2011 RONA MS Bike Tour Aug. 6 & Aug. 7

Prepared by:  
Michael Follis - Route Coordinator  
July 28, 2011



Day 1 (Aug. 6) - 2011 Ottawa-Kemptville RONA MS Bike Tour - Aug. 6 & 7

<u>Sec.</u>	<u>Directions</u>	<u>Roads</u>	<u>Range</u>	<u>Distance (Km)</u>
1	Start	University Dr.	Norm Fenn Gymnasium to Raven Rd. & University Dr. to University Dr. & Colonel By	1.1
1	Turn Left	Colonel By Dr.	University Dr. & Colonel By to Colonel By & Hogs Back Rd.	1.0
1	Turn Right	Hogs Back Rd.	Hogs Back Rd. & Colonel By to Hogs Back Rd. & Prince of Wales Dr.	0.3
1	Turn Left	Prince of Wales Dr.	Prince of Wales Dr. & Hogs Back Rd. to Prince of Wales Dr. & Fallowfield Rd.	6.6
1	Turn Right	Fallowfield Rd.	Fallowfield Rd. & Prince of Wales Dr. to Fallowfield Rd. & Woodroffe Ave.	2.7
1	Turn Left	Woodroffe Ave.	Fallowfield Rd. & Woodroffe Ave. to Woodroffe Ave. & Prince of Wales Dr. (Hwy #16)	4.4
1	Turn Right	Prince of Wales Dr. (Hwy #16)	Prince of Wales Dr. (Hwy #16) to Jack May Chevrolet Dealership <b>(Rest Stop)</b>	1.4
<b>(Section 1) Sub-Total</b>				<b>17.5</b>
2	Start	Prince of Wales Dr. (Hwy #16)	Jack May Chevrolet Dealership & Prince of Wales Dr. (Hwy #16) to Prince of Wales Dr. (Hwy #16) & Barnesdale Rd.	1.2
2	Turn Right	Barnsdale Rd.	Woodroffe Ave. & Prince of Wales Dr. (Hwy #16) & Barnesdale Rd. to Barnesdale Rd. & Eagleson Rd.	9.8
2	Turn Left	Eagleson Rd.	Barnsdale Rd. & Eagleson Rd. to Eagleson Rd. & Ottawa St.	0.6
2	Turn Right	Ottawa St.	Eagleson Rd. & Ottawa St. to Ottawa St. & McBean St. (South Carleton HS) <b>(Rest Stop)</b>	1.1
<b>(Section 2) Sub-Total</b>				<b>12.7/30.2</b>
3	Start & Turn Left at the Corner	McBean St. & Century Rd.	South Carleton High School to Century Rd. & Malkoff Rd.	3.7
3	Turn Right	Malkoff Rd.	Century Rd. & Malkoff Rd. to Roger Stevens Dr. & Malkoff Rd.	8.4
3	Continue	Malkoff Rd.	Roger Stevens Dr. & Malkoff Rd. to Marlborough Town Hall (Pierce's Corner) & Malkoff Rd. <b>(Rest Stop)</b>	1.6
<b>(Section 3) Sub-Total</b>				<b>13.7/43.9</b>
4	Continue	Malkoff Rd.	Marlborough Town Hall (Pierce's Corners) & Malkoff Rd. to Malkoff Rd. & Donnelly Rd.	6.9
4	Turn Left	Donnelly Rd.	Malkoff Rd. & Donnelly Rd. to Donnelly Rd. & Meryln Wilson Rd.	1.6
4	Turn Right	Turn into Park at Entrance off Donnelly Rd.	Donnelly Rd. & Meryln Wilson Rd. to Rideau River Provincial Park Entrance <b>(Lunch Stop)</b>	1.4
<b>(Section 4) Sub-Total</b>				<b>9.9/53.8</b>
5	Start	Donnelly Rd.	Rideau River Provincial Park to Rideau River Bridge & River Rd on Meryln Wilson	2.5
5	Turn Right	River Rd.	Rideau River Bridge & River Rd. to Acton Corners Rd. & River Rd.	6.0
5	Turn Left	Acton Corners Rd. & Hwy # 25	Acton Corners Rd. & River Rd. to Hwy #18 & Maplewood Rd. Via Hwy #25	6.6
5	Turn Left	Maplewood Rd.	Maplewood Rd. to Bridge St. and to Oxford Mills Dam Parking Lot <b>(Rest Stop)</b>	0.8
<b>(Section 5) Sub-Total</b>				<b>15.9/69.7</b>
6	Start	Water St.	Oxford Mills Dam Parking Lot to Hwy # 18 via Water St.	0.8
6	Turn Right	Hwy #18 & Clothier St.	Water St. & Hwy # 18 to Clothier St. & Prescott St. via Hwy 18	6.1
6	Turn Right	Prescott St.	Clothier St. & Prescott Rd. to Prescott St. & Heritage Dr.	1.2
6	Turn Right	Heritage Dr.	Prescott St. & Heritage Dr. to Heritage Dr. & Administration Building to <b>(A.M. Barr Arena - Overnight Bike Storage)</b>	0.1
<b>(Section 6) Sub-Total</b>				<b>8.2/77.9</b>
<b>Total Distance on Day 1</b>				<b>77.9</b>

Short Route from Rideau River Prov. Park

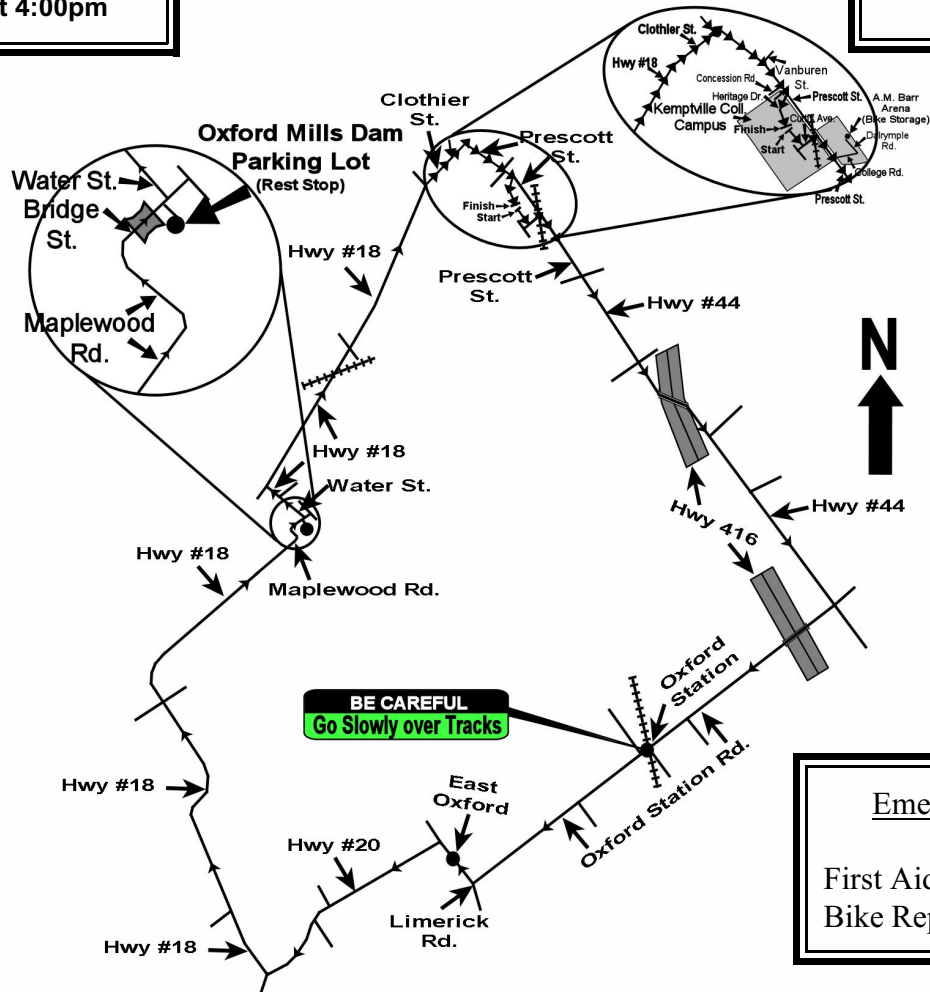
<u>Sec.</u>	<u>Directions</u>	<u>Roads</u>	<u>Range</u>	<u>Distance (Km)</u>
5a	Start	Donnelly Rd., Meryln Wilson Rd. & Hwy #44	Rideau River Provincial Park to Hwy. #43 & Rideau St. via Rideau River Bridge by way of Donnelly Rd. & Meryln Wilson Rd.	5.7
5a	Continue	Rideau St.	Hwy. #43 & Rideau St. to Clothier St. W & Rideau St.	0.7
5a	Turn Left	Clothier St.	Clothier St. W & Rideau St. to Clothier St. & Prescott Rd.	0.1
5a	Turn Right	Prescott Rd.	Clothier St. & Prescott Rd. to Prescott St. & Heritage Rd.	1.2
5a	Turn Right	Heritage Rd.	Prescott St. & Heritage Dr. to Heritage Dr. & Administration Building to <b>(A.M. Barr Arena - Overnight Bike Storage)</b>	0.1
<b>(Section 5a) Sub-Total</b>				<b>7.8/61.6</b>
<b>Total Distance on Day 1</b>				<b>61.6</b>

# 2011 Ottawa - Kemptville MS RONA Bike Tour

**CYCLISTS** are advised  
to be on this route by  
2:00 PM  
**Secure Bike Storage**  
closes at 4:00pm

## Extra Loop Route is unsupported

**CYCLISTS** are advised  
to be on this route by  
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**Secure Bike Storage**  
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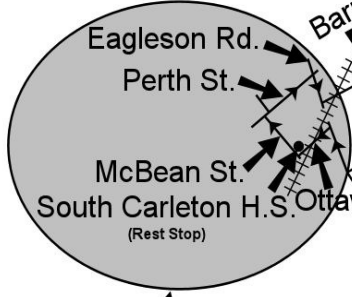
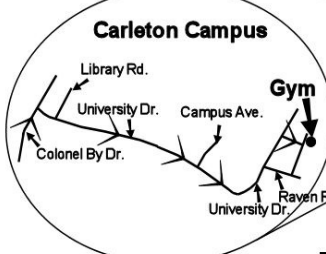
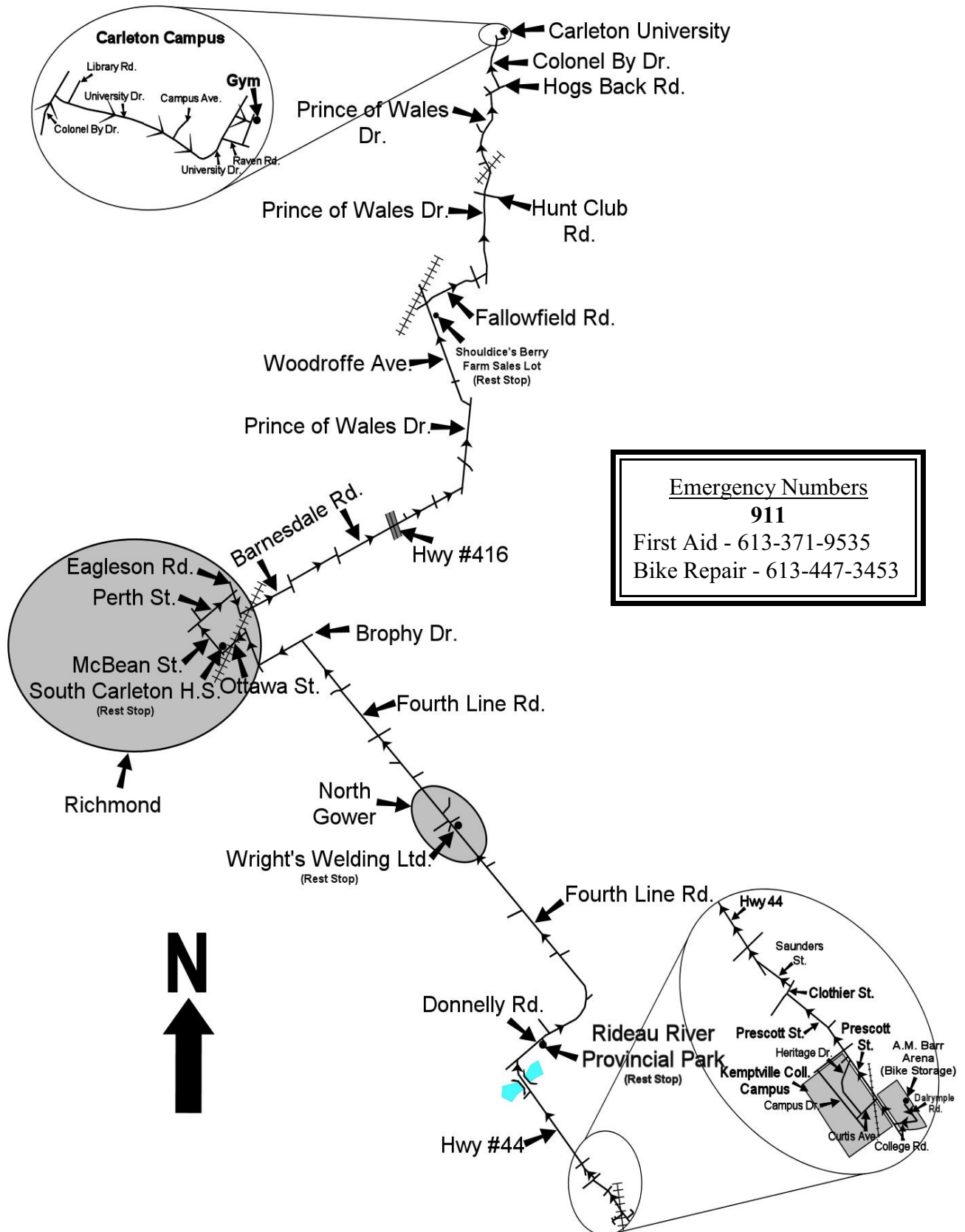


Emergency Numbers  
**911**  
First Aid - 613-371-9535  
Bike Repair - 613-447-3453

Sec.	Directions	Roads	Range	Distance (Km)
EL1	Start	Heritage Ave & Curtis Ave.	Administration Bldg. Via Heritage Rd. & Curtis Ave. to Prescott St.	0.4
EL1	Turn Right	Prescott St.	Curtis Ave. & Prescott St. to Hwy #416 Overpass	3.0
EL1	Continue	Hwy #44	Hwy. #416 Overpass to Hwy #44 & Oxford Station Rd.	4.0
EL1	Turn Right	Oxford Station Rd.	Hwy #44 & Oxford Station Rd. to Oxford Station	3.3
EL1	Continue	Oxford Station Rd.	Oxford Station to Oxford Station Rd. & Limerick Rd. (Hwy. #20)	3.4
EL1	Turn Right	Limerick Rd. (Hwy #20)	Oxford Station Rd. & Limerick Rd. (Hwy. #20) to Past Church in East Oxford (Hwy. #20). Follow Sign to Bishop Mills.	0.8
EL1	Turn Left	Hwy #20	Hwy. #20 to Hwy. # 18 (Hwy. 20 Ends when it joins Hwy. #18)	3.3
EL1	Turn Right	Hwy #18	Hwy. #20 & Hwy. # 18 to Hwy. #18 & Guy Rd.	7.8
EL1	Continue	Maplewood Rd.	Maplewood Rd. to Bridge St. and to Oxford Mills Dam Parking Lot (Rest Stop)	0.8
<b>(Section EL1) Sub-Total</b>				<b>26.8/104.7</b>
EL2	Start	Water St.	Oxford Mills Dam Parking Lot to Hwy # 18 via Water St.	0.8
EL2	Turn Right	Hwy #18 & Clothier St.	Water St. & Hwy # 18 to Clothier St. & Prescott St. via Hwy 18	6.1
EL2	Turn Right	Prescott St.	Clothier St. & Prescott Rd. to Prescott St. & Heritage Dr.	1.2
EL2	Turn Right	Heritage Dr.	Prescott St. & Heritage Dr. to Heritage Dr. & Administration Building to (A.M. Barr Arena - Overnight Bike Storage)	0.1
<b>(Section EL2) Sub-Total</b>				<b>8..2/112.9</b>
<b>Total Distance on Day 1</b>				<b>112.9</b>

# 2011 Ottawa - Kemptville MS RONA Bike Tour

## DAY 2 ROUTE

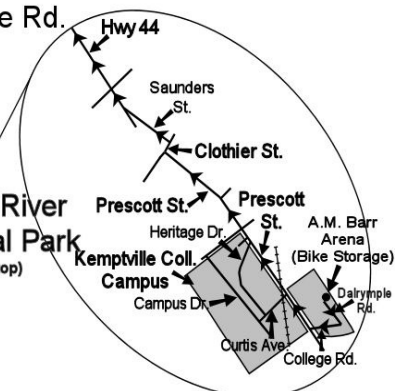


Emergency Numbers

**911**

First Aid - 613-371-9535

Bike Repair - 613-447-3453



Day 2 (Aug. 7) - 2011 Ottawa-Kemptville RONA MS Bike Tour - Aug. 6 & 7

<b>Sec.</b>	<b>Directions</b>	<b>Roads</b>	<b>Range</b>	<b>Distance (Km)</b>
7	Start	Dalrymple Rd. to College Rd.	A.M. Barr Arena ( <b>Overnight Bike Storage</b> ) to Dalrymple Rd. & College Rd. to Prescott St.	0.5
7	Turn Left	Prescott St.	Prescott St. & Curtis Ave. to Clothier St. & Prescott St.	1.8
7	Continue	Clothier St.	Clothier St. & Prescott St. to Sanders St. & Clothier St.	0.1
7	Turn Left	Sanders St.	Clothier St. & Sanders St. to Rideau & Hwy # 43	0.6
7	Continue	Hwy # 44, Merlyn Wilson Rd. & Donnelly Rd.	Rideau St. & Hwy #43 to Rideau River Provincial Park via Hwy 44, Rideau River Bridge, Merlyn Wilson Rd., Donnelly Rd. ( <b>Rest Stop</b> )	6.2
<b>(Section 7) Sub-Total</b>				<b>9.0</b>
8	Continue	Donnelly Rd.	Rideau River Provincial Park. to Donnelly Rd. & Fourth Line Rd.	2.6
8	Continue	Fourth Line Rd.	Donnelly Rd. & Fourth Line Rd. to 6645 Fourth Line Rd. (Wright's Welding Yard) ( <b>Rest Stop</b> )	7.7
<b>(Section 8) Sub-Total</b>				<b>10.5/19.5</b>
9	Continue	Fourth Line Rd.	6645 Fourth Line Rd. (Wright's Welding Yard) & Fouth Line Rd. to Fourth Line Rd. & Brophy Dr.	8.5
9	Turn Left	Brophy Rd.	Fourth Line Rd. & Brophy Dr. to Brophy Dr. & Eagleson Rd.	1.8
9	Turn Right	Eagleson Rd.	Brophy Dr. & Eagleson Rd. to Eagleson Rd. & Ottawa St.	1.4
9	Turn Left	Ottawa St.	Eagleson Rd. & Ottawa St. to Ottawa St. & McBean St. (South Carleton High School) ( <b>Rest Stop</b> )	1.2
<b>(Section 9) Sub-Total</b>				<b>13.1/32.4</b>
10	Turn Right	McBean St.	Ottawa St. & McBean St. to McBean St. & Perth St.	1.3
10	Turn Right	Perth St.	McBean St. & Perth St. to Perth St. & Eagleson Rd.	1.6
10	Turn Right	Eagleson Rd.	Perth St. & Eagleson Rd. to Eagleson Rd. & Barnsdale Rd.	0.8
10	Turn Left	Barnsdale Rd.	Eagleson Rd. & Barnsdale Rd. to Barnsdale Rd. & Prince of Wales Dr. (Hwy #16)	9.8
10	Turn Left	Prince of Wales Dr. (Hwy #16)	Barnsdale Rd. & Prince of Wales Dr. (Hwy #16) to Woodroffe Ave. & Prince of Wales Dr. (Hwy #16)	2.5
10	Turn Left	Woodroffe Ave.	Prince of Wales Dr. (Hwy #16) & Woodroffe Ave. to Woodroffe Ave. & Longfields Dr. ( <b>Rest Stop</b> )	3.5
<b>(Section 10) Sub-Total</b>				<b>19.7/51.9</b>
11	Continue	Woodroffe Ave.	Woodroffe Ave. & Longfields Dr. to Woodroffe Ave. & Fallowfield Rd.	0.8
11	Turn Right	Fallowfield Rd.	Woodroffe Ave. & Fallowfield Rd. to Fallowfield Rd. & Prince of Wales Dr. (Hwy #16)	2.7
11	Turn Left	Prince of Wales Rd.	Prince of Wales Dr. & Fallowfield Rd. to Prince of Wales Dr. & Hogs Back Rd.	6.5
11	Turn Right	Hogs Back Rd.	Prince of Wales Rd. & Hogs Back Rd. to Hogs Back Rd. & Colonel By Dr.	0.3
11	Turn Left	Colonel By Rd.	Colonel By Dr. & Hogs Back Rd. to University Dr. & Colonel By Dr.	1.0
11	Turn Right	University Dr.	University Dr. & Colonel By Dr. to Norm Fenn Gymnasium via University Dr. ( <b>Finish</b> )	1.1
<b>(Section 11) Sub-Total</b>				<b>12.6/64.3</b>
<b>Total Distance on Day 2</b>				<b>64.3</b>

<b>Regular Route Total Distance</b>	<b>142.2</b>
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<b>Regular Route &amp; Extra Loop Total Distance</b>	<b>177.2</b>
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<b>Short Route Total Distance</b>	<b>125.9</b>
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