

Sydenham Lakes and Trails Festival



**July 15th, 2017
10 AM to 2 PM
Sydenham Point Park
All events and BBQ
FREE!**

Registration from 10:00 to 1:00

Walk	Historic Village Tour.	Maps and details at registration.
Paddle	On the Lake (Bring your own Kayak/ Canoe, or use ours)	11:00 - Guided 5K trip leaving from the Point, or on your own anytime
	In a Dragon Boat	10:30, 11:30, 12:30 - Instruction and paddle by the Kingston Dragon Boat Club
	With the Cataraqui Canoe Club (14K)	Call Dave Linton at 613 376 6883 by July 14, to register
Cycle	Around the Lake	10:30 - (choice of 3 routes: 21, 32, 44 K, guided)
	Cycle Skills Course, Bike Repair, Helmet Fitting	10:00 to 2:00
BBQ	11:30 to 1:45 - Community BBQ - everyone welcome!!	
Prizes	1:45	
Thanks Sponsors and Organizers	Beckwith Contracting, Clinton Dentistry, Frontenac County, KFL+A Public Health, South Frontenac Township, Trailhead Outfitters, Cyclepath, Jim's Gourmet Fries, Memory Lane Florists, Sydenham Veterinary Services, Frontenac Provincial Park, Cataraqui Conservation Authority, Trousdale's General Store, Mill Street Cafe, Local Family Farms, Cataraqui Canoe Club, Linden Tree Bed & Breakfast.	
	South Frontenac Rides, Sydenham Canoe Club Contact: lakesandtrailsfestival.net , or call 613 374 5211.	