

Lakes and Trails Festival

Come out, be active, and enjoy our lakes, trails and history



July 14th, 2018
9:30 AM to 4 PM
The Point Park
 Sydenham, ON

Registration begins 9:30
Music ends at 4:00
Come any time

Walk	Historic Village Tour, 9:30 to noon.	Maps and details at registration.
Paddle	Try a kayak or canoe from Frontenac Outfitters.	Instruction available until 12:30.
	Bring your own boat, meet other paddlers, paddle the lake!	Maps, instruction and advice available.
	Paddle with the Cataraqui Canoe Club	To register, call Dave Linton at 613-376-6883 by July 13.
Cycle	Around the Lake	21K loop starts 10:30, 32K loop starts 10, 44K starts 9:30.
	Cycle Skills Competition: come anytime between 9:30 to 12:30. Three skills events: The Zig Zag, The Paper Route, and The Slow Bike. All ages! Training wheels to experienced bikers.	
	Family Cycle on the Cataraqui Trail, 8K, starts at 10:15.	
	Yellow bike repairs and helmet fitting from 9:30 to 12:30.	
Lunch	11:00 to 1:00 - Free community lunch. Donations welcome.	
Music	Gary Raspberry - children's performer - 11AM on The Point Glen Foster and Bob Connor - 1:30 to 2:45PM - on Mill Street Blue Grass Bandits - 3 to 4PM - on Mill Street	
Sponsors and Organizers	Barb's Handmade Pierogis, Beckwith Contracting, Cataraqui Canoe Club, Clinton Family Dentistry, CyclePath, Drs. Wang and Dietrich, Fran Willes, Frontenac Cycle, Frontenac Outfitters, KFL+A Public Health Unit, Linden Tree B&B, One Stop Convenience, RBC Sydenham Branch, South Frontenac Rides, South Frontenac Township, South Frontenac Community Services, Sydenham Canoe Club, Sydenham Pet and Farm, Sydenham Veterinary Services, Trailhead, Trousdale's General Store, Trousdale Funeral Home	

Contact: lakesandtrailsfestival.net