

UPPER CANADA Region

Start Your Adventure in the Upper Canada Region...

Home to the Municipality of South Dundas and the Township of South Stormont, the Upper Canada Region offers a full range of recreational, retail, and cultural attractions... and tons of adventure. Escape the hustle and bustle of city life and take advantage of the peaceful countryside brimming with history and unspoiled, natural beauty with the community-oriented and quaint waterfront villages of Long Sault, Ingleside, Morrisburg and Iroquois.

LEGEND

- Township Office
 - Beaches
 - Camping
 - Boat Launch
 - Nature Trails
 - Cycling
 - Waterfront Trail
 - Dive Sites
- | | |
|-------------------------------------|-----------------------------|
| F - Crysler Park Wreck | M - Swing Bridge Pillar |
| G - Lock 22 | - Millies Roches Powerhouse |
| H - Hoople Creek / Old Hwy 2 Bridge | - Weir/Control Dam |
| I - Hoople Creek / Rail Bridge | - Belly Dumper |
| J - Lock 21 | - Dread |
| K - Dam | - Barges Cemetery |
| L - Moulinette Mill | N - Lock 20 |

Start Your Adventure in UPPER CANADA REGION

Located on the shores of the historic St. Lawrence River in Eastern Ontario, Upper Canada Region is home to South Dundas and South Stormont, communities that share a rich cultural heritage and breathtaking natural beauty. Come explore our waterfront vistas, museums, and unique family-oriented attractions.

uppercanadaregion.ca



Welcome to South Stormont

The Township of South Stormont is the ideal blend of history, nature and adventure—all year round! Visitors can experience the vibrant history of the area that includes early pioneer settlements, the construction of the St. Lawrence Seaway and subsequent flooding of the communities along the riverbank, and a number of significant battlegrounds throughout the region.

Nature buffs and families will be mesmerized by the unspoiled beauty of the township that includes incredible camping, cycling, nature trails and more, with stunning views of the majestic St. Lawrence River.

Visit South Stormont and reconnect with nature and explore our historical roots!

WATERFRONT TRAIL

The famed Waterfront Trail, one of Ontario's *Trails of Distinction*, extends through South Stormont along the shores of the St. Lawrence River. South Stormont offers one of the most scenic portions of the trail with the majority being an off-road, dedicated multi-use path through wooded areas and featuring stunning views.

The trail connects the towns of Ingleside and Long Sault with an incredible shared roadway through a series of islands linked by low-level bridges, and an exclusively off-road, paved portion extends from Long Sault into the City of Cornwall.

With a number of stops along the way for picnics, restroom breaks, beaches and historical sites, it's no wonder South Stormont boasts one of the most incredible portions of the Waterfront Trail.



BENEATH THE WAVES

Our location along the mighty St. Lawrence River, with our vibrant history and plentiful wildlife and plant species, creates an incredible underwater destination that is recognized as a top-shore diving location. Divers will have an opportunity to explore the remnants of the Lost Villages—including lock systems, dams, roadways and former property foundations—that were flooded during the construction of the St. Lawrence Seaway Project. Ideal for beginner and experienced divers alike, the world beneath the waves of South Stormont also provides the added benefit of no thermoclines, resulting in the same water temperature from top to bottom.

INGLESIDE



17 Upper Canada Migratory Bird Sanctuary

The Upper Canada Migratory Bird Sanctuary covers 9,000 hectares of a variety of wildlife habitats, including: a mature upland forest; early successional woods; old fields; wetlands; and open water. The seasoned birder and amateur naturalist alike have excellent opportunities to view up to 200 bird species and other wildlife during their visit.

The sanctuary is the outdoor recreationist's ideal location. Classified as a cycle-friendly site, the sanctuary also has a number of serviced and unserviced campsites, as well as the Robin's Roost Treehouse, a beautiful, unique accommodation option that sleeps 6. The sanctuary has over 8 kilometres of self-guided nature trails ideal for hiking, snowshoeing, cross-country skiing and simply getting back in touch with nature! stlawrenceparks.com/bird-sanctuary



18 Humble Beginnings Brewery Co.

25 Thorold Ln, Ingleside
This small batch brewery, taproom and bottle shop in the Village of Ingleside was established based on the expression, "work hard, stay humble."

Co-owners Pierre and Susan, along with their passionate team, have turned their dream of bringing craft beer to South Stormont into a reality when they opened Humble Beginnings Brewing Co. in 2018. With a variety of beers, including core brews and a regular rotation of seasonal brews, Humble Beginnings is an ideal stop in Eastern Ontario for a tasting, a social drink or to stock up your home supply of delicious, local craft beers. humblebeginningsbrewing.ca



LOST TO THE DEPTHS

On July 1, 1958, the landscape of what is now known as the Upper Canada Region was transformed forever as the construction of the Moses-Saunders Power Dam and the demolition of a large cofferdam created the St. Lawrence Seaway. While the St. Lawrence Seaway project initiated economic progress for the country and the region by allowing the passage of large cargo ships from the Atlantic Ocean to the Great Lakes and providing significant amounts of renewable energy, it also caused the relocation of some 6,500 people. Shoreline communities were flooded and many homes and buildings were physically transported to newly-created communities, such as Long Sault and Ingleside, away from the flooding area.



22 Lost Villages Museum

16361 Fran Lafamme Dr, Long Sault
Just 3km east of Long Sault is the Lost Villages Museum, a collection of 10 heritage buildings moved and restored to commemorate the inundation of lands and communities during the construction and flooding of the St. Lawrence Seaway and International Hydro Electric Project in the late 1950s. Ten communities became casualties to progress and over 6500 residents were displaced and moved to newly developed towns as the former villages and hamlets were swallowed by the flooding St. Lawrence River waters.

This free admission museum celebrates the history of the communities and the people affected by the Seaway Project with archival materials, artifacts, and interpretive displays. Grab a free self-guided walking tour brochure at the General Store and take a step back in time at the Lost Villages Museum. lostvillages.ca



23 Cornwall Motor Speedway

16981 Cornwall Centre Rd, Long Sault
On Sunday evenings throughout the summer, the roar of the cars racing around the 1/4 mile high banked oval track at Cornwall Motor Speedway is matched only by the roar of the crowd. With weekly race divisions of 358 Modifieds, Sportsman, Pro Stocks, Novice Sportsman, Mini Stocks, as well as special race circuits scattered throughout the season, it's no wonder the Cornwall Motor Speedway is considered a premiere family entertainment venue in the region and one of the top dirt racetracks in Eastern Ontario. cornwallspeedway.com



LONG SAULT

19 Long Sault Parkway

The famed Long Sault Parkway—a series of 11 islands that were created from high points of land left after the flooding of the St. Lawrence River during the construction of the Seaway—is a top destination in Eastern Ontario for outdoor recreation lovers. Owned and operated by the St. Lawrence Parks Commission, the Long Sault Parkway features three campgrounds, with serviced and unserviced lots, two beautiful beaches and picnic areas, excellent shore diving locations, and is one of the most picturesque portions of the famed Waterfront Trail recreation path. This outdoor lovers' dream connects the villages of Long Sault and Ingleside, providing close access to dining and shopping options, fuel, and other accommodations. stlawrenceparks.com

20 Long Sault Farmers' Market

Each Friday afternoon throughout the summer, vendors and visitors alike flock to the Long Sault Farmers' Market where fresh, local produce, unique artisan products, crafts and more are on full display, showcasing what South Stormont has to offer. With ample parking, picnic seating, a beautiful view of the St. Lawrence River waterfront and nearby dining options in the shopping plaza, the Long Sault Farmers' Market is a popular destination throughout the summer months. southstormont.ca

21 The Community Market

16133 County Rd 36, Long Sault
Located in a charming wooden building in the village of Long Sault, The Community Market offers a number of local food and artisan products, a variety of workshops held all year long, a showcase of local art, and even natural health and wellness services. With a passion for all things local, vendors at The Community Market emphasize fresh, organic and locally sourced foods to promote healthy lifestyles and a true connection to community.

ST. ANDREWS WEST

24 North-South Recreational Trail

The Township of South Stormont operates and maintains the North-South Trail, a paved 5km trail that connects the village of St. Andrews West to the shared cofferdam created the St. Lawrence Seaway. The trail has three access points: at Cornwall Centre Road; Headline Road West; and at MacIntosh Lane in St. Andrews West and is intended for a variety of non-motorized recreational activities like walking, cycling, roller-blading and everything in between. Dogs are permitted on the trail, however all dogs must be on a leash, and stoop and scoop regulations are enforced. Enjoy a leisurely excursion through wooded areas and the natural beauty of the Township, all with the comfort and safety of a smooth, paved surface. southstormont.ca



MAKE S'MORE MEMORIES!

The stunning natural beauty of the Upper Canada Region helps to create some of the most sought-after camping in Eastern Ontario. Whether you like to "rough it" in a tent, prefer the comfort of an RV, or want to take advantage of the cabin life, South Stormont has you covered! The St. Lawrence Parks Commission operate five campgrounds in South Stormont, all along the St. Lawrence River, including the famed Long Sault Parkway and Farran Park Campground. All campgrounds include beaches and parks on-site or nearby to add to your experience. Families, friends, groups and your average nature lover choose South Stormont and the Parks of the St. Lawrence for their camping vacation. Book your next camping excursion now! stlawrenceparks.com



25 St. Andrews West Pioneer Graveyard and Log Church

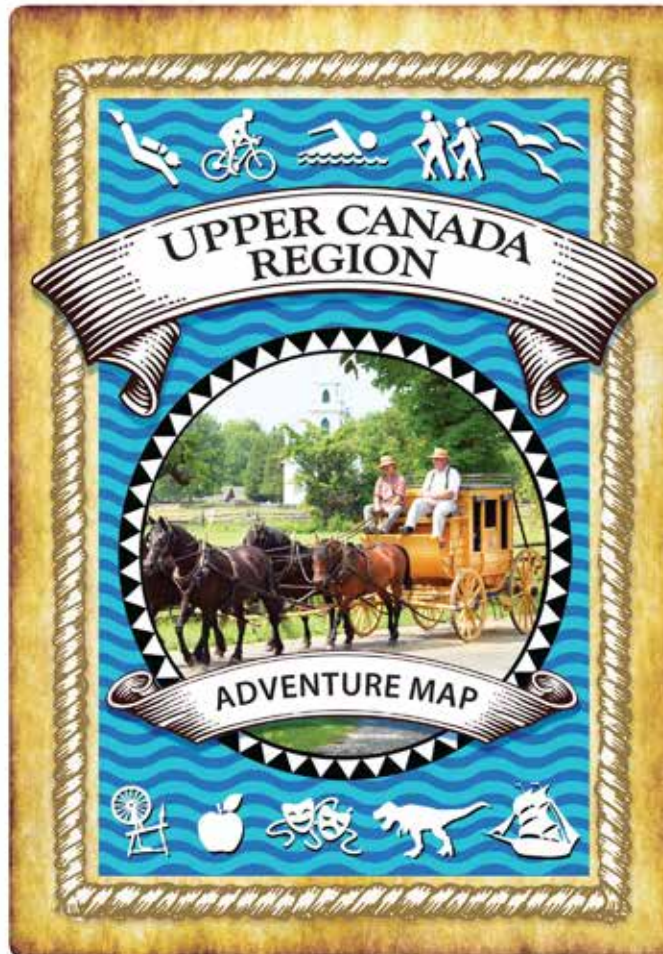
5180 Highway 138, St. Andrews West
In the heart of the historical village of St. Andrews West lies the Pioneer Graveyard, the burial grounds of Ontario's first Premier, John Sandfield MacDonald, famed explorer, Simon Fraser, who is responsible for charting much of what is now British Columbia, and Colonel "Spanish" John MacDonell, a respected Loyalist in the American Revolutionary War.

In 1784, a small log church was built to house the Parish of St. Andrews for United Empire Loyalist families who travelled north from New York State after the American Revolution. The Parish quickly outgrew the small church, and in 1798, construction of a new stone church began nearby and is now used as the church hall. The third church in the community was constructed between 1858 and 1864 and remains in use to this day.



26 Quinn's Inn

17329 Highway 138, St. Andrews West
Currently operating as a restaurant, pub and banquet hall, this building was originally built in 1865 as a hotel and tavern by Ontario's first Premier, John Sandfield MacDonald on what was once the main stagecoach route between Montreal, Kingston and Toronto. Fire gutted the Inn in 1879 and it was renovated in 1895 to be operated as a general store, barber's shop and post office. In 1989, Quinn's Inn underwent a historical restoration, returning the building to its original look and feel. Enjoy fine dining and pub fare with an added touch of history at Quinn's Inn. quinnss.ca



27 Straight Shooter Mini Golf

4631 Highway 138, St. Andrews West
This 18-hole miniature golf course along the popular travel route of Kings Highway 138 is a must-visit for families travelling in South Stormont. The colourful and pristine structures and themes are not just a treat for the eyes, they also provide unique and challenging obstacles for your round.

Finish your game with a bite to eat, a delicious frozen treat at the dairy bar and other refreshments on the beautiful interlocking patio area: the perfect place to spend a hot summer day with the family!



BEACHES GALORE

- Farran Park Beach and Picnic Area**
14704 County Road 2, Ingleside
- Woodlands Beach and Picnic Area**
15245 Long Sault Pkwy, Ingleside
- Millie Roches Beach and Picnic Area**
15805 Long Sault Pkwy, Long Sault
- Lakeview Beach and Picnic Area**
5645 Avonmore Rd, Long Sault



UPPER CANADA Region

Welcome to South Dundas

The Municipality of South Dundas warmly welcomes you to the Upper Canada Region – where many magical experiences await you...

Travel back in time to the 1860s at Upper Canada Village with its colourful cast of costumed interpreters and hands-on learning activities. Or step back millions of years with a trip to Prehistoric World.

Or get out into Nature – a fun-filled day at the beach; an exhilarating hike on our trails or a brisk game of golf will re-energize you. And, best of all, it is set against the majestic backdrop of the mighty St. Lawrence River!

So, come and escape into adventure – not far from the Nation's Capital – take the time to shift gears and enjoy creating life-long memories for you and your family.

LEGEND

- Municipal Office
- Beaches
- Camping
- Boat Launch / Marina
- Nature Trails
- Cycling
- Waterfront Trail
On-Road
Off-Road
- Dive Sites
 - A - Lock 25
 - B - Pump House
 - C - Powerhouse
 - D - Lock 23
 - E - Eastcliffe Hall Wreck
 - F - Crysler Park Wreck
 - G - Lock 22



1 centimetre = 1 kilometre
0 0.5 1 2 3 4Km

design: amiedadton.com

WAR OF 1812

A series of signs were created to commemorate the role in which the towns contributed in the border-defining history of the War of 1812. These signs replicate the look of the events that occurred in that specific area 200 years ago. A detailed description of each sign can be found on our website at southdundas.com

See if you can find them all...

- ◆ War of 1812 & Mariatown
- ◆ The American Landing & Occupation of the Front of Matilda
- ◆ First Engagement Along the Front Toussaint's (Toussand's) Island
- ◆ The Burning of Nash Creek Bridge
- ◆ Skirmish at Doran's Farm
- ◆ The Battlefield- Nine Mile Road to Fetterly's Farm



- ### SOUTH DUNDAS MURALS
- As you travel through South Dundas, discover our amazing history through a series of colourful, artistic murals that visually tell the story of the region.
- Morrisburg Dairy Mural
 - Old Main Street
 - Old Morrisburg Mural
 - Troop Train Mural
 - House Mover Mural
 - Churches of South Dundas Mural
 - Memorial Mural- Iroquois Legion
 - Brinston Immigration Mural
 - MacIntosh Apple Mural
 - Dr. Locke Mural
 - History of Agriculture Mural
 - Health Spa Mural



Waterfront Trail
The Waterfront Trail has been designated as one of Ontario's Trails of Distinction and extends from the eastern border of Ontario all the way to Lake Huron. Part of this 1900-kilometer trail will take you to the banks of the St. Lawrence River as well as through some of the unmistakable South Dundas communities. With plenty of opportunities to explore South Dundas, the incredible Waterfront Trail has it all.

BRINSTON



- 1 Robert Graham Conservation Area**
Entrance County Rd 18, Brinston
Robert Graham Conservation Area is the ideal place to escape and reconnect with nature in a quiet, relaxing environment. The wooded trail surrounded by mature sugar maples is six-and-a-half-kilometres long and is open year-round for hiking, snowshoeing, cross-country skiing and geocaching in a picturesque setting.

IROQUOIS

- 2 Dentz Orchard and Berry Farm**
4766 County Rd 16, Iroquois
Family-owned and operated since 1957, the farm is known for their strawberries, though they also grow raspberries, tomatoes, apples, vegetables and make homemade jams and honey. Come visit the farm to taste the juicy goodness of fresh produce in season.
- 3 Iroquois Point/Lock**
Each summer visitors and residents flock to the historic Iroquois Point to catch glimpse of the enormous tankers and ships passing through the famed Iroquois Lock. With open green spaces, a canteen and incredible views, the Iroquois Lock is a must-visit attraction in South Dundas.



- 4 Carman House Museum**
5895 Carman Rd, Iroquois
613 543 3556
The Carman House is a 225 year-old Georgian limestone cottage that has been restored to its original distinction. It was built shortly after the War of 1812 by Michael Carman III, the son of a Palatine Loyalist. He was bequeathed the property in 1806 by his uncle who had fought alongside the British during the 1776 American Rebellion. Carman House is emblematic of those Loyalists who came to South Dundas. Stop by the Carman House Museum for a guided tour that explores a piece of local history. Open in July and August or by appointment.



- 5 Iroquois Beach**
42 Adair Dr, Iroquois
Located along the picturesque shores of the St. Lawrence River in the Village of Iroquois, this public beach is a perfect place to build a sand-castle extraordinaire! It is equipped with change rooms, washrooms, docks, a well-delineated swimming area, and has on-duty lifeguards during the summer. For front-row-seat entertainment you can watch Single Engine Cessnas land and take off at the adjacent Iroquois Airstrip or witness a mighty ocean liner chugging through the magnificent Iroquois Lock.

- 6 Doran Bay Model Ship Museum**
11128 County Road 2, Iroquois
Doran Bay Model Ship Museum is one of the finest private collections of historic model ships in Canada. Each model has been painstakingly built according to original plans using the finest of exotic woods. The collection is exquisitely displayed in a restored 1880's home overlooking the St. Lawrence River's Iroquois Locks. The Museum will provide guided tours upon advanced request. doranbaymodelshipmuseum.com



- 7 Two Creeks Conservation Area**
Entrance off County Rd 2, Iroquois
Four-and-a-half-kilometres of signed nature trails, maintained by South Nation Conservation Authority, can be found just outside Iroquois. The trails feature opportunities for hiking and observing the diverse vegetation with a wide range of wildlife found on the trail. Two Creeks is an excellent location for geocaching, snowshoeing, and cross-country skiing.

- 8 Upper Canada Creamery**
11575 Waddell Rd, Iroquois
Upper Canada Creamery is a 100% organic farm whose focus is to "provide a sustainable and healthy lifestyle for future generations." The Creamery produces organic probiotic yogurt along with artisanal cheese. With a viewing hall designed for the customers, the Biemond family encourages a "Farm to Fridge" tour to see the daily operations of organic farming. uppercanadacreamery.com

DR. MAHLON LOCKE
Dr. Locke, one of North America's most famous healers during the 1930s, set up a small country practice in 1908 in Williamsburg not far from the family farm. He developed a special "toe-twisting" technique, and by 1925 he was exclusively dedicated to foot manipulation. At the height of his popularity, Dr. Locke treated up to 1,000 patients a day from all over North America. He charged \$1.00 per treatment which he administered while seated in a swivel chair in his side yard. His practice brought prosperity to the region during the depression years.

DUNDELA

- 9 Smyth's Apple Orchard**
11652 County Rd 18, Iroquois
The McIntosh Apple was discovered in Dundela in the mid-1800's when John McIntosh found a seedling in his backyard while clearing land. Today, Smyth's Apple Orchard, a family business with over 100 acres of orchard, operates in Dundela. With a variety of over 20 different apples, be sure to visit the orchard to purchase seasonal fruit along with many other homemade goods. smythapples.com



- 10 Stone Crop Acres Winery and Vineyard**
5242 Smiths Rd, Morrisburg
Established in 2017, you will be greeted at this stunning vineyard by the warm and welcoming owners who boast an infectious passion for wine. With all the grapes crushed and pressed on site, the Stone Crop Acres Winery is the go-to destination to taste delicious, locally crafted wines. There's no doubt you will feel replenished at this quaint country vineyard. stonecropacres.ca

- 11 Barkley's Apple Orchard**
5366 Robertson Rd, Morrisburg
Taste locally grown produce at Barkley's Orchard. Located in Morrisburg since 1990, this family owned orchard sells apples, strawberries, asparagus, organic vegetables and other fresh preserves. All of Barkley's produce can be found at various Farmer's Markets within the region.



- 12 Upper Canada Playhouse**
12320 County Rd 2, Morrisburg
Come prepared to be entertained by live concerts and professional theatrical productions at one of Eastern Ontario's most prosperous theatre companies, in operation since 1983. Formerly a toothbrush factory and Argyle sock factory, the Playhouse has been transformed into a charming and intimate, climate-controlled and accessible venue with plenty of parking, a licensed canteen and state-of-the-art seating. With an annual audience of 40,000, the Upper Canada Playhouse season runs from April to December. uppercanadaplayhouse.com

- St. Lawrence Acoustic Stage**
12320 County Rd 2, Morrisburg
Initially established to showcase the talent of local artists, the St. Lawrence Acoustic Stage has grown to an eight-show season which runs from fall to spring each year. Promoting emerging artists to professional musicians, the St. Lawrence Acoustic Stage welcomes performers from all genres to perform to a captive audience. st-lawrencestage.com



- 13 Morrisburg Beach**
85 Canada Way, Morrisburg
The Morrisburg Beach, located along the St. Lawrence River, offers change rooms and washrooms on site as well as lifeguards on-duty throughout the summer. With sand volleyball courts and picnic tables, the Morrisburg Beach is a perfect place to spend a summer's day. Nearby, there's a free-standing splash pad for kids to have fun, a waterfront dog park for friendly pets to roam, and the beautiful Cruickshank Amphitheatre overlooking the river.

14 Eastcliffe Hall Dive Site
On a July summer morning in 1970, the Eastcliffe Hall hit a shoal which caused the steel freighter to sink within minutes. The forward superstructure has been dynamited to reduce the height and refrain from becoming a navigation hazard. Today, the freight remains on the bottom of the St. Lawrence River and has become a recreational dive site visited by many divers throughout the summer.



- 15 Prehistoric World**
5446 Upper Canada Rd, Morrisburg
613 543 2503
Travel back in time to when dinosaurs roamed the earth. Enjoy a 1-kilometer forest trail to view 50 life-sized dinosaurs. With replicas both small and large, this trail offers a real life prehistoric experience that is fun for all ages! Learn about dinosaurs and reptiles from the Paleozoic, Jurassic, and Cretaceous eras. Children can "play paleontologist" for a day while discovering fossils in the real-life fossil pit. This primitive exhibit is open throughout the summer months.



- GOLF ANYONE?**

 - a Iroquois Golf Course**
10912 Golf Club Rd, Iroquois
 - b Morrisburg Golf Course**
15 Laurier Dr, Morrisburg
 - c Upper Canada Golf Course**
13745 County Rd 2, Morrisburg
 - d Cedar Glen Golf Course**
4201 Saddlemire Rd, Williamsburg



- 16 Upper Canada Village**
13740 County Rd 2, Morrisburg
Touring Upper Canada Village is a magical experience, transporting you back in time to the 1860s. The village features over forty historical buildings, many moved here prior to flooding of the "Lost Villages" during the St. Lawrence Seaway development project. As one of the largest living-history sites in Canada, you will be guided by costumed interpreters who present lots of hands-on activities like milking a cow, shoeing a horse, grinding flour, spinning wool or tending the garden. You can take a guided tour on a horse drawn wagon ride, an oxen-pulled boat ride or on "The Moccasin" locomotive. Or take a break at one of the taverns or hotels for a Ginger Beer or a historical-based meal. Be sure to visit the "Photography Studio" where the entire family can dress-up in historical costumes to have a memento photo taken. You are guaranteed to enjoy a whole day of action-packed adventure at Upper Canada Village!

Come in the Fall for the famous "Pumpkinferno", an outdoor walking exhibit of carved pumpkins, or come in winter for "Alight at Night", one of Eastern Ontario's largest outdoor light festivals. uppercanadavillage.com

Battle of Crysler's Farm Visitor Centre
Be sure to visit the Upper Canada Village Heritage Park where one of the most significant monuments rises over the Battle of Crysler's Farm Visitor Centre. Here visitors can learn about the Battle of Crysler's Farm, an important battle in the War of 1812 that halted the November 1813 invasion of Canada, through an audio-visual re-enactment and exhibits.



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