Map Pts	Distance	Cumulative	Off Trail Dist.	Difficulty (A to E)	Community	Ammenities	Telephone	Address	Water	Comments
19H	0.0	0.0	0	A	Ottawa	Canal locks			4	Start at canal locks
19D	7.6	7.6	0	A	Ottawa	Westborough Beach			4	
18G	13.6	21.2	1.5	A	Kanata	Wesley Clover Campground	613-828-6632	411 Corkstown Rd	4	need reservations
18A	9.7	30.9		C/D		Stoney Swamp (South Ent.)			1	
17D	2.7	33.6	0.5	A	Fallowfield	Quickie Mart			4	
16BE	10.2	43.8	2.5	A/B	Richmond	Loblaws		5911 Perth St	4	
15E	23.0	66.8		B/C		North Entrance Marlborough Forest			1	Wild Camp Near Trailhead
15B	9.0	75.8		B/C/D		Roger Stevens Crossing				
14C	12.4	88.2		B/C		South Entrance Marlborough Forest			1	Wild Camp Near Trailhead
14B	2.7	90.9		A	Burrits Rapids	Community (no services)			4	
13C	15.6	106.5		A		Richardson & Trail Intersection			1	
13A	8.2	114.7		A/B		Wood Rd & Trail			1	Possible Wild Camp
12C	11.2	125.9		A	Smiths Falls	12C old Slys Rd campsite		Lower Reach Park	3	
12B	1.5	127.4		A		Victoria Park Camping		Lombard St	4	
	1.0	128.4	0.5	A		Detached Lockstation			4	
	0.5	128.9		A		Food Market		115 William St W.	4	
10E	24.7	153.6		A/B/C/D/E	Perth	Last Duel Park campsite		Cole Rd		need reservations Private Land Section Not Maintained
	1.8	155.4	1	A		Metro		50 Wilson St W	4	
9C	23.2	178.6		A/B/C/D	Round Lake	Murphy Point Group Campsite		Round Lake		Group Sites Only (off-season closures)
9B	2.9	181.5		C/D	Private Property - Trail Closed During Hunting Season					
9A	2.9	184.4		B/C	Murphy's Pt	Prov Park				Possible Wild Camp
8F	7.6	192.0		C/D	North Shore Rd	Rideau Lake				Possible Campsite
8C	7.9	199.9	0.5	A/B	Portland	Narrows locks campsite		Narrows Lock Rd		
8A	5.9	205.8		C/D		Foley Conservation Area				need reservations
7E	3.8	209.6	1.5	A/B	Westport	Kudrinkos		22 Main St	4	Resupply off trail - 1.5km
6D	19.6	229.2		A/B/C	Bedford Mills					
6C	5.3	234.5		B		6 campsite		Moskito Lake, Massassauga Rd		Overgrown Site - Unusable
6A	8.2	242.7		C/D		6A Skycroft Access Trail Junct		Opinicon Lake	3	
5G	2.4	245.1		C/D		5G Lindsay Lake		Lindsay Lake	3	Cabin (wild camp) 1km north of SkyC
5D	14.6	259.7		C/D	Inverrary	Scofield Camp	613-353-6677	6454 Perth Rd		Closed Camp - For Sale
4G	10.6	270.3		C/D	Frontenac Prov. Park	4 campsite		Doe Lake	3	Possible Wild Camp
4F	4.4	274.7		C/D		4F Frontenac Park Trail Center		South Otter Lake		
4C	9.3	284.0		C/D	Gould Lake	Gould Lake			3	Possible Wild Camp
3D	11.1	295.1		B	Sydenham	Foodland		4476 Georgia Lane	4	
2D	15.0	310.1		B	Glenvale	2D K&P trail campsite		K&P rail Trail		Not found!
1D	14.9	325.0	1	A	Kingston	Food Basics		1225 Princess St	4	
1A	12.9	337.9				Kingston Cityhall			4	
	337.9									