

5th Annual

# Lakes and Trails Festival

Saturday July 16, 2022



## Festival Registration begins at 8:45am

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### Family Bike Ride

An 8km trail ride beside Sydenham Lake. Two experienced guides will be with the group. Families and new cyclists can enjoy the Cataraqui trail and scenic views of the lake.

### Around-The-Lake Cycle

A 21km route on trails and side roads circling Sydenham Lake. Guides will lead the group. Water will be available along the way.

### Bicycle Tune-Up and Recycling

Get your bike tuned up by a professional at the bike tune up clinic run by cycle Kingston. Suggested donation of \$30 will go towards Gear Up, a training program for youth to learn about bikes. Bring your old bike to donate for use in their program.

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### Historic Sydenham Outdoor Escape Adventure

Historic Sydenham Outdoor Escape Adventure. Small towns are full of mysteries. Sydenham's hearsay is that a body went missing...who's was it? Come to this revealing walk and help solve the crime! A 2km self guided walk through the village is best enjoyed as a small group.

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### Natural Heritage Expo

A showcase of the natural wonders of South Frontenac - what they are and how to enjoy and improve them. Discover where you can hike, canoe or bike. Learn about local plants, animals and aquatic life, how to improve your property, help the environment and much more!

### Wolf Lake Get the Lead Out

Drop off your lead fishing tackle and hunting pellets to help protect the environment.

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At the Point Park in Sydenham

[lakesandtrailsfestival.org](http://lakesandtrailsfestival.org)

9am-1pm

See you there!