

Recreation and Community Services Guide

2026



Events · Township Info · Arts and Culture
Community Services · Rec and Leisure

 613-376-3027

 southfrontenac.net

 www.engagefrontenac.ca



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FRONTENAC**

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Frontenacseptic@gmail.com



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Manish Dugala, Pharmacist

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smartmedicalpharmacy@yahoo.com

Events 5-11

For up to date information, please contact the groups and organizations listed in this guide, or check out the community calendar at www.southfrontenac.net.

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Yoga & Pilates in South Frontenac

Yoga, Pilates & Foam Rolling Classes



in Perth Road, Inverary, Sydenham, Glenburnie

www.nomadyogini.ca
info@nomadyogini.ca
 613-453-4195

A Message From Mayor Vandewal:



We hope this guide inspires you to explore our community, get involved, and support the many local clubs, associations, and businesses that help make South Frontenac such a special place to live, work, and play.

In addition to highlighting the wide range of recreational opportunities available, this guide also outlines ways to get involved, learn more about, and share your input on municipal programs and services. Members of Council and I always welcome your feedback and look forward to hearing from you.

Last year, we were pleased to learn that the Township was successful in securing provincial funding for a major capital project at Centennial Park. This project will be completed in two phases over two years. Phase One will see the reconstruction of the large baseball field and completion of design work, while Phase Two, scheduled for 2027, will include construction of a new community-use building featuring year-round accessible washrooms, a rental space, paved pathways connecting amenities, and more. This investment will have a lasting, positive impact on our community, providing enhanced recreational opportunities for families for years to come. We are grateful for the support of the Province of Ontario and look forward to hosting even more community events and programs at Centennial Park.

Mayor Ron Vandewal

A Message from Recreation Staff:

As we move further into spring, many of us are looking forward to warmer weather and the switch from winter to spring activities. Before we know it, ice fishing will shift to casting off the dock, and cross-country skis and snowshoes will be traded for trail bikes and hiking boots. No matter the season, there are always opportunities to get active and connected to our beautiful natural landscape here in South Frontenac.

Looking ahead to the summer, we are very excited to offer the community high-quality programs and services once again. New for 2026, we will be offering preschool level swimming lessons across our three programmed beaches. This expansion will not only ensure our littlest swimmers get the foundations they need to be safe around the water, but it will also help alleviate some of the pressure from our ever-popular Swimmer levels 1 – 6 programs.

For questions on how to get involved in our community, email us at recsupport@southfrontenac.net.

Amanda Pantrey

Recreation and Events Coordinator

Events



Stay Up To Date

This Events Section is just a snapshot of the things to do here in South Frontenac. There are many events hosted by churches and community groups like dinners, card games, and more. Stay in touch with your community to learn more about things to do.

Please check out and contribute to the community calendar at www.southfrontenac.net.

Saturday, April 25

“30 Years Of Song” - 7pm

Verona Free Methodist Church (Verona). Concert featuring the Frontenac Women’s Chorus – info: stellaterhart@gmail.com 613-653-6673. All welcome. Free will offering.

Wednesday, May 6

Touch the Truck - 4pm-7pm

The Point Park, Sydenham. Join the Public Services Department, South Frontenac Fire & Rescue, Frontenac OPP, and Frontenac Paramedic Services for this fun, free event! Aligned with Emergency Preparedness Week, Touch the Truck will feature educational information, kids activities, a BBQ by donation for charity, and of course, lots of big trucks and equipment to explore. Visit www.southfrontenac.net/touchthetruck for more info.

Friday, May 8

Frontenac Farmer’s Market Opening Day Celebration - 3pm-7pm

Harrowsmith Centennial Park. Come out and celebrate the opening day of the season for the Market. Enjoy onsite food, live music, kids’ crafts, seedling sale, over 35 vendors, and so much more! Info: www.frontenacfarmersmarket.com.

Saturday, May 9

Community High Tea - 1pm

Storrington Lions Centre. Annual dress up event featuring: homemade food and hot drinks, live music and a photo area. Cash bar is available. \$25pp, in advance, call soon to reserve, Shirley at 613-353-2257. In support of Child Life Services at Kingston Health Sciences Centre.

Saturday, May 9

Inverary Spring Market - 10am-4pm

Ken Garrett Memorial Park. 180+ Vendors. Makers, creators, artists & authors, music, petting zoo, kids activities. Canteen is open for breakfast & lunch.

Friday, May 15

Frontenac Farmers Market Seedling Sale 3pm-7pm

Did you know that seedlings from your local area grow better in your garden? They become stronger plants that yield more. Visit the Frontenac Farmers Market on May 15th for their annual seedling sale. Shop 1000s of local seedlings including vegetables, flowers, herbs, hanging baskets,



Singing along at the 2025 Lakes and Trails Festival.

patio planters and fruit bushes. Info:
www.frontenacfarmersmarket.com.

Saturday, May 23

Summer Kickoff Music Festival - 2pm-9pm
 Harrowsmith Centennial Park - Join us at Centennial Park in Harrowsmith for an evening of the region's best live local music, food, and beverages all in one place! There will be a kids zone for our youngest festival goers ensuring there is something for everyone. Visit www.southfrontenac.net/musicfestival for more info.

Saturday, June 13

Beats by the Beach - 1pm-3pm
 Gilmour's Point, Battersea. Beats by the Beach is a family friendly acoustic style

performance on the shore of beautiful Gilmour's Point beach. Be sure to come out and enjoy some live, local music. Don't forget your lawn chair and toe-tapping shoes. Visit www.southfrontenac.net for more info.

Saturday, June 20

Lakes & Trails Festival - 10am-4pm
 McMullen Beach, Verona. The Lakes and Trails Festival is a community celebration of our many natural and historical assets. It brings people together around the active outdoor lifestyle and sense of community that many of us value. Visit www.southfrontenac.net/lakesandtrails for more info.



Fireworks at the 2025 Canada Day show. Check them out in Sydenham on July 1st, 2026.

Wednesday, July 1

Canada Day - 8am-dusk

Celebrate Canada Day in South Frontenac! With lots happening all over the township, there is something for everyone. Keep an eye out for more information to come. Visit www.southfrontenac.net/canadaday for more info.

S'more Stories - Saturday, July 18

Glendower Hall - 5pm-8pm

A cozy and interactive evening experience designed with cottagers in mind. S'more Stories will invite families to sit by the campfire and listen to stories from all walks of life. We'll be toasting s'mores

and munching on popcorn throughout the evening. There will be additional food vendors onsite, or families can BYOP (bring your own picnic) for dinner. Visit www.southfrontenac.net for more info.

Saturday, July 18 - Sunday, July 19

Fantasy in the Forest Art Show - 10am-5pm
Draper Lake (Perth Road). Mixed media art show and sale. 40 plus artists showing and selling their work in a woodland setting. Free admission Check FB for more info. Also on Labour Day Weekend, September 5 and 6.

Friday, August 14

Frontenac Farmer's Market Kid's Craft Day 3pm-7pm

Bring the kids to the Frontenac Farmers Market on August 14th for Kids' Craft Day. Kid's can colour a reusable market tote. We do all the set up and clean up and the kids go home with a special art project. This event is free but spots are limited. Message the market to reserve your spot. Visit www.frontenacfarmersmarket.com.

Saturday, August 15

Bubble Bash - 1pm-3pm

The Point Park, Sydenham. The Bubble Bash provides a playful, interactive afternoon of water games, bubble activities, and summer fun, encouraging outdoor physical activity and community connection. Visit www.southfrontenac.net for more info

Saturday, August 29

B&B Memorial Show and Shine - 10am-4pm

Harrowsmith Centennial Park. For details FB B & B Memorial Show and Shine. All Proceeds to local fire departments and Food Bank.

Saturday, September 5

Garlic Festival - 9am-2pm

Verona Lions Park. Free family event, host of Eastern Ontario Garlic Awards. Info veronalions.ca.

August 29 and throughout September
Loughborough Heritage Orchard U-pick –
 3371B Lakeside Road, Inverary

Continued on page 10

SOUTH FRONTENAC

Check out and contribute to the
COMMUNITY EVENTS CALENDAR

Free advertising · High viewership · Easy, self-serve event submission

www.southfrontenac.net



Hitching a wagon ride at the 2025 Frontenac County Plowing Match.

Heritage McIntosh, Canadian Red Melba, Yellow Transparent, Spartan, Duchess of Oldenburg, Baxter, Sandow and Canadian Red Atlas are all well established and available during harvest. Other new varieties are coming all the time. Email info@heritage-orchard.com or call 613-653-6673 to confirm u-pick dates.

Saturday, September 19

Verona Car Show - 8am-3pm
Verona Lions Park. Vintage Cars in 26 categories, kids area, live music, fun for the whole family. All proceeds to local charities. Info - Veronacarshow.com.

Saturday, September 26

Inverary Fall Market - 10am-4pm
Ken Garrett Memorial Park. 180+ vendors. Makers, creators, artists & authors, music, petting zoo, blow up castles, kids activities. Canteen is open for breakfast & lunch.

Saturday, October 3

Battersea Pumpkin Festival - 10am-4pm
Battersea Village
An annual one-day festival in celebration of community in the beautiful village of Battersea. Search for the festival on Facebook for the latest news.

Friday, October 23

Frontenac Farmer's Market Halloween Party - 3pm-7pm
Come out and celebrate Halloween early at the Frontenac Farmers Market. Kids can trick and treat among the vendors. They will also be able to colour a reusable Halloween Market Tote. Enjoy onsite food, live music, over 35 vendors, and so much more! Come out and support your local farmers and community. Visit www.frontenacfarmersmarket.com.

Saturday, November 21

Volunteer Appreciation Luncheon -

11:30am-1:30pm

Verona Lions Hall. Volunteers are the lifeblood of any vibrant community. The Mayor and Members of Council will invite volunteers for a luncheon and as a small token of appreciation and celebration.

Special recognition will be given for Youth Volunteerism, Dedication Recognition, and the Good Neighbour Recognition. Details will be shared in fall 2026.

Saturday, February 13, 2027

Family Day Snow Social - 11am-4pm

The Point Park, Sydenham. Spend your

Family Day in Sydenham at the Snow Social. This free, family-friendly event is a celebration of the winter season and community. Dress well for outdoor fun and plan on snow tubing, making s'mores, taking in live music, and SNOW much more. Visit www.southfrontenac.net/snowsocal for more information.

Monday, February 16, 2027

Family Day Public Skating - 11am-3pm

Frontenac Community Arena, Godfrey. Join us on Family Day Monday with free public skating and hot chocolate at the Frontenac Community Arena.



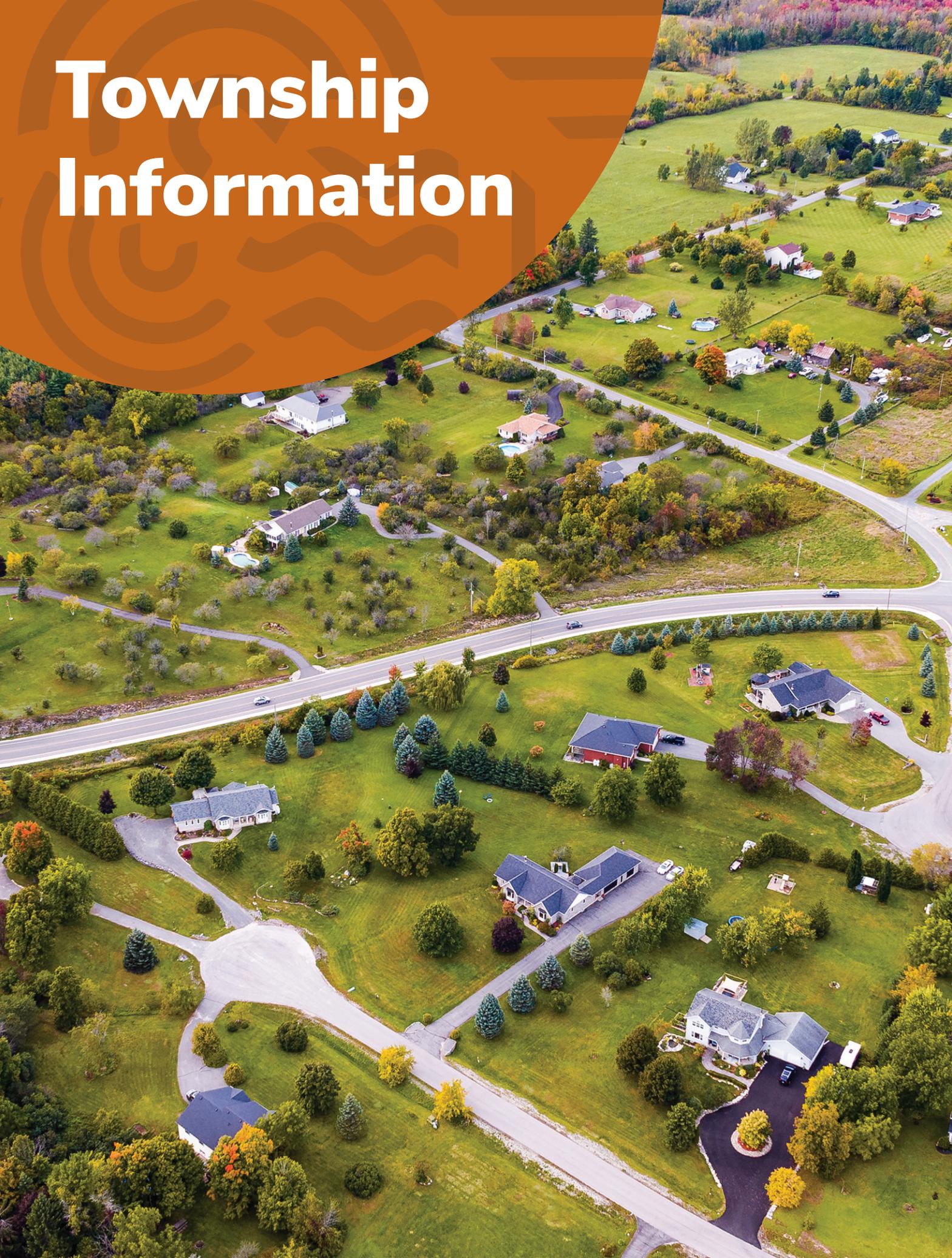
SOUTH FRONTENAC

MUNICIPAL GRANT PROGRAMS

- Community Grant Program
 - Operating stream
 - Sponsorship stream
 - Capital stream
- Private Lane Upgrade Assistance Program
- Lake Ecosystem Grant Program

VISIT WWW.SOUTHFRONTENAC.NET/GRANTS

Township Information





Battersea Ball Park



Centennial Park



Dave Bowes Park



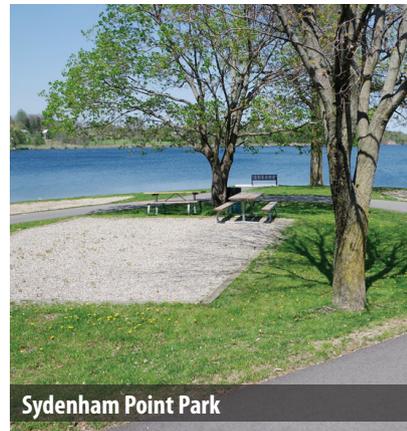
Harris Hall Park



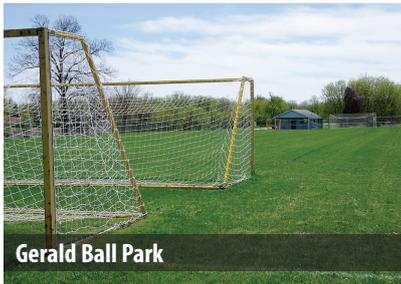
Gilmour Point Park



Davidson Beach



Sydenham Point Park



Gerald Ball Park



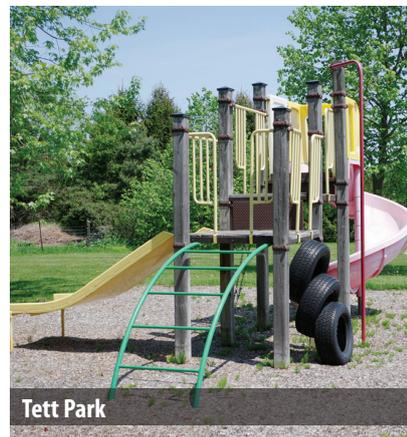
Latimer Park



Glendower Hall Park



McMullen Park



Tett Park

Photos by Paul Wash

PARK FEATURES

	Ball Diamond	Basketball Court/Nets	Benches/Picnic Tables	Canteen	Dog Park	Disc Golf	Football Field	Gazebo/Pavilion	Horseshoe Pits	Multi-Use Court	Paved Pathways	Playground	Soccer Field	Washroom Facilities
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Recreation Hubs and Beaches*

Centennial Park 4500 Centennial Park Road, Harrowsmith	•	•	•	•	•	•		♿	•	•	♿	♿	•	♿
Davidson Beach* 3487 Four Seasons Drive, Inverary			•											
Gerald Ball Memorial Park 3364 Moreland Dixon Road, Sunbury		•	•	•					•	•		•	•	•
Gilmour Point Park* 1763 Wellington Street, Battersea			•					•						♿
McMullen/Verona Park* 6089 Carleton Drive, Verona		•	•					•		•		♿	•	•
Sydenham Point Memorial Park* 4410 Point Road, Sydenham	•		♿	•			•	♿		•	♿	♿	•	♿

Neighbourhood Parks

Battersea Ball Diamond 5167 Battersea Road, Battersea	•	•	•	•								♿		•
Dave Bowes Memorial/Keeley 2042 Park Valley Road, Sydenham	•		•	•				•				♿		•
Frontenac Community Arena 4299 Arena Boundary Road, Godfrey				•									•	♿
Glendower Park 1381 Westport Road, Godfrey		•	•							•		♿		
Inverary Ball Diamond 4772 Latimer Road, Inverary	•		•	•				•					•	•
Latimer Park (Heska) 5402 Holmes Road, Inverary		•	•					•				♿		
Wilmer Ball Park 5178 Wilmer Road, Perth Road	•		•	•								♿		•

PARK FEATURES	Ball Diamond	Basketball Court/Nets	Benches/Picnic Tables	Canteen	Dog Park	Football Field	Gazebo/Pavilion	Horseshoe Pits	Multi-Use Court	Paved Pathways	Playground	Soccer Field	Washroom Facilities
	Parkettes/Green Spaces												
Harris Park 5612 Perth Road, Perth Road			•								•		•
Princess Anne Park 5597 Road 38, Hartington												•	•
Tett Park 36 Tett Crescent, Perth Road			•								•		
Community Operated (non-municipal)													
Ken Garrett Memorial Park 4010 Perth Road, Inverary	•	•	•				•				•		•
Lions Club Mini Park 4389 Verona Sand Road, Verona			•								•		
Call 613-376-3027 or email bookings@southfrontenac.net for rental information. ♿ = Accessible Feature													

Municipal Facility Rentals

Halls · Parks · Fields · Diamonds · Courts



See southfrontenac.net/rentals for more info

Looking for a hall or meeting space?

The Township of South Frontenac has a variety of facilities and rooms to meet your rental needs. Whether you are looking for a hall for your birthday, anniversary or special celebration, or your group is looking for a space for a club or association meeting, consider South Frontenac for your next event!

To book one of our facilities visit www.southfrontenac.net/rentals or contact the Parks and Recreation team at 613-376-3027, via email at bookings@southfrontenac.net or in person at 2490 Keeley Road, Sydenham.

Will you require additional certificates or permits?

If you are considering hosting an event on municipal property, we highly encourage reviewing our event planning webpage at www.southfrontenac.net/eventplanning. There, you will find lots of helpful information on topics such as making your event accessible, food and drink permitting, noise bylaw information, and much more. Visit the webpage early in your planning to ensure your event aligns with relevant policies and that you are setting yourself up for success.

Glendower Hall

Amenities:

- Full Kitchen
- Stage and Dance Floor
- Accessible Entrance/ Washroom
- Capacity: 200



1381 Westport Road, Godfrey

Photo: Paul Wash

This large hall is South Frontenac's most northern facility and is perfect for your next event. Glendower is a bustling social space and hosts card nights, jams, Canada Day events, family reunions and more.

Harris Park Hall

- Amenities:**
- Air Conditioned
 - Full Kitchen
 - Meeting Room
 - Accessible Entrance/Washroom
 - Capacity: 50



5612 Perth Road Crescent, Perth Road

Photo: Paul Wash

Looking to host an event in the Perth Road Village area? Harris Park Hall has everything you will need! Equipped with lots of amenities, this facility is in a great location that is easily accessible, not to mention it is surrounded by a beautiful park with a playground.

Storrington Centre

- Amenities:**
- Air Conditioned
 - Kitchen
 - Accessible Entrance/Washroom
 - Capacity: 250



3910 Battersea Road, Sunbury

Photo: Paul Wash

The Storrington Centre in Sunbury is South Frontenac's most frequently used indoor space. Boasting over 4,000 square feet, this community hub is also home to the Storrington Branch Public Library and a Public Services Yard with sand available to residents in the winter.

Sydenham Library

Amenities:

- Air Conditioned
- Kitchenette
- Audio/Visual Equipment
- Accessible Entrance/Washroom
- Seating: 45
- Capacity: 67



4412 Wheatley Street, Sydenham

Photo: Paul Wash

Located in the heart of the village of Sydenham, the Sydenham Library Community room is a beautiful space with much to offer. This facility is ideal for community group meetings, business gatherings, special events, and much more.

Frontenac Community Arena

Amenities:

- Single Pad Ice Facility
- Canteen and Community Room
- 6 Change Rooms
- Seating For 350 Spectators
- Pro Shop
- Accessible Entrance/Washroom



4299 Arena Boundary Road, Godfrey

Photo: Paul Wash

In 1976, with the support of several Townships in Frontenac County, the North Frontenac Community Arena opened at Godfrey. Over the years, the Arena (now Frontenac Community Arena) has provided a place for young and old alike to gather and engage in sporting and recreational activities and dream big. Contact the FCA directory for rental information at frontenacarena.com or call 613-374-2177.

South Frontenac is a welcoming and thriving rural community.

Boat Launches, Township Owned

Bob's Lake	460 Steele Road
Buck Lake	7930 Perth Road
Canoe Lake	1130 James Wilson Road
Desert Lake	2460 Desert Lake Road
Devil Lake	8771 Perth Road
Dog Lake	1863 Wellington Street 1519 Ormsbee Road 1830 Hitchcock Drive
Kingsford Lake	40 Kingsford Lake Dam Road
Knowlton Lake	5120 Knowlton Lake Road
Loughborough Lake	5060 Lower Round Lake Road 2250 Battersea Water Street 310 Koen Road
Upper Rock Lake	4151 Opinicon Road
Verona Lake	4234 Salmon Drive 4278 Water Street
Wolfe Lake	4041 Westport Road

South Frontenac has many municipally owned and maintained sites where you can launch a boat or small watercraft like a kayak or canoe. Many are simply gravel road allowances leading to the water. There are also several non-Township owned boat launches that can be used by the public.

Water Access

Kingsford Lake	40 Kingsford Lake Dam Road
Little Long Lake	5700 Bedford Road (municipally owned at culvert)
Mitchell Creek	7880 Canoe Lake Road (municipally owned at Mitchell Creek Bridge)
Napanee River	1025 River Road (municipally owned at end of River Road)
South Otter Lake	6473 Salmon Lake Road

Boat Launches, Non-Township

Cronk Lake	5976 Bedford Road
Elbow Lake	6494 Salmon Lake Road
Loughborough Lake	4737 Perth Road 2340 Loughborough View Road
Millhaven Creek	3793 Road 38
Sydenham Lake	4921 Wilmer Road

Council and Recreation Committee

South Frontenac Council 2022 – 2026 Term

Mayor

Ron Vandewal 613-376-3027

Bedford District

Adam Turcotte 613-273-9876

Steve Pegrum 613-328-3076

Portland District

Doug Morey 613-372-5431

Ray Leonard 613-583-6552

Loughborough District

Randy Ruttan 613-353-6439

Scott Trueman 613-353-7358

Storrington District

Norm Roberts 613-353-7182

Ron Sleeth 613-353-2475

The next municipal election in South Frontenac will take place in October. Make sure you're on the voters' list come election time. The "Register to Vote" website maintains your information to check if your address is up to date. Check your status before the next election: <https://vreg.registertovoteon.ca/en/home>

Recreation and Leisure Services Advisory Committee

The Recreation and Leisure Services Advisory Committee reports to Council on matters which include:

- Advise Council in the implementation of the recommendations of the Recreation, Parks, and Leisure Master Plan.
- Act as a conduit between the community and Council.
- Assist with the coordination and execution of Township-led events and programs.
- Provide informed input on the annual recreation budget cycle.
- Support community recreation education initiatives.

Members: Councillor Norm Roberts, Councillor Ray Leonard, Michele Zigman, Holly Wilson, Paul Wash, Karl G. Hammer, Shane Peters, Marie Wilkins.

To connect with the Recreation and Leisure Services Advisory Committee, please call 613-376-3027 or email recsupport@southfrontenac.net.



South Frontenac administrative building expansion ribbon cutting, fall 2025.

Municipal Services

613-376-3027

4432 George Street • 2490 Keeley Road

Public Services

pwsupport@southfrontenac.net

recsupport@southfrontenac.net

The Public Services Department keeps South Frontenac moving, safe and vibrant. Connect with public services for inquiries regarding:

- Road maintenance, capital road projects, winter control, streetlights/signs, entrance permits and private lane information.
- Solid waste management, including

curbside collection of garbage and landfill management and bag tags. For inquiries regarding recycling, contact Emterra at 1-888-597-1541.

- Facility maintenance, capital facility projects, boat ramps, parks and beach maintenance.
- Parks and Recreation services, including facility rentals, programs, and events.

Development Services

Are you looking to renovate or build in South Frontenac? Are you curious about zoning, environmental protection or setting up shop in the community? Contact the Development Services Department on matters such as:

Continued on page 22

Building Services

building@southfrontenac.net

- Building permits for new construction, renovations, or additions.
- New and replacement sewage systems.
- Sewage system records.

Planning Services

planning@southfrontenac.net

- Planning applications, including consents and minor variances.
- Permitted uses and zoning information.
- Heritage buildings and preservation.
- Environmental protection.

- South Frontenac's Official Plan.

Corporate Services

reception@southfrontenac.net

taxes@southfrontenac.net

Corporate Services ensures financial accountability, legislative compliance, and provides administrative services for the municipality. Contact Corporate Services for:

- Municipal property taxes, utility billing and the municipal budget.
- Municipal grants and funding opportunities.
- Human resources and recruitment.

FREE SAND/ SALT MIX FOR RESIDENTS

Protect your steps, sidewalks, and driveways from ice this winter.

Free sand/ salt mix available at the following locations:

- 📍 2490 Keeley Road, Sydenham
- 📍 3910 Battersea Road, Sunbury
- 📍 5286 Hinchinbrooke Road, Hartington
- 📍 1389 Westport Road, Godfrey

Limit: 2, 20 L (5 gallon) containers.
BYOS (Bring Your Own Shovel)



Clerk's Office

jthompson@southfrontenac.net and
bylaw@southfrontenac.net

The Clerk's Office is the direct link between Township staff and Council.

Connect with the Clerk on issues regarding:

- Council and committee matters, including delegation requests.
- By-law enforcement.
- Municipal election and voter registry information.

- Emergency management.
- Freedom of information and protection of privacy inquiries.
- Accessibility.
- Lottery and animal licensing.
- Cemetery management.
- Unopened road allowance matters.
- Commissioner of oaths services.
- Freedom of information and protection of privacy inquiries or requests.

Recycling in South Frontenac

AS OF JULY 1, 2025, ALL HOUSEHOLD RECYCLING IN THE TOWNSHIP IS NOW BEING MANAGED BY CIRCULAR MATERIALS AND PICKED UP BY THEIR CONTRACTOR EMTERRA ENVIRONMENTAL.

THE NEW RECYCLING PROGRAM INCLUDES CHANGES TO THE RECYCLING COLLECTION SCHEDULE AND THE MATERIALS COLLECTED.

MISSED YOUR RECYCLING DAY?
 ISSUES WITH RECYCLING PICK UP?

contact emterra at
customercareont@emterra.ca

QUESTIONS ABOUT PRODUCER RESPONSIBILITY?
 UNSURE OF MATERIAL MIX AND STREAMS?

visit www.circularmaterials.ca/southfrontenac
 for more information





South Frontenac Fire and Rescue Crew in full gear training.

Fire and Emergency Services

fireadmin@southfrontenac.net

South Frontenac Fire & Rescue is comprised of 115 Paid-On-Call firefighters, a full-time Fire Chief, Deputy Fire Chief and Administrative Assistant.

With eight fire stations located throughout the township, SFFR paid-on-call fire fighters help to protect the community. Contact SFFR for inquiries about:

- Open air burning, bans, and restrictions.
- Fire prevention.
- Emergency preparedness.
- Firefighter opportunities.



Sparky, the fire dog.

South Frontenac is a welcoming and thriving rural community.



Tristan of Parallel studios receiving the Innovation and Sustainability Award from the 2025 Frontenac County Business Awards. Tristan is pictured with Manager of Economic Development Richard Allen, 2025 Frontenac County Warden Gerry Lichty, and Community Development Officer Debbi Miller. Photo credit: Frontenac County.

County of Frontenac

613-548-9400

www.frontenacounty.ca

South Frontenac is one of four lower-tier municipalities in the County of Frontenac. Connect with the County for information on:

- Frontenac Paramedic Services.
- Economic development.
- GIS Services.
- Fairmount Home Long Term Care Facility.
- Frontenac County Council.

Conservation Authorities

Cataraqui Region Conservation Authority

www.cataraquiconservation.ca

613-546-4228 / 1-877-956-2722

Rideau Valley Conservation Authority

www.rvca.ca

613-692-3571

Quinte Conservation Authority

www.quinteconservation.ca

Tel: 613-968-3434

Stay informed

- 1 Look for our ad banner each week in the Frontenac News
- 2 Subscribe to our monthly e-newsletter NewsFlash at southfrontenac.net/subscribe
- 3 Follow us on our socials

southfrontenac.net engagefrontenac.ca



**SOUTH
FRONTENAC**





Arts and Culture

Arts, Music & Venues

Frontenac Women's Chorus - Kingston and area's first Women's Chorus, going strong for over 25 years. All ages, and all singing abilities are welcome. We support our local communities through concerts and guest performances, featuring the music of our time (with a few classics thrown in).
www.fwchorus.ca.

Kingston Frontenac Public Library - Bringing the community together! Sixteen branches,



including the Hartington, Storrington, and Sydenham Branches in South Frontenac are ready to welcome you. Borrow books, stream movies, learn a new language and enjoy library programs. Visit kfpl.ca to learn about all these activities and more.

Hartington Branch

5597 Road 38, Hartington.
613-372-2524

Storrington Branch

3910 Battersea Road
613-353-6333

Sydenham Branch

4412 Wheatley St, Sydenham
613-376-3437

Painting & Crafts - Do you like to paint, draw, knit, crochet and do other crafts with a group who can help or offer encouragement? Join us at the Storrington Centre, first & third Wednesdays of the month from 9am-noon. Contact Theresa at 613-387-2094.

Storrington Book Club – Drop in, informal gathering, talk about what you are reading. third Thursday of the month, 11am-noon. Contact Theresa at 613-387-2094.

Soulful Singing in Beautiful Battersea

(Second Tuesday of the month @ 7pm)
Join this singing meditation practice that promotes mindfulness, joy and community. Everyone is welcome in the circle of song. \$15 per night, first time free. Details: Wendy Luella Perkins 613-549-3102, info@wendyluellaperkins.com.

Trinity Quilters - A group of quilters who welcome new members to work on individual and group projects. The group shares ideas, techniques, snacks and laughs. Participants work at their own pace and skill level. They meet on the first and third Wednesday morning of each month. Information: Angie Billings 613-374-3711.

Twisted Knitters Group - A growing group of people who come together to knit, crochet and craft on the second and fourth Wednesdays of the month, 10am-noon, at Trinity United Church, Verona. We share ideas, laughter, and friendship. Call 613-374-2777 or email office@h-vpastoralcharge.org.

Wintergreen Studios - Is an environmental education and wilderness retreat centre located in South Frontenac. Established in 2007, Wintergreen embodies joyful ways of living in balance with the natural world. The programs and off-grid facilities inspire people to live harmoniously, to become more resilient, and to return to their homes, workplaces, and communities nurtured and rejuvenated—ready to make a difference.



613-273-8745.
www.wintergreenstudios.com.
info@wintergreenstudios.com.

Food & Agriculture

Linda's Back Yard Gardens, Produce Market, Plants and Crafts - 20 Raised Garden beds to choose from throughout our growing season. Saturdays, May through Thanksgiving weekend, 9am-1pm. Local

Continued on page 29

COMMUNITY OPERATED HALLS	Accessible Entrance	Air Conditioned	A/V Equipment	Bottle Filling Station	Capacity/ Room	Kitchen	Licensed	Meeting Room/Hall	Washroom Facilities
Bellrock Hall 6034 Leveque Road, Verona • 613-929-2444	♿				90	•			♿
Golden Links Hall 4186 Colebrook Road, Harrowsmith • 613-372-2410	♿	•	•	•	200	•	•	•	♿
Harrowsmith and District S & A Club 4041 Colebrook Road, Harrowsmith • 613-372-0917	♿	•			90	•	•		♿
Royal Canadian Legion, BR. 496 4361 Amelia Street, Sydenham • 613-376-6808	♿				160	•	•		•
Grace Centre 4295 Stagecoach Road, Sydenham • 613-376-6477	♿				150	♿		♿	♿
Storrington Lions Hall 2992 Princess Road, Inverary • 613-353-6920	♿	•			325	♿	•	♿	♿
Verona Lions Hall 4504 Verona Sand Road, Verona • 613-374-2821	♿	•			200	•	•	•	♿



The Frontenac Farmers Market. Operating at Centennial Park every Friday from 3pm - 7pm from May - October.

Food Bank collection the first Saturday of each month.

4309 Maple Drive, Verona 613-374-1307.

Fat Chance Farmstead - Uncertified organic flour and pick your own strawberries. Check our website to find out when we're open.
www.fatchancefarmstead.com
fatchancefarmstead@gmail.com
 613-539-5569.

The Frontenac Farmers Market opens for the 2026 season on Friday May 8th! Running every Friday from 3pm-7pm at Centennial Park in Harrowsmith the community can enjoy live music, onsite food and drink, weekly special events, and over 30 weekly vendors. Come out, meet your neighbours and support your local farmers and artisans. For more information visit www.frontenacfarmersmarket.com.

Frontenac Federation of Agriculture - Representing farmers in Frontenac County, City of Kingston, Wolfe and Howe Islands. Follow us on Facebook.
shanlake@kingston.net.

Lanark and District Maple Syrup

Producers Association - (LDMSPA)



is a group of maple syrup producers located in the Lanark, Frontenac, and Leeds and Grenville Counties and Ottawa-Carleton. LDMSPA members producers in South Frontenac include Ormsbee's - 1768 Ormsbee Road - Battersea (available at Ormsbee's Mercantile) Gorr's Maple Syrup, 3596 Quinn Road, Harrowsmith 613-372-2601 and Crooked Lane Farm - 1023 O'Reilly Rd, Hartington, 613-372-2970. Information - ldmspa.com. Other South Frontenac Maple Syrup Producers listed

Continued on page 30

on the Ontario Maple Producers website include: East Slope Maple Products, 475 Lee Road, Fermoy, 613-722-7059, John Masswohl, 6533 First Lake Rd, Verona, 613-299-7684, and Stineridge Maple Products, 4659 Holleford Rd., Hartington, 613-583-2626.

National Farmers Union Local 316 - For over 2 decades, NFU Local 316 members and friends have been involved in activities and projects to help build the local food and farm system in KFL&A. The NFU advocates for local, provincial, national and international policies that benefit farmers on small and medium-sized farms. We are

always looking for new members, either farm family members, farm workers or associate memberships for individuals and families who support our goals. For updates on NFU activity, visit nfontario.ca and nfu.ca. To get in touch with the Local 316 directly please email: local316@nfontario.ca.

Museums & Heritage Societies

Bedford and District Historical Society/ Research Centre – The centre contains hidden historical treasures waiting to be uncovered by local residents of the people, places and events of Bedford

TOWNSHIP OF SOUTH FRONTENAC

Sign Up for Monthly E-news



Scan the QR code with your phone's camera to subscribe or go to southfrontenac.net/subscribe

Stay on top of Township news by subscribing to our monthly e-newsletter!





The South Frontenac Museum

Township. The committee has been actively preserving history for 17 years, collecting, preserving and cataloguing local artifacts. The Centre is open by appointment. Glendower Hall, 1381 Westport Road. bedfordhistoricalsociety2019@gmail.com.

South Frontenac Museum – Discover the stories of original inhabitants and early settlers of South Frontenac County as told through artifacts, photographs and displays about home and farming life, logging and mining enterprises, school days, local communities and more. Drop in or plan a group or school visit by contacting the museum.

Open May 24th weekend to Labour Day. Monday, Wednesday and Saturday from

Continued on page 34



Let's Discover Our Past...

South Frontenac Museum

Catch a glimpse into how people lived 50, 75, 100, or 150 years ago.

Hartington Schoolhouse
5595 Road 38
SouthFrontenacMuseum.ca
613-376-3027

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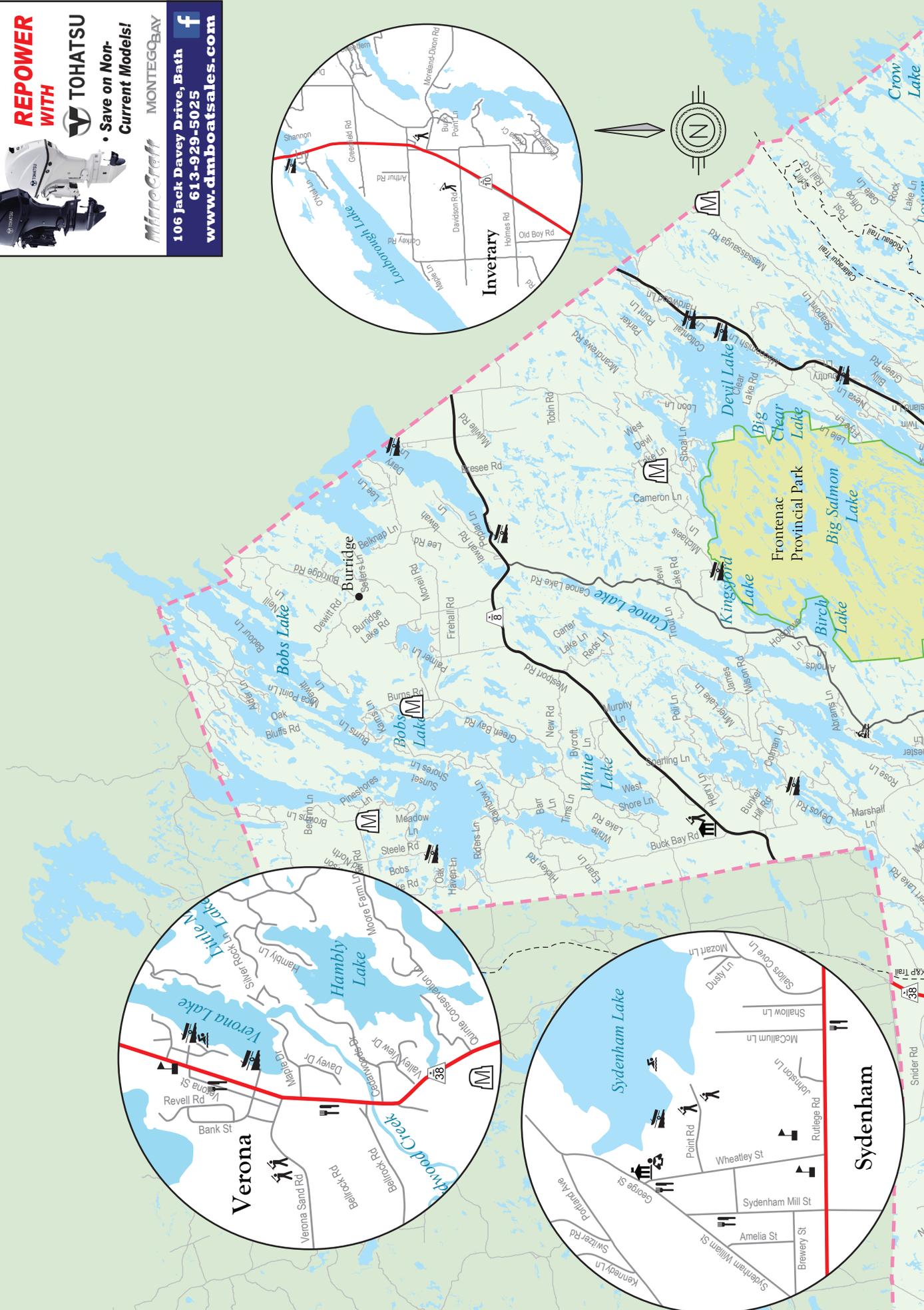


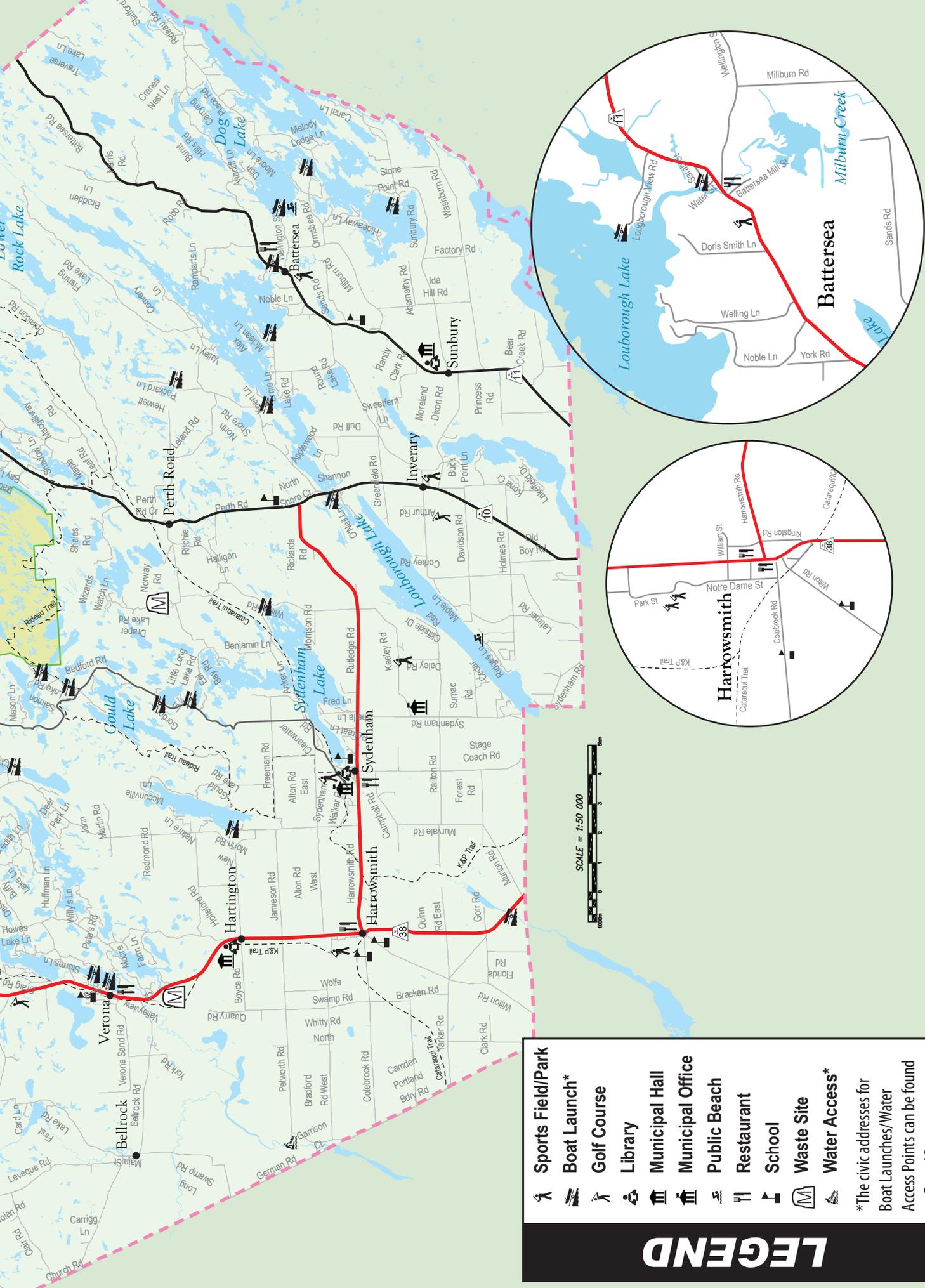
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LEGEND

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- Boat Launch*
- Golf Course
- Library
- Municipal Hall
- Municipal Office
- Public Beach
- Restaurant
- School
- Waste Site
- Water Access*

*The civic addresses for Boat Launches/Water Access Points can be found on Page 12

1pm-4pm or by appointment
 Visit us at <http://southfrontenacmuseum.com>, or on Facebook: @southfrontenacmuseum
 The Museum is owned by the Township of South Frontenac and managed by the South Frontenac Museum Society. We welcome new members and volunteers who want to join our team.



The Point's resident osprey keeping an eye on the park.

RESTAURANTS AND EATERYS	
Creekside Bar and Grill	2261 Wellington Street, Battersea • 613-353-1102
Gilmours on 38	5062 Road 38, Harrowsmith • 613-969-6561
Gino's Pizza and Spaghetti	5062 Road 38, Harrowsmith • 613-507-2929
Grains and Goods Bakery	4431 William Street, Sydenham • 613-376-3737
Lane's Cafe	4946 Road 38, Harrowsmith • 613-372-5693
Lavallee's Cookery	3810 Perth Road, Inverary • 613-653-3333
Ormsbee's Mercantile	3814 Battersea Road, Sunbury • 613-353-6990
MOM Restaurant	6775 Road 38, Verona • 613-374-3095
Muddy Waters Restaurant	6557 Road 38, Verona • 613-374-5444
Mrs Garrett's Bake Shop	3748 O'Neil Lane, Inverary • 613-653-2783
Paradiso Pizza	4047 Perth Road, Inverary • 613-653-9000
The Pizza Place/Rooster Shack	4946 Road 38, Harrowsmith • 613-372-5693
Prime Takeout	4937 Road 38, Harrowsmith • 613-372-0333
Subway	2779 Rutledge Road, Sydenham • 613-376-6969

Community Services



Community Services

Clothing Depot, Community Caring - Princess Anne Building, 5597 Road 38, Hartington. Charitable clothing, \$5 per large bag, many good quality individual priced items too.

Hours of Operation: Tuesdays and Fridays, 10am-2pm. They are also open one Sunday a month. Check out the Hartington Community Caring Second Hand Store Facebook page for more information.

Clothing Depot, Style Revival - Free clothing, Verona Free Methodist Church, Wed 9am-1p.m. Open some Saturdays, check FB or call Keilo at 613-453-9972 for more information.

Community Services, Rural

Frontenac www.rfcs.ca



EarlyON - Caring for a child can be an experience full of love, hope, dreams, fears and joy. When you come to EarlyON Child and Family Centres, you can learn, connect and play with your child, meet other people and receive parenting information from trained Early Childhood Educators. When you attend an EarlyON program you can expect to find opportunities for sensory play, creative art, music and movement, language and literacy, cognitive and problem solving, science and nature, dramatic play and active play.

EarlyON offers FREE programs for parents and caregivers with children from birth to 6 years of age. EarlyON also welcomes

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OLD SCHOOL BUILDERS

613-777-8451

Construction+



Construction plans, apply for permits

Build new cottages and houses

Concrete work, slabs, ICF builds

Kitchens, bathrooms, tile work

Garages, Stairs, Decks

Inspect roofs and attic spaces

Examine soffit, fascia and siding

Look at Insulation, vapor barriers

Electrical and plumbing systems

Heating and air conditioning

For construction or home inspections call or email gervaisd007@gmail.com



Our local EarlyON team at a pop-up event.

grandparents and anyone who may be visiting the area. Registration is encouraged but drop in's are welcome. For more information and registration please visit keyon.ca.

earlyon@rfcs.ca
613-279-3151

Frontenac Transportation Service -

Frontenac Transportation Service provides rides with volunteer drivers for residents of Frontenac County. Serving all residents of North, Central, South Frontenac Townships and the Islands. Services are offered seven days of week. A fee is charged based on the kilometers travelled for this service.

rfcs.ca
transportation@rfcs.ca
613-279-3151 ext 303.

Community Services, Southern Frontenac



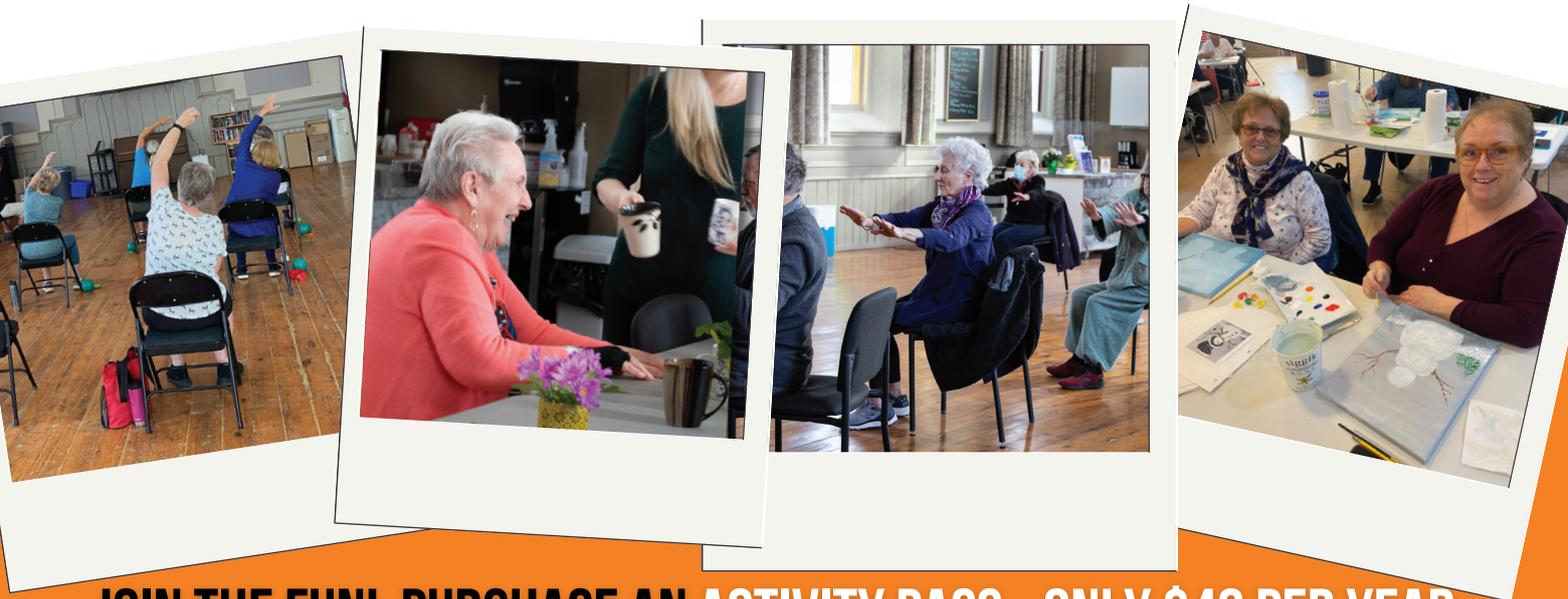
Community Services Corporation -

(SFCSC) SFCSC is a community provider of health and social support services in South Frontenac and rural Kingston. SFCSC offers a range of programs and services designed to help seniors age well in their own community, while also supporting families to meet their basic needs. SFCSC provides a variety of programs and services for seniors such as Adult Day, Meals on Wheels, Diners' Club, foot care, hospice and bereavement support as well as social and recreational activities. Additionally, SFCSC operates a Food Bank to assist those in need. Most programs require a brief intake and/or registration.

GRACE SOCIAL & ACTIVITY CENTRE

The Grace Social & Activity Centre is the perfect place for adults (aged 55+) in South Frontenac to make new friends and enjoy a variety of programs to support an active and social lifestyle.

Most activities run weekly with a full calendar of fitness programs (for all fitness levels). Social opportunities can include cards and games, book clubs and painting and educational workshops. New activities added regularly!



JOIN THE FUN! PURCHASE AN ACTIVITY PASS - ONLY \$40 PER YEAR AND GET ACCESS TO OUR SOCIAL AND RECREATIONAL PROGRAMS

(SPECIAL PROGRAMS MAY BE SUBJECT TO ADDITIONAL FEES)

The Grace Centre offers a welcoming atmosphere that fosters community and active living. Reach out to us to learn more or to purchase your Activity Pass today:

Call us at
613-376-6477 ext. 310

Scan here



or go to www.sfcsc.ca
to learn more and view
monthly activities
calendar



Join us at our Good Graces Cafe for an opportunity to get together with old friends and meet new ones!



Come on in for chit chat, puzzles, play cards,
play crokinole or enjoy puzzles!

Serving freshly brewed coffee, tea, and bagels*
(*small fee)



PROGRAMS AND SERVICES FOR YOU

SFCSC is a community leader in the provision of health support services and social support programs in South Frontenac and Rural Kingston. SFCSC provides programs and services that help seniors age well in their own community and to facilitate connections and provide families with services to meet their basic needs.



SUPPORT SERVICES

Adult Day ext. 304 – Staff deliver a full day of programming in a group setting for adults living with a cognitive or physical disability. Clients enjoy physical, cognitive, creative, and social activities to assist in achieving and/or maintaining their maximum level of functioning.

Home Help ext. 201 – Seniors (60+) and adults with physical disabilities can arrange regular cleanings or assistance with other tasks around the home, such as light housekeeping, minor repairs and cooking.

Respite ext. 201 – Health-trained professionals can fill in for family and friends when a break from care-giving is needed.

Foot Care ext. 212 – Trained providers offer basic foot care for older adults (60+) and adults with physical disabilities. Appointment required.

Transportation Services ext. 307 – Affordable and reliable transportation for seniors (60+) and adults with physical disabilities living in South Frontenac and rural Kingston. Clients can get assistance getting to and from medical appointments, grocery shopping, social outings and more.

Volunteer Visiting Hospice Care ext. 205 – Ongoing emotional and practical support for clients diagnosed with a life-limiting illness and their families.

Bereavement and Caregiver Support ext. 205 – SFCSC provides emotional and psychosocial support to individuals and families who are anticipating a death or experiencing grief due to the loss of a loved one or friend. One on one visits and calls available.

FOOD SERVICES

Meals on Wheels ext. 303 – Seniors and adults with physical disabilities can receive a nutritious hot meal delivered to their door over the noon-hour every Monday, Wednesday and/or Friday for \$8/meal. Meals include soup/salad, entrée and dessert. Dietary restrictions and/or allergies may be accommodated. Order online from our website, or call.

Frozen Meals ext. 303 – \$6 each, for anyone in the community in need of healthy meals. Single serving frozen soups also available, \$3. Pick up or delivery. Order online from our website, or call.

Community Food Bank ext. 203 – Residents who are struggling with food security for themselves and their family are able to receive 7 days worth of non-perishable and fresh food items once a month.

Diners Club ext. 303 – Friends gather for a delicious full-course meal and entertainment!

SUPPORT GROUPS

To register for any of our free support groups, call 613-376-6477 ext. 205. One-on-one support is also available.

Stroke Support Group - with VON, 3rd Monday of each month, 1 - 3 pm. Registration is required.

Caregiver Support Group - 3rd Wednesday of each month, 1:00 - 2:30 pm.

Bereavement Support Group - last Wednesday of each month, 1:00 - 2:30 pm.



GRACE SOCIAL ACTIVITIES

Contact 613-376-6477 ext. 310 for more information

Book Club - 3rd Tuesday of the month, 10:30 - 11:30 am.

Good Graces Café - Tuesdays 9 - 11 am, coffee, tea, light breakfast, games, and conversation.

Euchre/Games Club - 1st and 3rd Thursday of each month, 1 - 3 pm.

Painting Workshop - Last Wednesday of the month, 1 - 3 pm.

Jam Session - 2nd Wednesday of the month 1-3pm

Check our website for the monthly calendar and program updates!

FITNESS PROGRAMS

Free with your \$40 annual Activity Pass!

Call 613-376-6744 ext. 310

Indoor Walking - Mondays and Fridays 9 - 10 am, medium to high intensity walking class.

Cardio & Strength - Tuesdays and Thursdays, 9 - 10 am, a medium to high impact class.

Tai Chi - Wednesdays, 9 - 10 am, gentle sitting and standing exercises to connect mind and body, medium to low intensity.

Fitness & Your Brain - Wednesdays, 10:15 - 11:15 am, exercises to keep you physically and cognitively fit.

CONTACT US

 613-376-6477

 info@sfscsc.ca

 www.sfscsc.ca

 Southern Frontenac Community Services Corporation (SFCSC)



Loughborough Christmas and Emergency Relief Committee (LCERC) works alongside community partners to support individuals and families across South Frontenac, both throughout the year and during the Christmas season.

We help families facing unexpected hardship such as illness, fire, accidents, or other challenging circumstances. Our focus is on offering timely, practical support that helps people get back on their feet.

This work is made possible through the generosity of local households, businesses, and community groups who sponsor and support the committee. Their contributions allow us to provide food assistance and gift cards so families can experience stability, dignity, and a sense of normalcy—especially at Christmas.

Our commitment is simple: to use the support we receive thoughtfully and compassionately.

www.lcerc.ca

New Leaf Link (NeLL) is

a registered non-profit organization that provides

engaging programs for persons with intellectual, developmental or physical disabilities who are 18 years or older.

Program themes centre on community participation, the arts, and healthy living. A 4-day camp is offered annually, transportation support is available, and we have a before and after school program as well. Tuesdays, Wednesdays and Thursdays 9:30am-2:30pm. Harrowsmith Free Methodist Church 3876 Harrowsmith Road.

www.newleaflink.ca

contactus@newleaflink.ca



New Leaf Link (NeLL) is a registered non-profit organization that provides engaging programs for persons with intellectual, developmental or physical disabilities who are 18 years or older.

Program themes centre on community participation, the arts, and healthy living. A 4-day camp is offered annually, transportation support is available, and we have a before and after school program as well.

Tuesdays, Wednesdays & Thursdays

Harrowsmith Free Methodist Church,
3876 Harrowsmith Road, Harrowsmith



For more information: contactus@newleaflink.ca
www.newleaflink.ca • www.facebook.com/newleaflink

Registered Charity# 813232816RR0001

Community/Service Clubs

Bellrock Hall Community

Association. Bellrock is a

happening place to be! We

host festivals, dinners, and performances, Regular activities include games nights, line dancing, and potlucks. The hall is available for rent and features a large playing field, well-equipped kitchen, a stage and a community garden.

bellrockhall@gmail.com

6034 Leveque Road, Verona

613 484 5977

Or check us out on Facebook.



CHURCHES

Anglican

St. John's	2754 Sunbury Road, Sunbury • 613-353-2358
St. Paul's	340 Mill Street, Sydenham • 613-376-3003

Free Methodist Church

Cole Lake	8 White Lake Road, Godfrey • 613-374-5654
Harrowsmith	3876 Harrowsmith Road, Harrowsmith • 613-372-1238 • hfmc.ca
Verona	6804 Road 38, Verona • veronafreemethodistchurch.com

Holiness Church

Sydenham	4348 Amelia Street, Sydenham • 613-453-1158
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Non-Denominational

Portland Community Church	5567 Road 38, Hartington • info@portlandchurch.ca
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Pentecostal Assembly

Verona	6829 Road 38, Verona • 613-374-2976
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United Church

Battersea	2219 Wellington Street, Battersea • 613-353-2453
Inverary	4681 Latimer Road, Inverary • 613-353-2453
Perth Road	5622 Perth Road, Perth Road • 613-453-1941 • pruc.ca
Trinity (Verona)	6689 Road 38, Verona • 372-2525 • h-vpastoralcharge.org

Roman Catholic Church

Sacred Heart of Jesus	Westport Road, Bedford • 613-273-2112
St. Patrick's	3977 Sydenham Road, Railton • 613-376-6695 www.stpat-stmary-railton-odessa.com

Frontenac 4-H Association - 4-H



is a program for youth aged 9 to 21 years (before January 1st of the current year). There is also a Cloverbuds program offered for children 6 to 8 years of age (again, before January 1st). The current registration fee is \$120 per member, regardless of how many clubs a member participates in during the calendar year. 4-H offers additional opportunities such as camps and scholarships. Contact Ann Babcock at bababcock@hotmail.ca or 613-372-2974 or FB for details.

Frontenac Society of Model Engineers



- A society for model engineering and small scale live steam railway operation. Located in Battersea at 26 Doris Smith Lane, between Doris Smith Lane and the baseball diamond. There are 1,200 feet of 7 1/4" gauge track on the ground and 435 feet of smaller gauge elevated tracks at our site. Guests and new members are very welcome! For more information see fsme.ca or Facebook @Frontenacsocietyofmodelengineers.

Girl Guides of Canada - Girl



Guides is a place where girls aged 5-17 can explore, grow, and have fun in a supportive environment. With weekly meetings led by motivated volunteers, girls take part in exciting activities like outdoor adventures, STEM projects, community service, and creative challenges. Whether they're making new friends, building confidence, or trying

something new, Girl Guides gives everyone the space to just be themselves. Registration is under \$200 for the year, making it an affordable way for girls to discover new skills and life-long friendships. Learn more and find a unit near you at girlguides.ca/joinus.

Harrowsmith & District Social & Athletic Club - (S & A Club)



The Harrowsmith S & A is a non-profit, charitable community organization. Yearly membership has advantages, Single Membership \$10 and Family Membership \$20. We rely on volunteers for all events. We hold monthly euchre nights as well as events for all family members. There is a Hall for rental at reasonable rates with a full kitchen, licensed bar available, air-conditioned facility. It's available for family events, meetings, groups, etc. We support many local sports groups and charitable initiatives. Consider becoming involved with your community and its future! For more info, rental requests or inquiries, email harrowsmithsanda@gmail.com or visit us on Facebook.

Lions Club, Storrington -



Chartered in 1971, located at 2992 Princess Road, Inverary. The Storrington Lions Club proudly serves Sunbury, Battersea, Perth Road and Inverary. The Club is composed of volunteers. Currently the club connects with the community through weddings,

EDUCATION

English Catholic

Algonquin and Lakeshore Catholic District School Board

151 Dairy Avenue, Napanee, ON K7R 4B2 • 1-800-581-1116

St. Patrick Catholic School

3889 Wilton Road, Harrowsmith, ON, K0H 1V0 • 613-372-2251 • alcdsb.on.ca

English Public

Limestone District School Board

220 Portsmouth Avenue, Kingston, ON, K7M 1V6 • 613-544-6920

Glenburnie Public School

2252 Battersea Road, Glenburnie, ON, K0H 1S0 • 613-542-0633 • glenb@limestone.on.ca

Harrowsmith Public School

4121 Colebrooke Road, Harrowsmith, ON, K0H 1V0 • 613-372-2026 • harro@limestone.on.ca

Loughborough Public School

4330 Wheatley Street, Sydenham, ON, K0H 2T0 • 613-376-3848 • lough@limestone.on.ca

Perth Road Public School

1084 Walsh Road, Perth Road, ON, K0H 2L0 • 613-353-2151 • pertr@limestone.on.ca

Prince Charles Public School

6875 Road 38, Verona, ON, K0H 2W0 • 613-374-2004 • princ@limestone.on.ca

Storrington Public School

4576 Battersea Road, Battersea, ON, K0H 1H0 • 613-353-2868 • storr@limestone.on.ca

Sydenham High School

2860 Rutledge Road, Sydenham, ON, K0H 2T0 • 613-376-3612 • sydhs@limestone.on.ca

Student Transportation

Tri Board Transportation

81 Dairy Avenue, Napanee, ON, K7R 1M5 • 1-866-569-6638 • info@triboard.on.ca



LAKE ASSOCIATIONS

Battersea Loughborough Lake	loughboroughlake.org • presidentBLLA63@gmail.com
Buck Lake	bucklake.ca • bucklakeassoc@gmail.com
Buffy Lake Association	jackie_van_houten@hotmail.com
Chaffey's Area Lakes	remembercala.ca
Desert Lake	desertlakelife.ca • info@desertlakelife.ca
Devil Lake Association	devillake.org • devillakeassociation@gmail.com
Dog & Cranberry Lakes	dogandcranberrylakes.ca • dogandcranberrylakes@gmail.com
Fourteen Island & Mink Lakes	fimla.ca • r.nageleisen@gmail.com
Garter Lake	garterlakeassoc@gmail.com
Greater Bobs & Crow Lakes	bobsandcrowlakes.ca • communications@bobsandcrowlakes.ca
Inverary Lake	inverarylake@kingston.net
Knowlton Lake	josette.mfcp@gmail.com
North and South Otter Lake	nsola.org • executive@nsola.org
Opinicon Lake	opocsec@gmail.com
Sunset Shores Peninsula	Prdprdprd51@gmail.com
Sydenham Lake	sydenhamlake.ca • markschjernerj@outlook.com
West Devil Lake	westdevillake.ca • wdlpog@gmail.com
Wolfe Lake	wolfelakeassociation.org • wolfelake@rogers.com

South Frontenac is a welcoming and thriving rural community.



The Green Family dropping of a food and cash donation to SFCSC’s foodbank after the 2025 B&B Show and Shine Car Show. Photo credit: SFCSC.

celebrations of life, youth dances, pickleball, line dancing and birthday parties. Club projects include a monthly Food Bank drive, Aluminum can drive for guide dogs and special occasion dinners. New Members and volunteers are always welcome. Information - call 613-353-6920 email storringtonlionsclub@gmail.com or visit e-clubhouse.org/sites/storringtonon/

Lions Club, Sydenham and District - Sydenham Lions



support causes and events such as the annual Sydenham Canada Day, Santa Claus Parades; local charities and organizations; Lions vision and service leader dogs; camps for challenged youth and their families; The Annual Lions Road Toll in Sydenham Village takes place on

Continued on page 46



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the long weekend in August & annual Lions Christmas Tree Lighting Service is held the last Friday evening in November before the next day Santa Claus parade. Sydenham-District-Lions-Club on Facebook, joanne.ankers@gmail.com. Christine Kennedy, chrisk@kingston.net.

Lions Club, Verona - Regular meetings are held the second and fourth Tuesdays of the month and new members are always welcome.



Our Hall is licensed, air conditioned with a capacity of 200 people and available for rent. Popular annual events are the Garlic Festival, a volunteer road toll, car show and Saturday of Mother's Day Fish Fry. We host free Thursday night darts for all

levels of players from Oct. to Apr. starting at 6:30pm. The club supports many area projects donating tens of thousands of dollars locally. We sponsor local fundraising efforts for non-profit groups through our community breakfasts on second Saturdays from Oct. to Dec. and Feb. to Apr. We maintain a children's mini park, donate our baseball facilities for South Frontenac Minor Softball, provide bursaries for local students recognizing community volunteerism. Visit us at www.veronalions.ca for more information. Verona Lions Hall, 4504 Verona Sand Road. 613-374-2821.

Odd Fellows & Rebekahs, Harrowsmith - The



Independent Order of Odd Fellows & Rebekahs is a non-profit, world-wide organization that promotes men and women working together for the betterment of our communities. Our motto is Friendship, Love & Truth and our local charter is located at the Golden Links Hall, 4186 Colebrook Rd. We support a number of worldwide charities as well as several local ones. New Leaf Link, the Almost Home Kimmy Fund and the Arthritis Society just to name a few. We help students further their education by handing out annual bursaries, we support our local schools and the Christmas relief fund.

We have a lending cupboard that provides a variety of mobility equipment for use at no cost. We are open every Tuesday morning from 10am-noon, and every Thursday afternoon from 3-5pm. No appointment

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necessary. We host monthly Youth dances, Ole Tyme fiddlers and occasionally take-out dinners.

The air-conditioned Golden Links Hall is available for rent (see facilities for rent). Information - Brenda Taylor at 613-372-2410 or regandbrenda@hotmail.com.

Royal Canadian Army Cadets - The Royal Canadian Army Cadet Corps is looking for 12 to 18-year-old youth from South Frontenac who are interested in life skills and leadership training through fun activities and instruction. All costs associated with uniforms, trips and activities are covered by the cadet corps so it is entirely free to participants. Families are invited to attend sessions to learn more

about the program.

Kingstonarmycadets.ca

Contact@KingstonArmyCadets.ca.

Royal Canadian Legion, Sydenham



- A fixture in downtown Sydenham for 70 years! The Sydenham Legion supports a variety of community efforts, all in the name of Robert Richardson, a WW1 vet who resided in Sydenham until his death in 1949. Annual events include dances, a winter pike contest, and more. Hall rental available. Open 5 days a week: Tue.-Thurs. 2-6pm; Fri. noon-10pm; Sat. 2-6pm. Richardson Legion Branch 496, 4376 William Street, 613-376-6808 Rcl496.sydenham@hotmail.com.



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Members of council awarding the Youth Volunteer of the Year award (2025) at the annual Volunteer Appreciation Luncheon. Left to Right – Councillor Scott Trueman, Councillor Randy Ruttan, Councillor Doug Morey, Youth Volunteer of the Year Sloane Nourry, Councillor Norm Roberts, Councillor Ron Sleeth, Councillor Adam Turcotte, Mayor Ron Vandewal. Marie Wilkins was presented the Good Neighbour Recognition, and Don Coleman was presented with the Dedication Recognition.

Scouts Canada (Frontenac Group)

- Offering Youth: Beavers (ages 5-7), Cubs (ages 8-10), Scouts (ages 11-14), Ventures (ages 15-17), and Rovers (ages 18-26). Follow “The Canadian Path” with exciting programming focusing on adventure, outdoor experience and friendship. Youth in an inclusive program develop confidence, self achievement and civic responsibilities while having fun and learning to work together. Weekly meetings in Sydenham, Joyceville and Kingston (Not all ages at all locations). Program *not* offered during July & August. Register online at www.scouts.ca.



Frontenac. We offer home cooked meals and social entertainment. We meet on the second Wednesday of the month (noon-2pm) at the Storrington Centre. Info – Sharon - 613-353-2358.

Verona Community Association

- The VCA promotes widespread community involvement among local residents, hosts a variety of fun and exciting events, and contributes to the advancement and wellbeing of Verona, November 11, Remembrance Day service 10:45am at the cenotaph in Verona. The VCA owns and manages the electronic sign board. <https://yourverona.com> vca@xplornet.ca 613-777-8980.



Storrington Retirees Association -

Membership fee \$10 per year. We welcome any person who is retired and lives in South

South Frontenac is a welcoming and thriving rural community.

Women's Institute,

Harrowsmith - The Harrowsmith



WI has been supporting the community through advocacy and involvement since 1924. Meetings are held in members' homes the last Tuesday afternoon of each month, from September to June, with a summer outing to a locale of interest. Educational presentations are open to the public and everyone is welcome to attend. The Harrowsmith WI provides assistance for families in need. Women are invited to join and share the legacy of a long-standing rural community organization.

Follow us on Facebook at Harrowsmith Women's Institute.

Contact: 613-372-2329.

Women's Institute, Sydenham

- The Sydenham WI has been integral to the life of the local community for over a century. A great get together for fun, food, education & fellowship. Meets on the second Monday each month at 6pm in the meeting room of the Verona Free Methodist Church.

FWIO.on.ca.

Contact: Nan Keyes, 613-331-6484.



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Spotlight on South Frontenac Frontenac 4-H



Frontenac 4-H club groom a pony.

There has long been a misconception that 4-H is just for farm kids: not true! The 4-H program is a non-profit youth development organization open to any youth desiring to learn new skills, hone leadership capabilities, make new friends, and have fun. The program has been in existence for over 100 years, not only here in Frontenac, but across Canada and in several countries around the world.

The Cloverbud portion of the program, open to younger members 6 to 8 years of age, offers a new adventure at every

meeting as the members explore a wide range of topics from livestock to baking to building birdhouses. Clubs for older members, 9 to 21 years of age, focus on the various components of specific interests. Frontenac annually offers beef, dairy, swine, and horse projects, and in 2025 added sheep to its livestock roster. Life skills projects vary somewhat each year. Some of the most popular have been marketing, cake decorating, barn quilts, community involvement, gardening, photography, and crafts. The choices are endless. All that is needed to start a club are at least

South Frontenac is a welcoming and thriving rural community.

6 enthusiastic members and a minimum of 2 screened, trained volunteers. Basic requirements for club completions are attendance at 2/3 of meeting time and an achievement program, the nature of which is determined by the club leaders. A number of achievement programs are held at Kingston Fair in September. That is also where members have the opportunity to auction their project swine, steers, and lambs to recoup expenses incurred in raising their animals and to earn some funds towards their education.

While most youth organizations start once children return to school in the fall, 4-H registration opens in mid-November, with the majority of clubs starting in the early spring. Usually a Rally Night is held in late February, offering a chance to see what clubs will be offered during the year, to ask questions, and to meet the volunteers who make everything happen. Frontenac 4-H delivers both a Judging and a Go for the Gold Competition in early summer. Top scorers from both are eligible to progress to regional competitions. Other available opportunities include camps, scholarships, and conferences. There is also the potential to compete at the Royal Winter Fair in Toronto.

There is an annual fee, payable to 4-H Ontario. While that fee covers project resources, insurance, and provincial recognition awards no matter how many clubs a member wishes to join during the

year, the Frontenac 4-H Association relies on grants and fundraising to provide the materials and monies necessary to run local clubs.

The 4-H year in Frontenac culminates in November with the Annual Pork BBQ and Awards Night. Not only is this the organization's major fundraiser, it is also an opportunity to showcase the achievements of the past year and for families to mingle in a social environment.

New members and volunteers are always welcome!

Find us on facebook, or visit the 4-H Ontario website (www.4-hontario.ca). ■



Frontenac 4-H grow flowers



Recreation and Leisure

SPORTS & FITNESS

Dance Fitzzet - Offers dance classes ages 3- Adult in Tap, Jazz, Ballet, Lyrical, Contemporary, Hip Hop and Rhythm Tap.
 Sheryl Irwin
 613-376-6559

Dream Catcher Farms - Horseback Riding Lessons offered 7 days a week in spacious, bright indoor and outdoor facilities. Group, semi-private and lessons for 4 years to adults. Coaching for beginner to advanced recreational riders from qualified, knowledgeable staff.
 3185 McGarvey Road, Inverary Ontario.
 613-353-9004
 ride@dreamcatherfarm.ca

Frontenac County Minor Softball – All information, including registration, about Softball in Frontenac County can be found at www.fcmsa.ca. Register online after March 1st for the 2026 season. In person registration on March 19, from 6-8pm, and March 22 from 9-11am. Check the website for locations. Contact - fcmsapres@gmail.com.

Frontenac Fury / Frontenac Girls Hockey Association



- Providing girls aged 8-18 in Frontenac County the opportunity to play recreational house-league hockey with other girls from their community and surrounding areas. Registration for the 2026/2027 season

Continued on page 54

FRONTENAC COUNTY MINOR SOFTBALL

ONLINE REGISTRATION OPENS MARCH 1ST

U7- 2019-2021	\$85
U9- 2017-2018	\$85
U11- 2015-2016	\$120
U13- 2013-2014	\$125
U15- 2011-2012	\$130
U17- 2009-2010	\$140
U19- 2007-2008	\$150

Register online until April 12, 2026:
www.fcmsa.ca

FRONTENAC Girls Hockey Association

- **Be Part of a Team**
- **Make Lifelong Friends**
- **Build Self Confidence**
- **Great Exercise**
- **Motor Skills Development**
- **Social Skills Development**
- **Sportsmanship**

If you are aged 8-18 and want to play girls hockey
 -Join our Fury Family.
 If interested please check out our website
www.frontenacfury.ca or
www.facebook.com/frontenacfury

Photo by Peggy Vankerhoven



Throwing stocks with the South Frontenac Stocksport Club at the 2026 Snow Social.

opening soon!

Learn more and stay updated at: www.frontenacfury.ca or follow us on Facebook.

Frontenac Minor Hockey Association - The Frontenac



Flyers are a mixed gender association that runs local (house) league and rep programming from U5 to U18 age Divisions. This includes our popular Learn To Skate, and Initiation (U7) program. Programming runs from mid-September to mid-March, out of the Frontenac Community Arena. Visit Frontenachockey.ca.

What can HOCKEY bring out of your child?

Friends. Teamwork. Laughter.

Health. Confidence. Leadership.

WHEN: MID SEPTEMBER UNTIL MID MARCH
(Registration is open in June. Sign up for an email notification on our website) www.frontenachockey.ca

WHO: GIRLS & BOYS WELCOME | ALL SKILL LEVELS!
(Learn to Skate to fun House League & competitive Repl)

COSTS: Visit our website for each divisions price
(2 - 3 hrs/wk for regular weekly practices & games & over 6 months of fun & fitness for less than \$85/mth most divisions)

SKILL DEVELOPMENT: PRE SEASON CONDITIONING CLINICS + Goalie Clinics, Power Skating & 3 on 3 Fun Days

Learn to Skate, U5-U18 Programming

REGISTRATION & INFO AT
WWW.FRONTENACHOCKEY.CA

FRONTENAC SOCCER ASSOCIATION

REGISTRATION Starts March 1, 2026

For more information visit www.frontenacsoccer.com. or <https://www.facebook.com/Frontenac-Soccer-Association-862691723872583/>

Frontenac Pickleball Club -

Are you a 50+ pickleball player looking for a great venue to play recreational pickleball? Join our Club and enjoy the perks! Frontenac Pickleball Club (FPC) reserves 6 beautiful outdoor courts at Centennial Park in Harrowsmith, 3 days per week from the beginning of May to mid Oct, and 3 terrific indoor courts in the gymnasium at Harrowsmith Free Methodist Church from Nov-Apr. Come join us for fun, camaraderie and exercise! Prices and timings vary depending on the season, so for details please contact us at frontenacpickleballclub@gmail.com.



Frontenac Soccer Association

- (FSA) Serving Harrowsmith, Verona, Sydenham, Yarker, and other South Frontenac communities. Check our FB page.



Inverary Golf and Country Club - The front nine acts as a relaxing warm up for the back nine, which is longer and tougher but just as beautiful. Once you've finished the 18th hole, you're welcomed with an air-conditioned club house and a full licensed bar and grill.

www.inverarygolf.com
info@inverarygolf.com
4524 Latimer Rd, Inverary
613-353-2133.

jACKRO - Offers acro classes ages 2- Adult. Online registration available on the website. villageview@kos.net. Jacklyn Irwin. 613-770-0289.

Nomad Yogini – Yoga, Pilates and Foam Rolling classes in Glenburnie, Inverary, Perth Road and Sydenham.

www.nomadyogini.ca
info@nomadyogini.ca
613-453-4195.

Pickleball Coaching – NCCP II & PPR certified coach offering private and group pickleball sessions. Introduction to Pickleball, Skill Development, and Play Strategy. Come see what the excitement is about! All equipment provided.

Kattgrrrl@gmail.com
613-545-5288.

Rivendell Golf Club - The Rivendell Golf Club is a par 71 course at 6248 yards. Rivendell can accommodate tournaments and events from 20 people to over 100. rivendellgolf.on.ca
7359 Road 38, Verona
613-374-3404.

South Frontenac Stocksport Club

- SFSC provides positive opportunities year-round for physical and social health. We believe in an inclusive and safe place to play, to compete and to grow our sport and club in our community. Non-ice play is at the Centennial Multi Purpose Pad and in winter on lakes and ponds in the South Frontenac area. Stock Sport shares a historical link to its cousin sport of curling. Rental equipment available for newcomers.

<https://www.spsc.website/>
southfrontenacstocksport@gmail.com.





Playing tennis at the Sydenham Point Park courts.

Storrington Minor Soccer -

Offers a summer soccer program at Gerald Ball Memorial Park in



Sunbury. Information – call 613-387-3730 or 613-353-9928.

Sydenham Lake Canoe Club



- SLCC is a volunteer run club that introduces youth and adults to the lifelong sport of sprint canoe and kayak on Sydenham Lake. Our certified coaches teach basic to advanced sprint paddling skills emphasising fun, fitness, endurance, and water safety. All camp updates will be posted on our website.

www.sydenhamlakecanoecub.com.



SYDENHAM LAKE CANOE CLUB
SYDENHAM, ONTARIO

Weekly Summer Daycamps
June 29 to August 21
Ages 7 (born 2019) to 12
SLCC Bursary Program Available

Leader-In-Training
Ages 13-15

Intro to Sprint Canoe & Kayak
4 weeks - Ages 9 (born 2017) to 16

Competitive Sprint Paddling
Ages 9 to 18



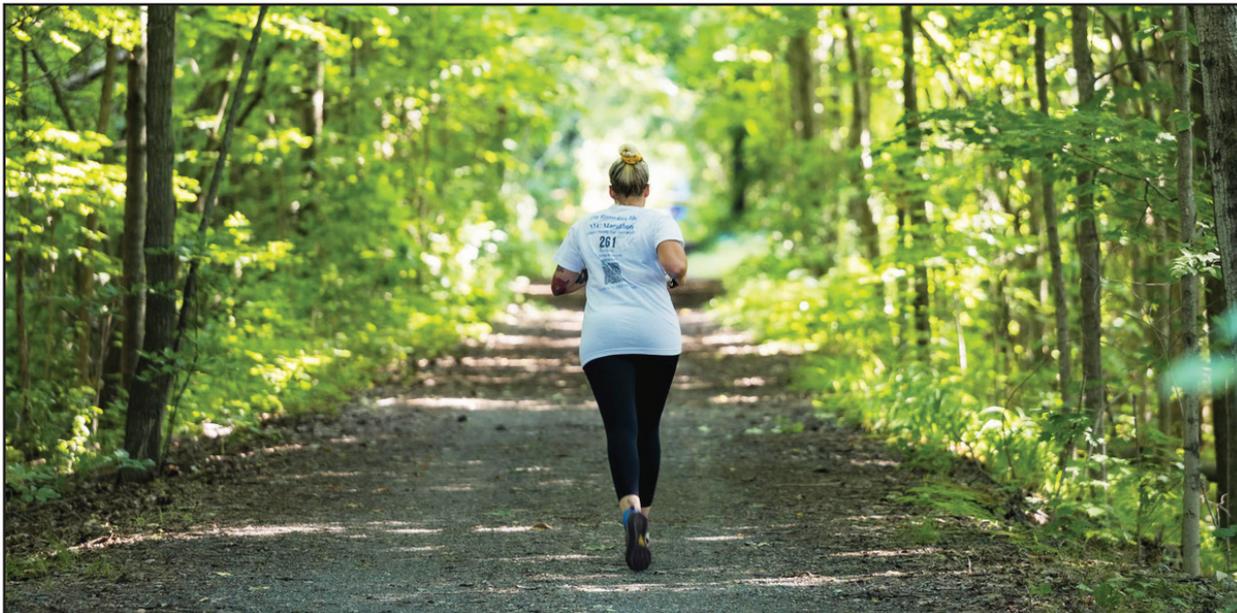
Senior & Adult Programs
REGISTRATION OPEN
www.sydenhamlakecanoecub.com/



STORRINGTON MINOR SOCCER

We are getting ready for the 2026 soccer season at Gerald Ball Memorial Park in Sunbury.
New information will be posted to our website and to Facebook as it becomes available.

www.storringtonminorsoccer.ca
Facebook: Storrington Minor Soccer Association



Running on the Cataraqui Trail.

Trails/Outdoor Education

Cataraqui Trail - This trail is suitable for walkers, cyclists, horseback riders, snowmobilers and cross-country skiers. The trail runs for approximately 39 kilometres in South Frontenac. It originates from Smiths Falls, passes by Chaffeys Locks and along the northern side of Sydenham Lake before connecting with the K & P Trail just east of Harrowsmith. It continues westward, past Harrowsmith and ends in Strathcona.

Its surface consists, in part, of stone dust between Loughborough-Portland Boundary Road and Harrowsmith, plus a small section west of Hogan Road. The remainder is loose gravel more suitable to cyclists on a mountain or hybrid bike. The eastern section provides the best vista because of the number of ponds and small lakes in a very natural environment. Info. Cataraquitrail.ca.



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The mist rises over Desert Lake. Photo credit: Debra Mason,

SOUTH FRONTENAC

DAY CAMP

- 📍 Gilmour's Point, Battersea
- 📍 The Point, Sydenham
- 📍 McMullen Beach, Verona

- 👶 Kids ages 4 - 12 welcome!
- 📅 One-week sessions in July and August
- 🚌 Buses from Sydenham to other camp sites
- 🕒 Monday - Friday 8:00 am - 4:00 pm
- 🐦 Before and after care available

Registration Opens March 23rd at 10:00am

🌐 www.southfrontenac.net/camp 📞 613-376-3027 ✉ recsupport@southfrontenac.net

Eco-Adventure Day Camp - Elbow Lake Environmental Education Centre
Offers unique summer programs with an opportunity to enjoy a beautiful location surrounded by protected forests and secluded lakes.
ecoadventurecamp.ca
613-533-6383

Elbow Lake Environmental Education Centre - (ELEEC)
An environmental education and out-reach site, owned in partnership between Queen's University Biological Station and the Nature Conservancy of Canada. Surrounded by 1000+ acres of protected land and two beautiful secluded lakes, the site offers a Main



Continued on page 60

SOUTH FRONTENAC SWIMMING LESSONS

LIFESAVING SOCIETY
SOCIÉTÉ DE SAUVETAGE

We offer the Lifesaving Society Swimmer Program. NEW in 2026, we are also offering the Lifesaving Society Preschool Program! Both courses are in two-week sessions.

PROGRAM FEATURES:

- ✓ Swimmer Levels 1 - 6
- ✓ Preschool Levels 1 - 4
- ✓ Sessions start in July
- ✓ Three beach locations

**REGISTRATION OPENS
APRIL 27 AT 10:00 AM**

613-376-3027

www.southfrontenac.net/camp

A photograph of two young boys standing on a beach. The boy on the left is wearing a blue and black t-shirt and has his right arm flexed. The boy on the right is wearing a red tank top, a red bucket hat, and sunglasses, and is holding a smartphone. They are both smiling. The background shows a body of water and trees.

Pavilion for meetings, meal prep and bathrooms, additional separate meeting spaces, 11 overnight cabins, over 10km of public hiking trails and numerous public programs. We offer outreach programs year-round, including weekly Family Night events in the summer, learn-to-fish events, and snowshoeing/ice fishing. Visit elbowlakecentre.ca/events to see our upcoming events. The facility is also available to groups for retreats, conferences and workshops. For more info and to find out about our winter programs, follow us on Facebook and Instagram. elbowlakecentre.ca.

Frontenac Provincial Park - Explore Frontenac's 5,355 hectares on the southern edge of the Canadian Shield, open year-round for four-season backcountry recreation. 48 interior campsites and canoe routes through 22 lakes; as well as over 100 km of looped backpacking and hiking trails. Great fishing, wildlife viewing, interior camping, paddling, hiking, swimming, cross-country skiing, snowshoeing, all in the centre of South Frontenac at 6700 Salmon Lake Road north of Sydenham. Wilderness skills programs throughout the year include: Introduction to backcountry camping, wilderness navigation and



WINTER EQUIPMENT RENTAL

Kick Sled:

Daily rental rate: \$25 plus HST/ per kick sled

Refundable security deposit: \$100/ per kick sled

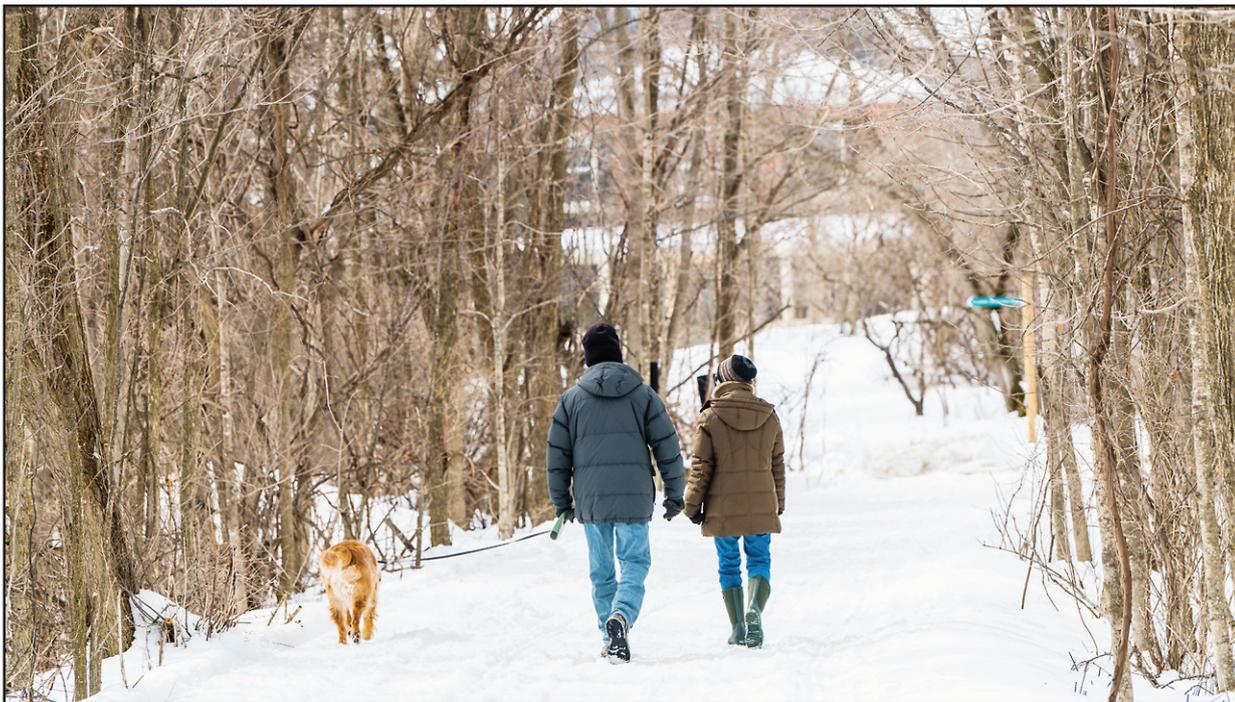
Snow Shoes:

Daily rental rate: \$12 plus HST/ per pair

Refundable security deposit: \$30/ per pair

Call the Frontenac Community Arena
at 613-374-2177 or email
frontenac.arena@bellnet.ca





Winter walk on the Cataraqui Trail

electronics, warm winter camping, wilderness survival and first aid, various guided historical, wildlife, and nature walks, and several canoeing & kayaking courses. The Friends of Frontenac Park have been offering additional opportunities to return a favour to nature for over 25 years.

www.friendsoffrontenac.com

www.ontarioparks.com/park/Frontenac
613-376-3489.

Gould Lake Outdoor Centre - Gould Lake (Limestone District School Board) summer programs provide an opportunity for students to gain high school credits through canoe, kayak and hiking trips. Our programs build on one another by continually providing increased skill training and leadership opportunities as well as unique wilderness experiences.

www.gouldlake.ca

outed@limestone.on.ca
613-376-1433.

K & P Trail - This trail originates from Kingston and enters South Frontenac at Orser Road. It merges with the Cataraqui Trail just east of Harrowsmith for about two km then splits to go north to Sharbot Lake and points north. Its surface consists of mostly stone dust suitable for most bikes and is relatively flat. It is easily accessible at the trailhead in Verona, which is also the southernmost point where motorised vehicles are allowed. Also accessible off Craig Road. Information – A virtual tour, with photos of 80 locations along the trail between Orser Road and the point where the trail leaves South Frontenac at Tichborne, can be found at frontenac-maps.ca/tour/.



A serene fall field on Sands Road. Photo credit: J. Sands

Rideau Trail - This hiking rail which links Kingston to Ottawa, meanders across South Frontenac from south to northeast for about 80 Km. It enters South Frontenac via the K & P Trail then joins the Cataraqui Trail, heading east to Sydenham before jogging north towards Knowlton Lake and the Gould Lake Conservation Area. After passing Frontenac Park and Perth Road, it heads north before exiting the township at Bedford Mills. It is accessible from many points and provides a very good view of the natural forest habitat within the township. The Rideau Trail Association organizes excursions throughout the year for members.

For further information please e-mail Kingston@RideauTrail.org. For Trail Maps rideautrail.org/discover-the-trail/maps includes 19 downloadable maps of the Rideau Trail between Kingston and Ottawa. Maps 1 through 5 go through South Frontenac.

The Wild Edge invites you to slow down, explore, and reconnect through guided, mindful time outdoors. From Forest Bathing walks to Blue Mindfulness paddleboarding journeys, retreats, and personalized adventures, we help you experience the joy and wonder of our natural world. Spending mindful time in nature can instantly reduce stress, reset your nervous system, and spark curiosity, creativity, and connection. Whether it's an hour-long escape, a full-day adventure, or a weekend retreat, The Wild Edge offers unique ways for locals and visitors alike to rest, recharge, and reconnect with the rhythms and wonders of nature. www.thewildededge.ca.

South Frontenac is a welcoming and thriving rural community.



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- **Pet-Friendly Options:** Bring your furry friends!

Cabins sleep two to eight persons
\$1225 to \$3450/week

Home Cooked Meals



We are known not only for our home cooked meals but also for our friendly service!

Join us in the Dining Room and enjoy a delicious meal while viewing the breathtaking view of Kashwakamak Lake.

We strive to provide a relaxing, comfortable environment with the best tasting meals possible, from the fresh bread through desserts made daily.

Not a Guest at the Lodge?

You can still dine with us, but please call ahead for a Reservation. 613-479-5566 or 866-459-9099

Outdoor Activities



Fishing: Kashwakamak Lake is a paradise for anglers, teeming with bass, pike, walleye, and more.

Boating: Rent a motorboat or paddle across the lake to explore its many coves and islands.

Swimming: Take a refreshing dip in the clean, clear waters.

Hiking and Biking: Explore nearby trails that wind through forests and rocky landscapes.

Wildlife Watching: Keep an eye out for deer, beavers, and a variety of bird species.

Picnicking: Pack a lunch and enjoy a scenic meal by the lakeside.

Full Service Marina Available: Boat Repairs, Storage & Delivery
From off-season storage to expert repairs, we handle it all.

<https://fernleighlodge.com> • info@fernleighlodge.com

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