



# Le Temps Perdu

Guide Book





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**Frontenac Park :** For quick access to the park Take Hwy 10 south towards Kingston and park at blue address marker #6767. There is a gate and a space for about 4 cars to park. See map above and map attached. is located north of the city of Kingston. The Government of Ontario has classified Frontenac Provincial Park as a natural environment park. The park lies on the Frontenac Axis a topographic extension of the Canadian Shield which connects to the Adirondack Mountains and consists of Mixed forest, lakes, wetlands, and granite outcrops. Recreational opportunities include hiking and canoeing. Frontenac contains many hiking trails totaling about 160 kilometres (99 mi) in length. *Slide Lake Loop* measures 21 kilometres (13 mi) in length and encircles Slide Lake and parts of Buck Lake.

**Rock Dunder:** Drive to westport take Hwy 42 East to Hwy 15 South. Rock Dunder is a 3.7 kilometer moderately trafficked loop trail located near Seeleys Bay, Ontario, Canada that features a lake and is rated as moderate. The trail is primarily used for hiking, walking, nature trips, and birding and is best used from May until November. Dogs are also able to use this trail but must be kept on leash.

The property is open sunrise to sunset from May 15 - Nov 15 of each year. Use of the property outside of these times or without a Day Pass is trespassing. Access to the park requires either a "day pass" or a "season pass". Information on Supporter Passes is available on the website at [www.rwlt.org](http://www.rwlt.org). Passes can be purchased online.

Puisses-tu toujours avoir une tache de ciel au dessus de ta tête

- Marcel Proust

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## Our favorite places to eat.

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### Perth:

**The Fieldhouse** 43 Herriott St, Monday 10-3, Tuesday to Friday 9-4, Saturday 10-3, Sunday CLOSED They offer a variety of handmade croissants and sandwiches, for breakfast and lunch. Visit them in Heritage Perth for daily specials, and pastries, or call ahead to order...

**O'Reilly's Ale House** 43 Gore St E

is located centrally downtown in beautiful downtown Heritage Perth. They are a locally owned and operated pub committed on providing you terrific locally sourced food and a great selection of Ontario Craft Beers. Stop in to say hello and enjoy a drink on the patio! Follow them on facebook to keep up to date with live music and daily specials!

**The Stone Cellar Restaurant** 71 Gore St E The perfect place to enjoy friends and family over great food and wine and excellent service in a setting of warmth and style in a heritage setting. The Stone Cellar offers a memorable dining experience for visitors and discerning Perth residents alike.

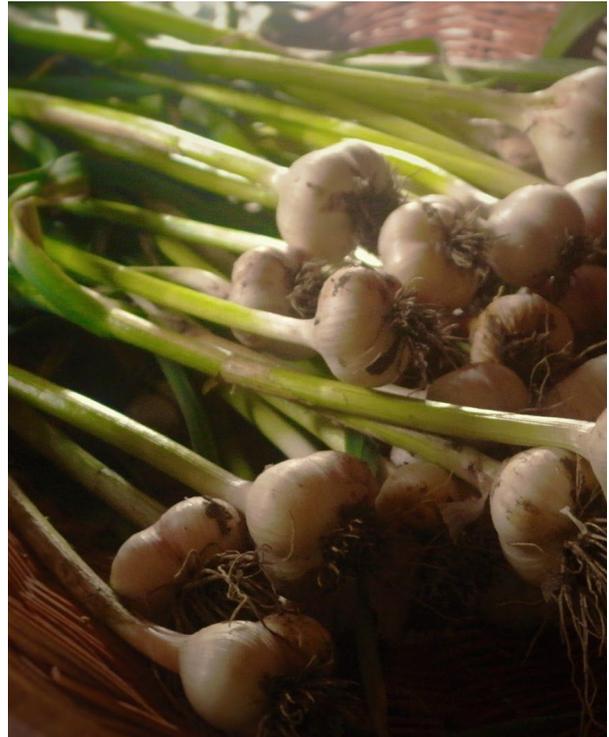
**The Chipmunk Chippery.** 37 Foster St, Perth, chip wagon, huge menu, Pick up some take out and head to Stewart Park (park by the Town Hall on Gore St.)

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## Westport:

**The Tangled Garden**, 7 Church St, Westport. This small town lively restaurant offers simple fare at reasonable prices. The house specialties are traditional pizzas but you'll also want to try fresh pastas, big salads and old style desserts. Fully licensed. Open for breakfast, lunch and dinner.

**The Cove Inn**, 2 Bedford St, Hearty dishes are inspired from international cuisine with a comfort twist. In the warm months, dine on our patio surrounded by lush gardens, shady trees and enjoy fine outdoor entertainment on select days. They offer signature evenings including Seasonal Wine Dinners, Wednesday Wings 'n Tunes/Rack 'n Tunes and Open Mic Nights, legendary Saturday Night Roast Beef Buffet Style Dinner and various holiday menus.



*Or Ask Tracey to prepare something for you!*

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