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## Adventures and Activities

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<b>Aerotrike (Ultralite) Aviation</b>	Peterborough Municipal Airport (YPQ) 925 Airport Road Peterborough  705 927 1256  <a href="https://aerotrikeaviation.com/training/">https://aerotrikeaviation.com/training/</a>	30 minute discovery flight = \$125/person One hour orientation flight = \$195/person	30 minutes travel time  .5 to 1 hours  Hours: Due to thermal heating (i.e. turbulence), trikes only fly in the mornings (sunrise until 9am) and evenings (6 pm. until dark). <b>Luck is needed to get a flight.</b>	A quick flight in an Aerotrike (Ultralite). If lucky enough to have a clear day, the Aerotrike gets up in the air incredibly quickly and then it's a fun exhilarating flying experience in a small maneuverable craft.  <a href="https://youtu.be/vqiwab5LmnA">https://youtu.be/vqiwab5LmnA</a>	See Peterborough restaurants.
<b>ATV Riding (Trail Tours Dirtbike/ATV School)</b> <i>Note from Mike and Rhonda – We have not gone ATVing with this company.</i>	We are located one hour east of Toronto, just 20 minutes south of Peterborough. Once we receive your reservation deposit, we will provide detailed directions to our facilities.  Request a ride by clicking here or call Steve Weykamp, , 1-877-939-5267, Mobile 705-875-2980  <a href="http://www.trailtours.ca/">http://www.trailtours.ca/</a>	<b>Full Day (9-3) - \$261.06</b> + \$22.12 (insurance) = 283.18 <b>Half Day (3-6) - \$150.44</b> + \$13.27 (insurance) = 163.71  + taxes  <i>Gratuities not included. Please tip your leader if you had a good ride!</i>	1 hours travel time  4-7 hours  During the week July through to August *We ask that participants be at least 7 years old and not sure how old to drive – probably 16.	"Nephton" is 1/2 hour north east of Peterborough. Wildlife abounds in this 20 000 acre paradise. You'll find everything from rocky trails to sandy berms here. Included in the mix is a number of creek crossings and views that will take your breath away.  Prices include bike or ATV rental, expert instruction/guidance, gear rental (boots, chest protector, helmet, elbow pads, knee pads, jersey, pants, goggles and gloves), fuel, liability insurance, trail pass and lunch (snacks and water for evening ride). We suggest that you bring along heavy socks, snug undergarments like bicycle shorts, a change of clothes and a camera. A full list will be sent with confirmation email.	n/a

Adventures and Activities, Cultural/ Markets and Shopping/Sightseeing, Tournaments and Restaurants

Activity	Contact Info	Cost	Duration/Time	Description	Restaurants
<b>Biking – Peterborough-Lakefield Rotary Greenway Trail</b>	1 Queen St, Lakefield <a href="https://www.tripadvisor.ca/Attraction_Review-g155008-d8354105-Reviews-Peterborough_Lakefield_Rotary_Greenway_Trail-Peterborough_Ontario.html">https://www.tripadvisor.ca/Attraction_Review-g155008-d8354105-Reviews-Peterborough_Lakefield_Rotary_Greenway_Trail-Peterborough_Ontario.html</a>	Free	1 hour travel time  1 hour  Hours: Daylight Hours	Enjoy a 10km ride from Peterborough to Lakefield along the old CN line. Great scenic ride. The rail bed is typical of a maintained rail trail. It's made up of a crushed, hard packed, limestone screen. The trail passes through some marsh land, and over a bridge when you near Lakefield. Along the way, you will also have to cross several country roads, and private driveways.  The Lakefield Rotary Greenway railtrail is actually just a continuation of the paved Peterborough Greenway trail. If you continue straight, over the dirt pile, you'll notice that the trestle is permanently open, and you can't get across the Trent canal. So you need to go East on Nassau Mills Rd. Over the bridge, and continue on the road for about half a kilometer.	See Lakefield and Peterborough restaurants.
<b>Biking – Lang Hastings Trail</b>	<b>Start at Hastings</b> Approximately 44 Front St W, Hastings <a href="https://www.langhastin.gstrail.ca/">https://www.langhastin.gstrail.ca/</a>	Free	30 minutes travel time  1-2 hours, about 17 km round trip Note: But, you can go all the way to Peterborough (double the distance at 33 km)  Hours: Daylight Hours	Notes: - Washrooms are of the outside (yuck) variety at start point in Hastings – or go into the restaurant in town (2 minutes away) - Water, snacks and sunscreen are usually good things to bring.  We'll start at Hastings and make our way to the trail on the street, avoiding most of the big hill if you want.  The rail trail (Fine crushed stone, gravel) starts off by going past a couple of Trailer Parks on the water and then through some wonderful views where you are right next to the water.  There are nice lengths of forested area with some marshy areas within them. You will also venture into farm country with a few barns in the distance.  Our favourite place to stop is about midway on the trail to Peterborough by a little brook and some nice farm houses.  <a href="https://youtu.be/rKiBZg1U3nI">https://youtu.be/rKiBZg1U3nI</a>	See Hastings or Norwood restaurants.

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<b>Activity</b>	<b>Contact Info</b>	<b>Cost</b>	<b>Duration/Time</b>	<b>Description</b>	<b>Restaurants</b>
<b>Biking – Mountain Biking</b>	2611 Old Norwood Rd, Peterborough (705) 745-5791 <a href="https://www.otonabeeconservation.com/conservation-areas/harold-town-conservation-area/">https://www.otonabeeconservation.com/conservation-areas/harold-town-conservation-area/</a>	Free	1 hour travel time  1 or more hours (20 minutes to do the basic run)  Hours: 8:00 am to 6:00 pm	Notes: - Washrooms are of the outside (yuck) variety at parking lot May to October. - Water, snacks and sunscreen are usually good things to bring.  Harold Town Conservation Area offers a network of trails available for off-road cycling and hiking. It takes about 15-20 minutes to do the easiest trail for beginners. Note: There is a possibility of hurting yourself as there are tree roots, rocks and turns that can be hazardous. But it is fun.  Currently, the Trail Network (over 10 kilometers of trails) consists of a circular loop of wide open double track trail, with connecting trails of flowy bermed single-track, technical rock gardens, switch-back climbs, rock pile features, log hops, bridges, small rock drops and tight turns. It is ideal for both quick spins or combined laps for epic adventures. Trails have been constructed and are maintained in accordance with the International Mountain Bicycling Association guidelines and standards by a dedicated group of volunteers.  <a href="https://youtu.be/c3i2Vpe1mMs">https://youtu.be/c3i2Vpe1mMs</a>	See Peterborough restaurants.
<b>Cross Country Skiing – Kawartha Nordic Ski Club</b>	Nordic Ski Ln, North Kawartha (705) 931-5672  <a href="https://kawarthanordic.ca/">https://kawarthanordic.ca/</a>	\$24 person for a day pass	1 hour travel time  2-3 hours  Hours: Daylight Hours	The Kawartha Nordic Ski Club is a Nordic ski area located in North Kawartha township, Peterborough County, Ontario. It has 46 km of groomed trails for classic cross country skiing.  There is a nice chalet and washrooms are outside the chalet (clean).  <a href="https://youtu.be/Axqt3JFSDHE">https://youtu.be/Axqt3JFSDHE</a>	See Peterborough or Norwood restaurants.

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Activity	Contact Info	Cost	Duration/Time	Description	Restaurants
<p><b>Cross Country Skiing – Northumberland Forest</b></p>	<p>Beagle Club Rd, Harwood (905) 372-3329</p> <p><a href="https://ontarioskitrails.com/item/northumberland/">https://ontarioskitrails.com/item/northumberland/</a></p>	<p>Free</p>	<p>1 hour travel time</p> <p>1-2 hours</p> <p>Hours: Daylight Hours</p>	<p>The Northumberland County trails are a little-known yet large forested area that offers a free cross-country skiing experience for those willing to rough it. No frills here, just nature and a good, stress free day of outdoor exercise. This wooded area on the Oak Ridges Moraine has a mix of evergreens and hardwood trees among rolling hills that can be high. You will likely find tracks already cut around the 7 loops available although there is no scheduled grooming or skate skiing here as the trail is narrow with a few tight turns.</p> <p>The Red 2.6 km and the Orange 2.2 km loops both are easy and short enough for most skiers to handle. Consider skiing the Blue 3.3 km loop as well for a bit more. Adventurous and fit Nordic skiers will want to take on the Green loops (ranging from 5 – 14 km in length) which are full of hills. Perfect to explore and feel one with nature.</p> <p>Aside from a large parking lot, outhouse and benches on the trail there are no warming cabins or other comforts.</p> <p><a href="https://youtu.be/Kdb65xe1FO0">https://youtu.be/Kdb65xe1FO0</a></p>	<p>See Cobourg restaurants.</p>



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<p><b>Driving/Racing (Peterborough Raceway Driving Experience)</b>  <i>Note from Mike and Rhonda – We have not participated in this activity.</i></p>	<p>1710 Mount Pleasant Rd., Cavan, ON</p> <p>Phone – 705-743-5880                      Email – <a href="mailto:info@peterboroughspeedway.com">info@peterboroughspeedway.com</a></p> <p><a href="http://www.peterboroughspeedway.com/driving-school/packages/">http://www.peterboroughspeedway.com/driving-school/packages/</a></p>	<p><b>Regular Price</b>  <b>3x8 in car sessions = \$295</b></p> <p>Note:                      You are financially responsible for all damage caused to the car due to driver error. A Vehicle Protection Plan is available for \$60.00. If you purchase this plan the maximum repair cost you would be required to pay is \$1000.</p> <p>+ taxes</p>	<p>35 minutes travel time</p> <p>~3 hours</p> <p>Hours:  <b>Mon – Fri:</b> 9am – 7pm  <b>Sat:</b> 9am – 3pm</p> <p>May 1 to August 31, Booking opens January 15.</p> <p>Note:                      Don't go in summer as it's hot in the cars and you spend a lot of time waiting around.</p>	<p>Canada's toughest speedway is offering you the chance to get behind the wheel of a real stock car. Peterborough speedway is located in the heart of the Kawartha's and is home of the Super bowl of stock car racing The Autumn Colours Classic.</p> <p>This course is designed to give you the chance to take to the banks of one of the fastest 1/3 mile oval in the country, where Canada's top drivers battle it out yearly. The rush of getting behind the wheel, strapping the helmet on and firing the engine to take to the track is one you will never forget.</p> <p>The cars used for this course are race ready Ministocks with the following specifications:</p> <ul style="list-style-type: none"> <li>• 200 hp 4cyl Engine</li> <li>• standard or automatic transmission</li> <li>• 2200 lbs</li> <li>• Full roll cage with racing seat and five point harness</li> <li>• All cars are equally prepared</li> <li>• Tires – Azenis Falcon</li> </ul> <p>The course is a half day beginner's course, giving you the change to experience the thrill of driving a real stock car on one of Canada's toughest paved short tracks. Includes:</p> <ul style="list-style-type: none"> <li>• In class instruction</li> <li>• Fire suit and helmet rental</li> <li>• Lunch along with refreshments</li> <li>• Souvenir T-Shirt</li> </ul> <p>Certificate of Course Completion</p>	<p>See Peterborough restaurants.</p>

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<b>Hiking – Eels Creek Trail to High Falls</b>	Intersection of Eels Creek and Northeys Bay Rd. at Haultain (by the bridge)	Free	1 hour travel time  2.5 to 3 hours  Hours: Daylight hours April through November	<p>This 5.1-km out-and-back trail near North Kawartha, Ontario. is considered a moderately challenging route.</p> <p>This hike has some great views that can normally only be found further north. The trail starts out easy but becomes marshy around 300m in which is followed by a creek crossing. There are a few logs across the creek to aid in crossing but it's still a little tricky. The trail then climbs onto open rocky sections of the Canadian Shield as it follows the river upstream towards the falls. It is in this section that the river plunges over High Falls – a beautiful cascading slide waterfall that is the definitive highlight of this route. Here, at the top (or bottom) of the falls, is a great place to have lunch or a snack.</p> <p>This area is home to Ontario's only native lizard, the five-lined skink. This hike is on Crown Land so there are no fees and camping is permitted but be aware that there are no outhouses or other amenities.</p> <p><a href="https://youtu.be/7x3i63lfgzM">https://youtu.be/7x3i63lfgzM</a> <a href="https://youtu.be/XxedljC4Odc">https://youtu.be/XxedljC4Odc</a></p>	See Peterborough and Norwood restaurants.
<b>Hiking – Jackson’s Park</b>	610 Parkhill Rd W Peterborough (705) 742-7777	Free	1 hour travel time  .5 to 1 hour  Hours: Daylight hours	<p>Jackson Park is an oasis in the City. You can stand in the valley, among the trees, next to Jackson Creek, and feel like you’re away from the urban centre. The park is a long, meandering green space along a section of Jackson creek. At the eastern end of the park, a trail goes around a pond and there are open grassy areas as well as the historical Pagoda Bridge. The upper area of the park features playground equipment, picnic tables and a large wooded area. Heading west in the park, the trail connects to the Jackson Creek and Kiwanis Trail, a 4 km section of the Trans-Canada Trail that follows alongside Jackson Creek. Parking and washrooms available.</p> <p><a href="https://youtu.be/IYH5Ufw6ApI">https://youtu.be/IYH5Ufw6ApI</a></p>	See Peterborough restaurants.

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<b>Hiking – Norwood Mill Pond Forest Trail</b>	187 Regional Rd 40, Norwood  <a href="https://2oldguyswalkin.g.wordpress.com/2020/06/24/the-norwood-mill-pond-trails-review/">https://2oldguyswalkin.g.wordpress.com/2020/06/24/the-norwood-mill-pond-trails-review/</a>	Free	.5 to 1 hour  Hours: Daylight hours	This trail is across the road from the Norwood Estates subdivision. Quite a nice little hike with the Ouse river running through it and the payoff view of the Mill Pond. Great to do before or after a meal.  Some videos of the Ouse river and in the winter: <a href="https://youtu.be/neh8y9whRNA">https://youtu.be/neh8y9whRNA</a> <a href="https://youtu.be/Bs1BvSUs7yM">https://youtu.be/Bs1BvSUs7yM</a> <a href="https://youtu.be/4VpW1nRrtpw">https://youtu.be/4VpW1nRrtpw</a> <a href="https://youtu.be/pMBwpEidNUE">https://youtu.be/pMBwpEidNUE</a>	See Norwood restaurants.
<b>Hiking - Petroglyphs Provincial Park</b>	2249 Northeys Bay Road, Woodview (705) 877-2552  <a href="https://www.ontarioparks.ca/park/petroglyphs/activities">https://www.ontarioparks.ca/park/petroglyphs/activities</a>	Park pass = \$12.25/day *Note that free day park passes are available at the library.	45 minutes travel time  1-2 hours  Hours: except Mon.- Tues. 10 am-5 pm May 10, 2024 to October 14	Not only are the largest known concentration of Indigenous rock carvings (petroglyphs) in Canada here, depicting turtles, snakes, birds, humans and more; this sacred site is known as “The Teaching Rocks”, but there is some hiking available as well: <b>Marsh Trail</b> - 7 km (2.5 hours) moderate This trail winds through dense pine forest and marsh and then climbs - steeply in parts - to uplands. <b>Nanabush Trail</b> 5.5 km (1.5 hours) easy The trail crosses a variety of terrain from wetlands to rock outcrops. <b>West Day Use Trail</b> 5 km (1.5 hours) moderate This narrow trail winds through large pine stands and areas of oak and birch. A bridge crosses an ancient streambed made thousands of years ago.  Visit bright blue/green McGinnis Lake – one of only a handful of meromictic (layers of water that don’t intermix) lakes in Canada. There are great opportunities for wildlife viewing  Vault toilets are available at each of the day use areas by McGinnis Lake as well as by the main parking lot.	See Peterborough and Norwood restaurants.
<b>Kayaking</b>				<a href="https://woap.info/stuff/Kayaking%20Around%20Norwood.pdf">https://woap.info/stuff/Kayaking%20Around%20Norwood.pdf</a>	

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<b>Line Dancing (Honky Tonk)</b>	6725 Trans-Canada Hwy, Peterborough 705) 749-6838  <a href="https://www.facebook.com/profile.php?id=61557712930150">https://www.facebook.com/profile.php?id=61557712930150</a>	\$13 per person cover  + drinks/food	1 hour travel time  ~2 to 3 hours	Fun, modern line dancing every other Friday 7-9 pm. Great teacher.	See Peterborough restaurants.
<b>Line Dancing (Norwood Community Centre Studio)</b>	Address: 88 Alma St, Norwood Phone: (705) 639-2342	\$34.90 total per hour	1 hour	Fun, modern line dancing with a great teacher. Customized class.	See Norwood restaurants.
<b>Pickleball – Hastings (Bubble)</b>	97 Elgin St, Hastings (705) 696-2252  <a href="https://www.facebook.com/HastingsFieldHouse2015/">https://www.facebook.com/HastingsFieldHouse2015/</a>	\$5/person	.5 hour travel time  2 hours  Hours: Tues.-Fri. 3-5 pm Winter	Pickleball is a racket or paddle sport in which two players (singles) or four players (doubles) hit a perforated, hollow plastic ball with paddles over a 34-inch-high (0.86 m) net until one side is unable to return the ball or commits a rule infraction.  Just a drop in with generally fun people and non-competitive. Play in the Bubble. 4 courts. The surface is plastic tiles. Some tiles can have problematic bounces. The ceiling is high.	See Hastings and Norwood restaurants.
<b>Pickleball – Havelock Arena</b>	39 George St E, Havelock 705-778-2891  <a href="http://www.havelockbelmontmethuen.on.ca/documents/ARENA%20WEBPAGE.pdf">http://www.havelockbelmontmethuen.on.ca/documents/ARENA%20WEBPAGE.pdf</a>	\$5/person	.5 hour travel time  2 hours  Hours: Thurs. 10 am to noon Summer	Pickleball is a racket or paddle sport in which two players (singles) or four players (doubles) hit a perforated, hollow plastic ball with paddles over a 34-inch-high (0.86 m) net until one side is unable to return the ball or commits a rule infraction.  Just a drop in with generally fun people and non-competitive. Play in the ice rink. 6 courts. The surface is concrete. The ceiling is high.	See Havelock and Norwood restaurants.
<b>Pickleball – Norwood Community Centre/Arena</b>	88 Alma St, Norwood (705) 639-2342	Free  Rackets are available free to use from the community centre.	.25 hour travel time  2 or more hours  Hours: Daylight Hours	Pickleball is a racket or paddle sport in which two players (singles) or four players (doubles) hit a perforated, hollow plastic ball with paddles over a 34-inch-high (0.86 m) net until one side is unable to return the ball or commits a rule infraction.  There is a single Pickleball court outside the Norwood Community Centre in the summer. The surface is asphalt and perfect to learn how to play.	See Norwood restaurants.

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<b>Pickleball – Norwood Curling Club</b>	48 Alma St, Norwood Andy – 705-696-2295 Denton/Wylanne 705-639-2305	\$5/person \$2 rent a paddle/person  \$90 to rent for 2 hours	.25 hour travel time  2 or more hours  Hours: Fri. 9 am to noon Summer	Pickleball is a racket or paddle sport in which two players (singles) or four players (doubles) hit a perforated, hollow plastic ball with paddles over a 34-inch-high (0.86 m) net until one side is unable to return the ball or commits a rule infraction.  Just a drop in with generally fun people and non-competitive. In the curling rink. 4 courts. The surface is concrete. The ceiling is low.	See Norwood restaurants.
<b>Speed Skating – Lakefield Oval</b>	3358 Lakefield Rd, Lakefield  <a href="https://ontariospeedskatingoval.com/">https://ontariospeedskatingoval.com/</a>	\$5 per speed skating rental	1 hour travel time  1 hour  Speed Skate Rentals \$5: Sat & Sun 1:00 - 4 pm	Located in scenic Lakefield, Ontario, the Ontario Speed Skating Oval provides recreational skaters and speed skaters the opportunity to skate outdoors on a 400-metre track.  Very cool (especially in winter) experience. Try out the outdoor speed skating oval in Lakefield. The speed skates are pretty comfortable (like ski boots). and reasonably priced for rental.  Getting up to speed is great and gliding around corners or cross overs is fun. Of course, due to conditions not being perfect, watching out for soft patches is important as falling flat on your face is a possibility (still fun – see video below). Also, watching the actual speed skaters blow by is fun as well.  <a href="https://youtube.com/shorts/FFzN1mrUeAA">https://youtube.com/shorts/FFzN1mrUeAA</a> <a href="https://youtu.be/nOsx6z4uGc8">https://youtu.be/nOsx6z4uGc8</a> <a href="https://youtu.be/iTJnMcBFHAW">https://youtu.be/iTJnMcBFHAW</a>	See Peterborough restaurants.
<b>Swimming – Scott's Dam, Cordova River</b>	Near to 1074 Scotts Dam Rd, Minden  <a href="https://www.marmorahistory.ca/cordova-lakedeer-lake">https://www.marmorahistory.ca/cordova-lakedeer-lake</a>	Free	45 minutes travel time  1-2 hours or more	Scott's Dam - a series of stepped waterfalls, (not a dam at all) and more upstream. This is a favourite local swimming hole, although in late summer the water flow can be a bit scant. The current is quite fun to play in and even in higher water, kids/adults with a lifejacket (good swimmers probably don't need a lifejacket) can have fun.  Nice place to swim, have lunch/snacks.  <a href="https://youtu.be/Lzm4Fo-XZM4">https://youtu.be/Lzm4Fo-XZM4</a>	See Marmora restaurants.

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Activity	Contact Info	Cost	Duration/Time	Description	Restaurants
<b>Walks – Brian Goodchild Memorial Trail</b>	9 Matthew Street, Marmora 613-472-2629  <a href="https://hastingstrails.ca/trails/brian-goodchild-memorial-trail/">https://hastingstrails.ca/trails/brian-goodchild-memorial-trail/</a>	Free	.5 hour travel time  45 minutes	Scenic paved river walk through the Crowe river in Marmora. Always fun to see the rushing water through the dam.  <a href="https://youtu.be/r0XVsuaOp2o">https://youtu.be/r0XVsuaOp2o</a>	See Marmora restaurants.
<b>Walks – Warkworth Millenium Trail</b>	Accessible from the bridge on Main Street in Warkworth just off County Rd 29. 888.653.1556  <a href="https://www.ontariotrails.on.ca/trail/northumberland---millennium-trail">https://www.ontariotrails.on.ca/trail/northumberland---millennium-trail</a>	Free	1 hour travel time  1 hours  Hours: Daylight Hours	Meandering along one of Warkworth's most lovely features, the Mill Creek, this 2.6km wheelchair accessible trail offers a panoramic picture of the surrounding tree-covered drumlins, forests, uplands and valleys. The volunteers from the annual Warkworth Lilac Festival held at the end of May have planted over 300 lilacs in 65 different varieties.  Consider shopping Warkworth's main street artisan community just steps away.	See Warkworth restaurants.

## Cultural/ Markets and Shopping/Sightseeing

Activity	Contact Info	Cost	Duration/Time	Description	Restaurants
<b>Bakery – Doohers Bakery</b>	61 Bridge St E, Campbellford, (705) 653-1460  <a href="https://doohers.com/">https://doohers.com/</a>	~\$15	.5 hour travel time  Hours: 9 a.m.–5:30 p.m daily Closed Sunday and Monday	Fun place to pick up some cheap chocolate with many kinds of nuts and pure chocolate. Very good prices.  Our favourites are the buy one get one chocolate almonds, chocolate covered pecans and Queen Anne (cherry chocolates).	See Campbellford restaurants.
<b>Bakery - Kawartha Sweets &amp; Eats - Kawartha Buttertart Factory Outlet</b>	17 Indacom Dr, Lakefield  <a href="https://www.facebook.com/kawarthasweetsanddeats/">https://www.facebook.com/kawarthasweetsanddeats/</a>	~\$15	20 minute travel time  15 minutes  Hours: Mon. closed 9 or 10am–7pm	Great real chocolate (Texas style) donuts.	See Lakefield or Peterborough restaurants.
<b>Bakery - Sweethearts Bakery</b>	2359 County Rd 45, Norwood  <a href="https://www.facebook.com/SweetheartsBakeryNorwood/">https://www.facebook.com/SweetheartsBakeryNorwood/</a>	~\$15	5 minute travel time  15 minutes  Hours: Sun.-Mon. closed Thurs.11am–4pm Fri. 11am–6pm Sat.11 am–3 pm Tues.11am–4pm Wed.11 am–4pm	Amazing bakery with fantastic fun owner. The buttermints have great texture, taste and pastry. Amazing donuts with fantastic cream. Perfect sugar cookies. Tarts are good. All very reasonable.	See Norwood restaurants.
<b>Bakery – Wildflower Bakery</b>	4 Oak Street in Havelock 705-778-2148.  <a href="https://www.wildflowerbakery.ca/">https://www.wildflowerbakery.ca/</a>	~\$15	.5 hour travel time  Current Hours: Closed Sun-Tues Wed - Fri 8:30am-4pm Saturday: 8:30am-3pm	A good bakery with really good Danishes and pretzels. Lunches are not bad with a duck option. They have good bread but quite pricey. Croissants are all right. The service is nice but a little slow.	See Havelock restaurants.

**Adventures and Activities, Cultural/ Markets and Shopping/Sightseeing, Tournaments and Restaurants**

<b>Activity</b>	<b>Contact Info</b>	<b>Cost</b>	<b>Duration/Time</b>	<b>Description</b>	<b>Restaurants</b>
<b>Beach - Kasshabog Lake Beach</b>	612 Peninsula Rd #446, Havelock	Free	1:45 hours travel time  1-3 hours  Hours: Daylight hours	This is a free public beach with parking across the road at the boat launch for about 20-30 cars. There are outhouse washrooms, picnic tables and a sandy beach. Enjoy !  <a href="https://youtu.be/gT_84s8FVSM">https://youtu.be/gT_84s8FVSM</a>	See Havelock restaurants.
<b>Beach – Quarry Bay Beach</b>	2006 Northeys Bay Rd, Lakefield  <a href="https://www.stonylake.on.ca/quarry-bay-beach.html">https://www.stonylake.on.ca/quarry-bay-beach.html</a>	Free	1 hour travel time  1-3 hours  Hours: Daylight hours	This beach is the only public beach on Stoney lake. This is a swim only beach and is equipped with a roped off swim area, raft, change rooms and public washrooms. This is a beautiful sandy beach that also has a swim raft for your enjoyment. The Beach Water Quality is tested periodically by the Peterborough County Health Unit.	See Peterborough restaurants.
<b>Candy - Cottage Country Factory Outlet</b>	20 Matthew St, Marmora	~\$10	1 hour travel time  Hours: except Sun. – Mon. 11 a.m.–5 p.m.	Cheap candy in a small destination store in Marmora.	See Marmora restaurants.
<b>Carousel - Roseneath</b>	9109 45, Roseneath (905) 352-3778  <a href="https://militarybruce.com/the-roseneath-carousel-a-rare-historic-carousel-found-in-a-small-ontario-town/">https://militarybruce.com/the-roseneath-carousel-a-rare-historic-carousel-found-in-a-small-ontario-town/</a>	\$4 per ride	1 hour travel time  Hours: 1 p.m.–3 p.m. from Victoria Day weekend to Thanksgiving weekend,	The historic C. W. Parker Carousel is one of only two in Canada, and eight in total in North America. The carousel consists of 40 basswood horses, 3 abreast , and 2 metal boats. The centre row features Herschell/Spillman or Armitage/Herschell horses, with the inside and outside rows featuring Parker Jumper Horses, with the platform balanced from a centre post. Powered by a 5 horsepower electric motor, riders travel at approximately 4 miles per hour to the music of a 25 Wulitzer military band organ, built in 1934. It’s all contained within a 16 sided wooden building, which protects the carousel from the harsh Canadian winters.  <a href="https://youtu.be/gKmPQjrA5tw">https://youtu.be/gKmPQjrA5tw</a>	See Cobourg restaurants.



**Adventures and Activities, Cultural/ Markets and Shopping/Sightseeing, Tournaments and Restaurants**

<b>Activity</b>	<b>Contact Info</b>	<b>Cost</b>	<b>Duration/Time</b>	<b>Description</b>	<b>Restaurants</b>
<b>Chocolate - Centre &amp; Main Chocolate Co.</b>	50 Centre St, Warkworth (705) 868-2068  <a href="https://centreandmainchocolate.com/">https://centreandmainchocolate.com/</a>	Free to Browse and more \$ to buy	1 hour travel time  Hours: closed Mon. 10 a.m.–5 p.m.	High end chocolate shop combining the flavours of Northumberland County with ethically sourced chocolate from around the world. The chocolate is handcrafted, small batch chocolate creations. There are different combinations of dark, milk and white chocolate as well as bonbons.	See Warkworth restaurants.
<b>Falls - Burleigh</b>	4834 Highway 28, Concession 1, Lot 5, Burleigh Falls (705) 654 – 3538  <a href="https://en.wikipedia.org/wiki/Burleigh_Falls">https://en.wikipedia.org/wiki/Burleigh_Falls</a>	A few dollars to park at Burleigh Falls Lock 28	1 hour travel time  1 hour  Hours: Mon. to Thurs. 10 am-3:30 pm Friday to Sunday and Victoria Day 9am–6:30pm	Burleigh Falls is both a geological feature and a small community in Peterborough County, Ontario, Canada. The falls form the boundary between the municipality of North Kawartha to the north and the municipality of Selwyn to the south.  The falls (more accurately described as a chute or cascade,[1] since the drop in water level is more horizontal than vertical) are created by a narrowing in the flow of water between Lovesick Lake and Lower Buckhorn Lake on the west and Stoney Lake to the east.[2] At one time the landform was known as the "Burleigh chute".[3]	See Peterborough restaurants.
<b>Falls - Healey</b>	CR50 and 12 <sup>th</sup> Line, Campbellford (park on the other side of County Road 50. Cross the road and walk down the gravel path to the falls)  <a href="https://www.waterfallsontario.com/healey-falls-waterfall">https://www.waterfallsontario.com/healey-falls-waterfall</a>	Free	.5 hour travel time  30 to 45 minutes	A short walk down a paved path and you will approach an unsightly concrete dam, unfortunately this waterway is controlled by a dam from the upper body of water called Seymour Lake, a part of the Trent River. The width of Healey Falls is around 100 metres and it drops a total of 10-20 metres or more along a series of steps carved into the bedrock. It is big but can be a real force (with more gates open) or a slight disappointment with only a couple gates open. Although, walking along the bottom shelved rocks is fun when the water is low.	See Campbellford restaurants.
<b>Farmers Market – Lakefield</b>	20 Concession St, Lakefield (705) 652-6062  <a href="https://www.facebook.com/LakefieldFarmersMarket/">https://www.facebook.com/LakefieldFarmersMarket/</a>	\$10-\$50 groceries and treats	1 hour travel time  1 hour  Hours: Thurs. 9am –1pm	Overlooking the Trent-Severn Waterway, and steps away from Isabel Morris Park, the Lakefield Marina, the Lakefield Millenium Trail, and Queen St. The market brings together many local farmers who produce food from the surrounding fertile countryside, a wealth of talented artisans who showcase the creativity of our community, and a variety of interesting prepared food vendors who use locally grown produce in the delicacies they serve.	See Lakefield and Peterborough restaurants.

**Adventures and Activities, Cultural/ Markets and Shopping/Sightseeing, Tournaments and Restaurants**

<b>Activity</b>	<b>Contact Info</b>	<b>Cost</b>	<b>Duration/Time</b>	<b>Description</b>	<b>Restaurants</b>
<b>Farmers Market – Peterborough</b>	136 Lansdowne St. Peterborough (705) 742-3276  <a href="https://www.facebook.com/peterboroughfarmersmarket/">https://www.facebook.com/peterboroughfarmersmarket/</a>	\$10-\$50 groceries and treats	1 hour travel time  1 hour  Hours: Sat. 9am –noon Indoors in the winter.	We invite you to listen to the sounds of our local musicians while visiting our 100+ vendor outdoor market  As producers of local food and crafts, we stress freshness, quality and value as we deal each and every week with our market patrons. Come and enjoy this traditional shopping experience.	See Peterborough restaurants.
<b>Farms – Harley Farms</b>	1630 Heritage Line, Keene (705) 295-1925  <a href="https://harleyfarms.ca/">https://harleyfarms.ca/</a>	Free to visit	1 hour travel time  1 hour  Hours: 10am –5pm	There are tours for those who would like a peek behind the scenes, as Harley Farms goal is to produce livestock and crops in a way that aligns with the surrounding natural environment and with a special focus on animal and bird welfare. Take a full walk around the farm and visit groups of pigs, sheep and cattle. Get a brief overview of what each groups purpose is and see how all the animals live. There are also fun and exciting interactive experiences like Lamb Bottle-feeding, hand-feeding Nigerian dwarf goats, Farmer for a Morning, and Forest Therapy. These experience give you a chance to ask all your burning questions! *Note that Harley Farms is a working farm, and dogs are not allowed on property.	See Keene restaurants.
<b>Farms – McLean Berry Farm</b>	2191 16 Line, Lakefield (705) 657-2134  <a href="https://mcleanberryfarm.com/">https://mcleanberryfarm.com/</a>	Free to visit  \$5/litre	1 hour travel time  1 hour  Hours: Daylight hours (around June)	Strawberry picking. The kids are great that help set people up for picking. Eat and pick lots of fresh juicy and tasty strawberries.	See Lakefield restaurants.
<b>Ice Cream - Central Smith Creamery</b>	739 Lindsay Rd, Selwyn  <a href="https://www.centalsmith.ca/">https://www.centalsmith.ca/</a>	~\$10	15 minutes  Hours: To Thurs.11am–8pm	Nice place just outside of Peterborough with good ice cream. The vanilla was fine and Rhonda's Vanilla and Orange Sherbet was pretty good.	See Peterborough restaurants.
<b>Ice Cream - Lockside Trading Co.</b>	2805 River Ave, Youngs Point  <a href="https://www.lockside.com/">https://www.lockside.com/</a>	~\$10	15 minutes  Hours: Thurs.10am–4pm	The sugar shack maple ice cream was pretty good and the Campfire Smore's was all right. Kawartha ice cream.	See Lakefield restaurants.

Adventures and Activities, Cultural/ Markets and Shopping/Sightseeing, Tournaments and Restaurants

Activity	Contact Info	Cost	Duration/Time	Description	Restaurants
<b>Ice Cream – Maggie's Meat Market</b>	13-1837 Lansdowne St W, Peterborough  <a href="https://www.facebook.com/p/Maggies-Meat-Dutch-Market-100057429402479/">https://www.facebook.com/p/Maggies-Meat-Dutch-Market-100057429402479/</a>	~\$20	15 minutes  Hours: closed Sunday Thurs.9am–6pm	Just a shop. Oliebollen - Dutch donuts - very greasy but tasty. Great blue cheese and dutch cheese. Slickers ice cream and supposedly good sandwiches.	See Peterborough restaurants.
<b>Ice Cream - Reid's Dairy</b>	222 Bell Blvd, Belleville  <a href="https://reidsdairy.com/">https://reidsdairy.com/</a>	~\$8	15 minutes  Hours: Sun.-Mon. closed Thurs.11am–4pm Fri. 11am–6pm Sat.11 am–3 pm Tues.11am–4pm Wed.11 am–4pm	You can't beat the value - single scoop cones as big as your head for cheap! A real dairy.	See Belleville restaurants.
<b>Locks – Campbellford (Double Lock) Ranney Falls (Lock 11-12)</b>	15 Trent Dr, Campbellford (705) 653 – 3053 <a href="https://parks.canada.ca/lhn-nhs/on/trentsevern/visi-t/posteeclusage-lockstation/ecluse-lock-11-12-ranneyfalls">https://parks.canada.ca/lhn-nhs/on/trentsevern/visi-t/posteeclusage-lockstation/ecluse-lock-11-12-ranneyfalls</a>	Free	.5 hour travel time .5 hours to watch the lift work  Hours: Mon. to Thurs. 10 am-3:30 pm Friday to Sunday and Victoria Day 9am–6:30pm	Ranney Falls Locks are the first of two flight locks on the Waterway. It's really tall being a double lock. Amazing view looking out over the river. Locks 11/12 are located at the south end of the Town of Campbellford. A short walk to the nearby <i>Ranney Gorge</i> ( <a href="https://kawarthasnorthumberland.ca/outdoor-experiences/#ranney-gorge">https://kawarthasnorthumberland.ca/outdoor-experiences/#ranney-gorge</a> ) suspension bridge to Ferris Provincial Park and the Rotary Trail offer excellent opportunities to stretch the legs.  Washrooms are available at all locks.	See Campbellford restaurants.
<b>Locks – Hastings (Lock 18)</b>	4 Bridge St N, Hastings (705) 696-2864 <a href="https://parks.canada.ca/lhn-nhs/on/trentsevern/visi-t/posteeclusage-lockstation/ecluse-lock-18-hastings">https://parks.canada.ca/lhn-nhs/on/trentsevern/visi-t/posteeclusage-lockstation/ecluse-lock-18-hastings</a>	Free	.5 hour travel time .5 hours to watch the lift work  Hours: Mon. to Thurs. 10 am-3:30 pm Friday to Sunday and Victoria Day 9am–6:30pm	What is really cool about this lock is that it is operated manually (although the bridge to control the road traffic is powered). This is the last lock before entering Rice Lake. The lock itself has a nice park area with tables providing a great spot for lunch or an afternoon break. There are 60 kilometres of open channel upstream to the next station at Scotts Mills.  Washrooms are available at all locks.  <a href="https://youtu.be/KwdAwUwVn6M">https://youtu.be/KwdAwUwVn6M</a>	See Hastings restaurants.

Adventures and Activities, Cultural/ Markets and Shopping/Sightseeing, Tournaments and Restaurants

Activity	Contact Info	Cost	Duration/Time	Description	Restaurants
<b>Locks – Peterborough Lift Lock (Lock 21)</b>	354 Hunter Street East, Peterborough (705) 750 - 4953 <a href="mailto:trentsevern@pc.gc.ca">trentsevern@pc.gc.ca</a>	Free	.5 hour travel time  .5 hours to watch the lift work  Hours: Mon. to Thurs. 10 am-3:30 pm Friday to Sunday and Victoria Day 9am–6:30pm	Really tall and very cool operation as it is one of only two hydraulic lift locks on the waterway. Powered by gravity, the Peterborough Lift Lock towers almost 20 m (65 ft) above the Trent Canal, enabling lifts in two counter-balanced, bathtub-like chambers over an elevation that once would have required several locks to conquer. Fun to watch on a sunny day.  <a href="https://youtu.be/ySPmPsJ823w">https://youtu.be/ySPmPsJ823w</a>  Washrooms are available at all locks.	See Peterborough restaurants.
<b>Locks – Young’s Point (Lock 27)</b>	12th Concession, Lot 37, Young's Point (705) 652 – 3925  <a href="https://www.cruising.ca/trent/docs/L-27.html">https://www.cruising.ca/trent/docs/L-27.html</a>	Free	1 hour travel time  Hours: Mon. to Thurs. 10 am-3:30 pm Friday to Sunday and Victoria Day 9am–6:30pm	Lock 27 Youngs Point is a well developed area and extremely popular. Historically it was the summer of 1825 when Francis Young arrived from Ireland. The family did a lot to promote the area and its tourist development, for the waterway user Patric Young set the stage by developing steam boats for use on the lakes.  Youngs Point offers a rare opportunity to do a bit of shopping lock side. The lock side Trading company is steps away from the lock. The store itself is one of the better stocked tourist venues with a wide variety of products many quite unique, The ice cream parlor is always a hit for the bored teenager or pre teen of your crew as there is always a lot of activity and visibility.	The Lockside Trading Company is lockside at Lock 27 Youngs Point

Adventures and Activities, Cultural/ Markets and Shopping/Sightseeing, Tournaments and Restaurants

Activity	Contact Info	Cost	Duration/Time	Description	Restaurants
<b>Mine – Marmoraton Mine</b>	Marmora Mine Road, Marmora  <a href="https://2oldguyswalking.wordpress.com/2022/10/30/marmora-and-the-mine-part-2/">https://2oldguyswalking.wordpress.com/2022/10/30/marmora-and-the-mine-part-2/</a>	Free	5 hour travel time  .5 hours  Hours: Daylight Hours	When you arrive at the mine, park, and then head towards the open pit. The size of the pit is impressive at 75 acres with a depth of 365 feet. It is fenced off for safety. You can get a good view through a chain link fence from an observation deck. The open pit has become a small deep lake filled with water.  <b>History</b> <a href="https://2oldguyswalking.wordpress.com/2022/09/30/marmora-and-the-mine-part-1/">https://2oldguyswalking.wordpress.com/2022/09/30/marmora-and-the-mine-part-1/</a>	See Marmora restaurants.
<b>Movie Theatre – Aron Theatre</b>	54 Bridge St E, Campbellford Phone: (705) 653-3390  <a href="https://arontheatre.com">https://arontheatre.com</a>	<b>Per Ticket</b> \$11 Tues. special \$8	5 hour travel time  2-3 hours  Hours: Fri.-Tues. Show Start 7pm	Really nice, clean small town cooperative theatre showing top movies. Seats are nice but not overly comfortable although the video quality and sound are great.  <a href="https://youtu.be/8nJ8dRL3VT0">https://youtu.be/8nJ8dRL3VT0</a>	See Campbellford restaurants.
<b>Music – Grand Maple Event Centre</b>	19 Albert St E, Trent Hills (705) 922-2106  <a href="https://www.grandmaple.ca/">https://www.grandmaple.ca/</a>	<b>Per Ticket</b> Concert \$45 Concert and Buffet \$70	5 hour travel time  2-3 hours  Hours: Open 4:45pm Buffet 5:30pm Show Start 7pm	The Grand Maple Event Centre is formerly a Presbyterian church dating back to 1897, the historic building has been meticulously transformed into a strikingly elegant event space. The current owners, Bill and Catherine Ma, have lovingly preserved and restored the building’s character-defining elements, craftsmanship, decorative details, stained glass windows and artwork. Grand Maple is a unique event location, combining old time charm and grandeur with luxurious and contemporary ambience.  Local bands, open mic nights, tribute bands and various music artists.  <a href="https://youtu.be/8nJ8dRL3VT0">https://youtu.be/8nJ8dRL3VT0</a>	See Hastings and Norwood restaurants.
<b>Music – Stone Hall</b>	6713 Highway 7, Havelock (705) 778-2800  <a href="https://www.facebook.com/ThePineappleProductions/">https://www.facebook.com/ThePineappleProductions/</a>	<b>Per Ticket</b> \$22	30 minutes travel time  2-3 hours  Hours: Show Start 7pm	A wonderful small venue in Havelock. Very intimate with about 50 people max. This makes for a great view from anywhere and good sound. The Stone Hall sessions has some interesting veteran Canadian musicians.  <a href="https://youtu.be/1Zs9kiWC6Nc">https://youtu.be/1Zs9kiWC6Nc</a>	See Havelock restaurants.

Adventures and Activities, Cultural/ Markets and Shopping/Sightseeing, Tournaments and Restaurants

Activity	Contact Info	Cost	Duration/Time	Description	Restaurants
<b>Music – Westben</b>	6698 County Road 30 North, Campbellford 705-653-5508 or toll free 877-883-5777  <a href="https://www.westben.ca/">https://www.westben.ca/</a>	<b>Per Ticket</b> ~\$45 - \$65	30 minutes travel time  2-3 hours  Hours: Show Start 7pm	Awesome venue for many various music artists and plays. The sound at the Campfire venue with Dave Gunning was the best we have ever heard (have not been to the Barn or Willow Hill venues). The people are super friendly and at the Campfire we also were given some Smores for free.  <a href="https://youtu.be/wNpz7wrrzdw">https://youtu.be/wNpz7wrrzdw</a>	See Campbellford restaurants.
<b>Petroglyphs Provincial Park</b>	2249 Northeys Bay Road, Woodview (705) 877-2552	Park pass = \$12.25/day *Note that free day park passes are available at the library.	45 minutes travel time  1-2 hours  Hours: except Mon.- Tues. 10 am-5 pm May 10, 2024 to October 14	Largest known concentration of Indigenous rock carvings (petroglyphs) in Canada, depicting turtles, snakes, birds, humans and more; this sacred site is known as “The Teaching Rocks”. Visit the Learning Place Visitor Centre to discover the traditions of the Ojibway (Nishnaabe) people through the teachings of the medicine wheel.  Vault toilets are available at each of the day use areas by McGinnis Lake as well as by the main parking lot.	See Peterborough and Norwood restaurants.
<b>Zoo - Riverview Park &amp; Zoo</b>	Address: 1300 Water St, Peterborough Phone: (705) 748-9301  <a href="https://www.riverviewparkandzoo.ca">https://www.riverviewparkandzoo.ca</a>	Free entrance and \$2 for the Miniature Train  <i>+ more \$ for food</i>	~1-1.5 hours (travel time not included)  8:30 am until dusk  Miniature Train - Summer season 10 a.m. to 6 p.m. Fall season weekends only 10 a.m. to 3:30 p.m.	A small, but free, zoo. Reptiles, mammals, birds and fish but most importantly otters. Did we say otters. They even have Otter Enrichment Sessions most days at 1:30 pm.  The miniature train ride is an 1860 locomotive replica. Located at the south end of the Zoo under the sabre jet, the train track is over two kilometers and the ride is approximately ten minutes long.	See Peterborough restaurants.

## Tournaments and Shows

Activity	Contact Info	Cost	Duration/Time	Description	Restaurants
<b>Academy Awards Tournament</b>	19 Ethan Lane, Norwood 647-974-4840	Free	~4-6 hours (travel time not included)	<p>Your own Academy Awards for the greatest scenes:</p> <ul style="list-style-type: none"> <li>• Favourite Comedic/Oddball/Quirky Scene</li> <li>• Favourite Music Scene (singing in the scene, song being played in the scene, background song, etc.)</li> <li>• Favourite Action Scene</li> <li>• <del>Opening Scene, Christmas Scene, Villain Scene, Dance Scene, Dramatic Scene, Dying Scene, Food Scene</del></li> <li>• <del>Favourite TV Opening Theme Song Scene (video, not just the audio)</del></li> <li>• <del>Favourite TV Car Scene (showcasing your favourite car or scene with a car), TV sidekick character (showcasing your favourite sidekick and main character)</del></li> <li>• <del>Favourite TV Commercial</del></li> <li>• <del>Other Ideas: court scene, cameo, guilty pleasure, twist ending (might not work), wedding scene and pet scene.</del></li> </ul> <p><b>Preparing Your Clips</b>                      You are allowed to enter only one clip per category. You choose how many categories you wish to enter; put a clip in for all the categories, only one category, or none at all. The clip must be a reasonable length; please keep it to under a couple minutes. The idea is to get your <i>personal</i> favourites for each category.                      Notes for Clips: Name each clip with the following naming convention; category.ext (for example, Opening Scene.wmv). If you need help obtaining any clips, just let us know.. Ensure that the video resolution is at least 640 x 480 (we will play the clips on a 47" tv using Windows Media Player).</p> <p><b>The Big Night</b>                      We will assemble to watch the nominated clips. After all of the clips have been played within a category, each guest will rank them and we will declare a winner – of course you can vote for your own clip and ties remain ties. Winners will be applauded, smiled at, harassed, cajoled and generally derided – but you will have won bragging rights for the best clip for that category.</p>	N/A

Adventures and Activities, Cultural/ Markets and Shopping/Sightseeing, Tournaments and Restaurants

Activity	Contact Info	Cost	Duration/Time	Description	Restaurants
<p><b>Board and Card Games Tournament</b></p>	<p>19 Ethan Lane, Norwood 647-974-4840</p>	<p>Free</p>	<p>~4-6 hours (travel time not included)</p>	<p>This is where one can be in a relaxed atmosphere and enjoy some fun, challenging games. Bring it on!</p> <p>When you arrive, we'll eat, listen to some music and chit chat a bit.</p> <p>Then, the tournament of games will begin. You can choose from the following:</p> <p><b>Board Games</b></p> <ul style="list-style-type: none"> <li>• Boggle – use app on phone to set up letters</li> <li>• Careers</li> <li>• Munchkin</li> <li>• Settlers Of Catan</li> </ul> <p><b>Card Games</b></p> <ul style="list-style-type: none"> <li>• Coloretto</li> <li>• Dutch Blitz</li> <li>• Exploding Kittens</li> <li>• Pit</li> </ul> <p><b>Full Day Games</b></p> <ul style="list-style-type: none"> <li>• Euchre</li> <li>• Oh Hell</li> <li>• Poker</li> <li>• Risk</li> </ul> <p>The points will be as follows for each round of games:</p> <ul style="list-style-type: none"> <li>• 1st Place = 7</li> <li>• 2nd Place = 5</li> <li>• 3rd Place = 3</li> <li>• All remaining players = 1 (fondly known as the participation point)</li> </ul> <p>Of course there will be a grand winner of the games for the day.</p> <p>Dessert will always be of importance and we will strive to have as much as possible. Then, we can relax, listen to music, maybe play some more games, talk and then eat late night snacks/dinners.</p>	<p>N/A</p>



Adventures and Activities, Cultural/ Markets and Shopping/Sightseeing, Tournaments and Restaurants

Activity	Contact Info	Cost	Duration/Time	Description	Restaurants
<p><b>Sandwich Tournament</b></p>	<p>19 Ethan Lane, Norwood 647-974-4840</p>	<p>Free</p>	<p>~4-6 hours (travel time not included)</p>	<p>In the serene town of Norwood, the thought occurred to us for the perfect competition. We would like to invite you to the next Iron Chef Sandwich Challenge. Your goal will be to create the ultimate...sandwich! All of us have, at some point in our lives, found that perfect combination of ingredients which allow us to experience that unbelievable feeling of joy when we bite into our favourite sandwich. Deliver that taste.</p> <p>The main restriction for the sandwich is that it must contain bread (Rhonda's rule). A wrap ain't a sandwich. You can bring any secret ingredient you wish or use just the house ingredients.</p> <p>The itinerary will be as follows: There will be 1 person creating their sandwiches at one time. You will have a time limit of 15 minutes total to create two identical sandwiches including any prep work, cooking, and assembling and plating with all the garnishes. After creating their ultimate sandwich, each chef will present their sandwich to the teams of judges. This presentation can include tidbits like a brief description of the sandwich, the sandwich name, why you chose this sandwich, history of the sandwich and even an explanation on how to eat the sandwich. The sandwich will then be divided and judges will then taste the sandwich. The sandwich will then be given a rating out of 10 from each of the judging teams for each of the following categories: Taste (10 points) Presentation (10 points) Note: The judging teams will be made up of teams and you can vote for your own sandwich (we trust everyone will be fair).</p> <p>House ingredients include: Meat (just request the meat you want and we'll try to provide it) Eggs, Peanut Butter, Cheddar Cheese, Jam, Frank's Hot Sauce Iceberg Lettuce, Hot Peppers, Red Peppers, Dill Pickles, Sweet pickles, Butter, Hellman's Mayonnaise, French's Mustard, Maple Leaf Sub Sauce, Onions, Salt, Pepper and Various Basic Spices</p> <p><a href="https://youtu.be/SInICO4iYo">https://youtu.be/SInICO4iYo</a></p>	<p>N/A</p>

## Restaurants

Restaurant	Type	Contact Info	Review
<b>Bridgenorth - Chemong Lodge</b>	Fine Dining ~\$136 per couple	764 Hunter St, Bridgenorth (705) 292-8435 Hours: Daily except Mon.-Wed. Thurs. 11 a.m.–9:30 p.m. Fri.-Sat. 11 a.m.–9 p.m. Sun. 10 a.m.–6 p.m.	Great atmosphere with a nice waitress (a little too much but she was young) - a little pricey. The brisket lasagna was large, cheesy and tasty. The cheese tortellini was al dente, cheesy and the cream sauce was nice. The microgreens on top were a nice touch. The apple crumble was very good but the cheesecake was heavy.
<b>Bridgenorth - Sippin Dip Restaurant</b>	Diner - Dessert ~\$15-20 per couple	1500 Yankee Line, Ennismore (Bridgenorth) (705) 292-0292 Wed.-Sat. 9a.m.–8p.m Sun.-Tues.. 9a.m.–2p.m	Good service right by the Causeway. Very average food but the cakes were fantastic. The coconut cream pie is very good and the chocolate caramel cake very fresh, moist and huge. Delicious.
<b>Campbellford - Antonia's</b>	Italian – Fine Dining ~\$110 per couple	28 Doxsee Ave S, Campbellford (705) 632-0505 Hours: Wed. – Fri. 11:30 a.m.–3:30 p.m., 5–9 p.m.	Fine dining with friendly chef/owners. Average and slow wervice. Crab cakes were good. Mains of grilled lamb and grilled chicken with roasted potatoes and vegetables were perfectly cooked and delicious. Only homemade dessert was the crème brulee, which was heavily bruleed, silky and tasty (once it was way off in texture). Second time was just as good for lunch. The soup was very good (maybe potato). The Chicken Parmesan came with pasta and garlic bread - chicken thick, juicy and tasty while the pasta sauce was savoury (nicely salted). The Monte Cristo had ham and chicken - tender and lightly crisped on outside and soft on the inside - it came with a nice fresh salad.
<b>Campbellford – Riverview</b>	Diner - Home Cooking ~\$65 per couple	6 Front St N, Campbellford (705) 653-4444 Hours: Daily 8 a.m.–8 p.m.	The server was very nice and helpful, giving us her suggestions while steering us away from other stuff. The chicken and mushroom Boxy was excellent and Rhonda thought the meatloaf was probably frozen. The management did not heat the other room so it was pretty cool. The raisin pie was surprisingly nice - good crust. Really great turkey dinner.
<b>Cobourg – Baltimore John's</b>	Roadhouse ~\$75 per couple	4620 County Road 45, Cobourg 905-377-9113 Hours: Daily 11 a.m.–11 p.m.	Really nice and competent waitress. Lots of TVs but a little sticky table and decent washroom. The cream of mushroom and lobster bisque were excellent soups - lots of cream and mushroom flavour and lobster taste. Well cooked wings with a very good medium sauce. The roti was fine, a little dry. The pizza was homemade - as in the crust flaky - nice, but not like Neopolitan pizza. Overall great comfortable experience.

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<b>Hastings – Captain’s Table</b>	Seafood ~\$75 per couple	8 Front St E, Hastings (705) 696-3993 Hours: Thurs. 11 a.m.–7 p.m.	A little dark but clean restaurant. Very pleasant, knowledgeable and timely service. The special of chicken soup (very tasty and filled with chicken) and grilled cheese was a good price at \$9. The Halibut, Cod and Fries were cooked well (not overcooked and a little greasy). There was a lot of coleslaw, which was sweet - not bad. The coconut cream pie had a good taste but a little soupy (rather have that than firm with too much cornstarch).
<b>Havelock – Sugar Shack Donuts Chip Truck</b>	Chip and Donut Truck ~\$10-\$15 per couple	5140 Trans-Canada Hwy #7, Havelock Hours: except Mon.-Tues. Thurs. 11 a.m.–7 p.m.	Great French fries and over-filled containers. Nice guys who also have awesome mini donuts (with tons of icing sugar and cinnamon).  Tables have umbrellas which is nice.
<b>Keene - Muddy's BBQ Pit</b>	BBQ ~\$60 per couple	3247 County Rd 2, Keene (705) 295-1255 Hours: Daily except Mon.-Tues. 11 a.m.–9 p.m.	Nice service. Takeout destination restaurant with summer only hours. Smoked meat by the pound. Chili cheese dog was excellent. Also enjoyed the blueberry dump cake and carrot cake.
<b>Keene - Romeo's Pizzeria</b>	Pizza ~\$26 per couple	3265 County Rd 2, Keene (705) 295-2295 Hours: Daily except Sun.-Mon. Thurs. 12 p.m.–7 p.m. Fri.-Sat. 12–8 p.m. Sun.-Wed. 3–7 p.m.	Very good pizza but the guys who run it are pretty sketchy. Lots of cheese.
<b>Lakefield – Cassis Bistro</b>	Fine Dining ~\$80 per couple	27 Queen St, Lakefield (705) 652-8045 Hours: Daily except Sun.-Tues. 11:30 a.m.–2:30 p.m., 5–9 p.m.	Good, but slow service in a fine dining atmosphere. Just lunch. The tomato and red pepper soup was nice. The Ham, Brie & Pear Sandwich and the Chicken Ciabatta sandwich was very good. Everything was well balanced, well cooked and a tasty combination of flavours. The servings were regular sized (a bit small). A good creme brulee but the lemon tart was really quite nice.
<b>Lakefield – Mammoth Barbecue</b>	BBQ ~\$40 per couple	2893 ON-28, Douro-Dummer/ Lakefield (705) 957-9642 Hours: Daily except Mon.-Tues. 11:00 a.m.–8:00 p.m.	Takeout truck. Brisket and Blackened Chicken sandwiches. A little pricey. Average brisket but the blackened chicken was juicy and tasty. Fries were really good.
<b>Marmora - Marmora Pizza</b>	Pizza	4 Forsyth St, Marmora (613) 644-3005 Thursday 11 a.m.–9 p.m. Friday 11 a.m.–10 p.m. Saturday 11 a.m.–10 p.m. Sunday 11 a.m.–8 p.m. Monday 11 a.m.–8:30 p.m. Tuesday 11 a.m.–8:30 p.m. Wednesday 11 a.m.–8:45 p.m.	Very good old style pizza - husband not very nice but the wife was nice. Crust and sauce were good and the amount of regular cheese more than enough. Lots of toppings, so don't get tomatoes as it makes it soggy - mushrooms okay.

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<b>Restaurant</b>	<b>Type</b>	<b>Contact Info</b>	<b>Review</b>
<b>Marmora – Mighty Crowe</b>	Pub ~\$80 per couple	239 Station Rd, Marmora (613) 472-5555 Hours: Daily except Sun.-Tues. 12p.m.–7p.m	Really nice service with clean bright restaurant. Actual menu is pub-like but the specials were great. The jerk chicken with rice was spicy, tasty, tender and huge - fantastic. The jerk chicken came with amazing soft fried bread (festival bread) and coleslaw. Really tasty meat sauce with the baked pasta and cheese. The desserts of apple caramel cheesecake and chocolate volcano were pretty good. Amazing value.
<b>Norwood – Jack's Family Restaurant</b>	Home Cooking ~\$75 per couple	4327 ON-7, Norwood (705) 837-3474 Hours: 11a.m.–8p.m	Great family restaurant with home cooking and friendly service. The Chicken soup was tasty and seemed real. The chowder was tasty. The ribs were good and huge. Very good cheese sandwich with amazing greasy Onion Rings. Fries were fake - you have to ask for the fresh cut fries. Good burger and salad. Lemon pie was good but not the coconut cream.
<b>Norwood - Pizza Factory</b>	Pizza/Italian	4261 Hwy 7, Norwood, ON 4261 (705) 745-5500 Hours: Daily but closed Sunday and Monday 3p.m.–8p.m	Limited menu. Pizza is quite substantial & very tasty on all counts - crust, cheese, and sauce. Great texture as well. The "lasagna" is more of a simple baked pasta (as described). Caesar dressing pretty good but benefitted from addition of anchovy. Call ahead and expect a minimum 30 minute wait. Daily specials and local ice cream from Central Smith Dairy.
<b>Peterborough - Ariyana</b>	Middle Eastern ~\$50 per couple	396 George St N, Peterborough (705) 874-1884 Hours: Daily noon–8:30 p.m.	Take out with good service. Like the Shawarma and Falafel wraps - good meat with tons of dressings including hummus - ask for much less as it makes too much of a mess. Some Indian inspired items: delicious Chicken Karahi and Biryani. The Butter Chicken is really tender but definitely not Butter Chicken, very little sauce.
<b>Peterborough - Berc's Steakhouse</b>	Fine Dining ~\$200 per couple (with Tuesday cheaper dinner)	186 Lansdowne St E, Peterborough (705) 745-3434 Hours: Daily but closed Mon. 11a.m.–9p.m Sun. 4p.m.–9p.m	Comfortable classic seating with Tiffany lamps and good lighting. Excellent service, friendly, patient and helpful. The cheesy, garlic ciabatta bread was good, but pricey. Fresh cut fries were excellent. The cauliflower and French Onion soup were pretty good (bread in French Onion was a little stale). Perfectly cooked medium rare (throughout whole cut) Prime Rib (double baked potato a little dry on the top) . Very well cooked and tasty Chicken Supreme. Asparagus grilled nicely and a little crunchy. The carrots were nicely sweetened and not too soft. Excellent consistency and taste for the Creme Brule and the Apple Crumble was sweet and tasty.
<b>Peterborough – Capra Toro</b>	Italian – Fine Dining ~\$100 per couple	139 Hunter St W, Peterborough (705) 775-4000 Hours: Daily except Mon. 12–2 p.m., 5–9 p.m. Fri.-Sat. - 12–2 p.m., 5–12 p.m.	Comfortable with that downtown feel. 2023 December - getting tired of the Frank Sinatra music. Spotty and unpolished service (e.g., didn't tell us the specials, not always served by the same person, wrong price on dessert menu). Mike enjoyed his chicken parm and the pizza was still really good. Rhonda's fettucini alfredo was a big disappointment - tasteless with no flavour of cheese or cream, "fresh herbs" consisted of one bitter parsley leaf placed on top. Mike, the optional grilled chicken breast is not free. Stick with the pizza.

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<b>Peterborough – Elmhurst Inn</b>	Fine Dining ~\$130 per couple (just lunch)	1045 Settlers Line, Keene (705) 535-0731 Hours: <b>BREAKFAST</b> Hot breakfast buffet, available daily 7:00 a.m. – 9:30 a.m. <b>LUNCH</b> Monday-Saturday, 11:00am to 3:00pm Every Tuesday we offer a Seniors Lunch Buffet 11:30am-2:00pm the cost is \$29.95 for those over the age of 55 / regular price is \$34.95 <b>BRUNCH</b> Sunday Only, 11:00am to 2:30pm <b>DINNER</b> Daily, 5:00pm to 9:00pm	Casual fine dining in a nice setting by the Lake. At lunch, looks out over the courtyard, not the lake. Nice kid. The pear and squash soup was delicate, but flavourful. Enjoyed the poutine although frozen fries. Al Berry steak tips sandwich was very good. The The duck banh mi was excellent, from the bread, to the condiments, to the tasty duck. Awful desserts as the cake was not a cake, more like a brownie (and not a great brownie) in size and taste. The actual brownie was frozen and tasted alright the day after. They tried to cover it up with lots of berries.
<b>Peterborough – Gerti’s</b>	Pub ~\$80 per couple	225 Hunter St W, Peterborough (705) 743-7212 Hours: Daily except Mon. 11:30a.m.–9p.m	Service excellent and very comfortable place. The chicken vegetable noodle soup was too thick but tasty. The fresh cut fries are pretty good but seasoned - they weren't supposed to season them but they forgot and the waitress was too busy. The hamburger was delicious and cooked to order. Rhonda enjoyed the salad. Blue cheese mac and cheese and wings - didn't enjoy either as the wings were Cajun spiced dusted and blue cheese mac and cheese doesn't work for Mike.
<b>Peterborough – Island Cream Caribbean Cuisine</b>	Caribbean ~\$45 per couple	227 Hunter St W, Peterborough (705) 743-8398 Hours: Daily except Sun.-Mon. 11:30a.m.–8p.m. *Sat. 1:30p.m.–8p.m.	Small Trinidad restaurant. Nice owners. Best phoulourie, doubles and roti. The reason seems to be the freshness and care in making it. The roti skin is nice and chewy.
<b>Peterborough – Jim’s Pizzeria</b>	Italian ~\$110 per couple	395 Aylmer St N, Peterborough (705) 743-7021 Hours: Sun.-Thurs. 4–9 p.m. Fri. 11 a.m.–10 p.m. Sat. 3–10 p.m.	Small downtown restaurant with homemade dishes. Very warm and accommodating young server. Amazing and fresh large caesar salad (shared). Tomato sauces are on the slightly sweeter side. Impressive value on the pasta dishes. Chicken parmesan unusual as not breaded, but excellent.
<b>Peterborough - Levantine Grill</b>	Middle Eastern ~\$70 per couple	356 Charlotte St, Peterborough (705) 745-0770 Hours: Daily except Sun. (noon) 11a.m.–8p.m	Syrian Food - stylishly plated. Mike enjoyed the shwarma dinner. The felafel wrap was excellent, served with extra pickles. Kibbeh was fine, not super tasty. The arabic ice cream was quite stunning with a homemade candy floss, very special. Good baklavas.

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<b>Peterborough – Marty Moos</b>	Soup ~\$50 per couple	2205 Keene Rd, Peterborough (705) 740-0558 Hours: Daily except Mon. 11a.m.–10 p.m	Great, friendly service and clean restaurant. Good homemade soup. The chicken was very tasty and moist, even late at night. They didn't have fresh cut fries but the rice was pretty good and the fries weren't bad. and chocolate cream pie.
<b>Peterborough - Soupcon</b>	Soup ~\$35 per couple	187 Charlotte St, Peterborough (705) 749-5747 Hours: Daily except Sat.-Sun. 11a.m.–3 p.m	Really nice service. The outdoor patio is by a stream and the walkway from the parking lot. The mushroom soup had lots of mushroom flavour but a little too much starch. Really enjoyed the chicken curry soup - just the right amount of curry flavour. The bread and biscuit were tasty, fresh and homemade. Enjoyed the chicken, curry, apple sandwich as the chicken was very tender.
<b>Peterborough – Two Fat Greeks</b>	Greek ~\$40 per couple	1399 8th Line Smith, Lakefield (705) 977-2602 Hours: Daily except Mon. 11a.m.–7p.m	Food truck with lots of benches with umbrellas. Really quite nice. Very nice service. Cash only. The fries were huge but may have been coated - supposedly fresh cut - not bad. The chicken gyro was excellent (nice size) with fresh bread and just some tzatzki, tomatoes and lettuce. A little salty but well cooked and tasty. The lamb souvlaki was also well balanced and tasty. Wrap it a little tightly.
<b>Warkworth – J's Place Chip Truck</b>	Chip Truck ~\$15 per couple	County Road 29 &, ON-30, Trent Hills (905) 872-0199 Hours:. 11a.m.–4p.m	Takeout. Good fries with owners from Newfoundland. Enough tables for all as it can be busy.
<b>Warkworth – The Shop (Pizza)</b>	Pizza ~\$35 per couple	2 Mill St, Warkworth (705) 308-2253 Hours: Daily except Sun.-Mon. 11a.m.–7p.m	Takeout. Best New York style pizza. Greasy and tasty. Topping are homemade (although we've never tried as we just have cheese).