



## SLOW FOOD FARM GATE TOUR

As you follow a route, there will be coloured arrows to help you know when to turn and Mississippi Mills Bicycle Month signs outside of participating farms. Feel free to mix and match to make your own route – these are suggestions only. Roads are paved unless noted otherwise.

### Route 1: 30 km

You start at the Almonte Farmers Market, head up Martin St. N, stopping at Greens with Spirit before Blakeney. You turn left onto the Blakeney road to 29, crossing over the Blakeney rapids. You turn right on 29 and follow until Cedar Hill Side Road where you turn left. Cedar Hill School will be on your right shortly. The next stop is Cedar Hill Berries. From Cedar Hill Side Road you turn left on Concession 7 (gravel). You turn left on the Clayton road. If you want to visit the Mill of Kintail turn left on Concession 8. Turn left on Highway 29 which takes you to Riverside Garden. You will pass the James Naismith House. You turn around on Highway 29 and take it all the way back to Almonte.

### Route 2: 22 km

You start at Almonte Farmers Market, go to the traffic circle, then head out of town on the Appleton Side Road. You reach Dunbrae Farms just past the Old Almonte road. Continuing on you pass the Windy Creek Farm point of interest (animal viewing). Turn right on River Road (passing the North Lanark Regional Museum) to get to Appleton (where you can swim) then right on Wilson Street to cross the river. You come back towards Almonte by turning right on Highway 29. You turn right on Country St. to visit Al and Pat Watson's farm. You continue on Country St. to return to Almonte.

### Route 3: 15 km. Can be combined with Route 2 to make a 31 km trip.

From Bridge St. turn onto Country St., where you will pass Al and Pat Watson's farm. (This is only a 3 km trip and one we are suggesting for children). Cross 29 to the Rae Rd to get to Whitehouse Perennials, The Veggie Patch, and Rocky Rapids Farm. Turn right on Concession 6B, turn right on the Old Perth Rd, and follow back it all the way back to Almonte. Concession 6B and the Old Perth Rd are gravel.

FARM #	DESCRIPTION
1	Greens with Spirit. Stewart and Julie Yeaman produce a wide variety of off-season organic salad and stir-fry greens using green houses. Greens are available for weekly pick up April 1-June 1 and Oct 1 to Dec 31. Washrooms and water available for visitors.
2	Cedar Hill Berry Farm. Ralph and Ria Paul run Cedar Hill Berry Farm, where strawberries will be ready and bikers will find a 90' covered bridge-a peaceful spot to rest and have a picnic lunch. Outhouses and water available for visitors.
3	Riverside Garden. David and Inez McCreery run a market garden, specializing in garlic, asparagus, raspberries and other vegetables. They use organic methods and sell products at the Carp Farmers' Market.
4	Dunbrae Farms. Bruce and Janet Duncan raise 120 head of heritage, certified organic, grass fed Red Poll cattle. Beef from whole to 1 package. Organic eggs are available daily from Teamwork CSA. Washrooms and water available for visitors.
5	Teamwork Community Farm (guests at Dunbrae Farms for the tour). Run by Hilary Moore, Teamwork Community Farm (CSA) provides a full season's worth of fresh, organic vegetables. We raise laying hens year round and Tamworth pigs during the summer. We also have our Suffolk Punch work horses. Products sold at the Almonte Farmers Market.
6	Ardua Farms (guests at Dunbrae Farms for the tour). Moira Wilkie produces a variety of vegetables, specializing in greens and potatoes, melons and apples in season. Produce sold at Almonte Farmer's Market.
7	Al and Pat Watson. The Watson's produce organic vegetables in season, handmade hand towels and wooden spoons, organic beef sides by order, and eggs from the farmgate. Products sold at Almonte Farmers Market.
8	Whitehouse Perennials. A specialized perennial nursery which offers retail and mail order sales. Their products include edible plants.
9	The Veggie Patch. Katie Thom supplies weekly delivery of vegetables to customers in the Almonte and Carleton Place area and also sells at the Almonte Farmers Market on Saturday mornings. She also brings a wide variety of homebaked goods to the Almonte and Union Hall Market which begins in early July.
10	Rocky Rapids Farm. Bert and Bev Thom run a mixed farm with dairy and beef operations. Also produced on the farm and sold there are honey and maple syrup. Beef is sold by order.
ATTRACTION #	DESCRIPTION
1	<b>Blakeney Rapids.</b> As you pass over the bridge in Blakeney take note of the beautiful rapids. There is also a short walking trail just after the bridge to allow you get a closer look.
2	<b>Cedar Hill School House.</b> This historical school house was recently renovated and is available for functions. Contact the town of Mississippi Mills for information.
3	<b>The Mill of Kintail.</b> This conservation area features the historic summer home of renowned sculptor R. Tait McKenzie, housing a museum dedicated to the sculptor and another devoted to James Naismith, inventor of Basketball. Picnic area and washrooms available.
4	<b>James Naismith House.</b> The birthplace of the inventor of Basketball. A museum devoted to him can be viewed at the Mill of Kintail.
5	<b>Windy Creek Farm.</b> Terry and Carolyn Cairns welcome cyclists to stop by and view their Pot Bellied Pig, Boer and Pygmy goats, donkeys, Belgian and Comercial (half Clyde/half Hackney) Horses.
6	<b>North Lanark Regional Museum.</b> The Museum features rotating exhibits, country store display, pioneer log cabin, archival and research material for genealogy.
7	<b>Swimming spot - Mississippi River.</b> As the river winds through the village of Appleton it is suitable for swimming just above the dam.