

Friend's Fun Escape

LANARK
COUNTY

Tranquil Paddling and Relaxation in Smiths Falls

Start Here

09:00-09:30

SMITHS FALLS PEDAL & PADDLE

(613) 285-9577

- Canoe, SUP, or Kayak Rentals
- Rental package encompasses canoes, kayaks, and a Rideau Canal paddle pass
- By appointment 7 days a week



Next Stop

09:30-10:15

GET YOUR PICNIC BASKET FROM LOCAL EATERIES

Boomtown

Includes craft beer or mocktails

27 Beckwith St N

(613) 283-2283

The Vault

Wrap, salad and dessert

2 Russell St E

(613) 283-7009

Two Guys for Lunch

Gluten free options available

17-91 Cornelia St W

(613) 284-2202

Explore more options



Next Stop

10:15-14:30

PADDLING - SMITHS FALLS MARSHLANDS AND POONAMALEE LOCK STATION ROUTE

- Launch at Lower Reach Park (Old Slys Rd)
- Look for Teeming flora and fauna in marshlands
- Picnic at the charming Poonamalee Lock Station
- Conclude your paddling adventure at Centennial Park (2-22 Confederation Dr)

Route Information



Next Stop

14:30-16:30

SPA TREATMENT

Blue Door Spa

Relaxation Massage, Facials

14 Beckwith St S

(613) 283-4333

Love Day Spa Boutique

Spa, Body treatments

16 Beckwith St N

(613) 205-0788



Shop Here

16:30-18:30

SHOPPING IN DOWNTOWN SMITHS FALLS

Pearl's Gem

Home decor, thoughtful gifts

22 Russell St E

(613) 883-3531

The Arts Hubs

Locally made gifts, art, music, crafts and more

14 Main St W

(613) 283-0272

Explore local stores



End Here

18:00

INDULGE IN A DELECTABLE DINNER

Bowie's

Live Music, regional craft beers, sandwiches and more

20 Russell St E

bowiesbar@gmail.com

The Lockmaster's Taphouse and Patio

Pub food, Riverview, Patio

32 Beckwith St S

(613) 205-0448

Explore more options



Location on Google Map

