

A Day In Haldimand: Cayuga & Canfield Itinerary

This week we are exploring the towns of Cayuga and Canfield! Cayuga, Canfield and surrounding areas have beautiful trails, outdoor historical sites, facilities for the public to utilize and many locally-owned businesses and restaurants to enjoy.

Reminders:

- Haldimand County is now in Stage 3 of re-opening, which means that more restrictions will be lifted and nearly all businesses and public spaces may re-open as long as they follow the public health guidelines. We can make Stage 3 a success when engaging in our virtual summer programming by:
 - o Maintaining physical distancing of at least two metres from people outside of your household or social circle, wearing a face covering when physical distancing is a challenge, washing your hands frequently and limiting indoor gatherings to a maximum of 50 people and outdoor gatherings to 100 people.
- For more information, visit: <https://www.ontario.ca/page/framework-reopening-our-province-stage-3>.

Morning

- For Breakfast:
 - o **Carolinian Café:** The Carolinian Café and Eatery takes simple local ingredients and turns them into wholesome deliciousness while providing a quick and efficient experience. This café has a wide selection of breakfast items to choose from – such as smoothies, English muffins, burritos and more, with a variety of gluten friendly, vegan and vegetarian options to choose from. You can order online, call to place an order or walk in! All of their information is located on their website, www.thecarolinian.ca. They are open Tuesday through Saturday from 9:00am until 3:00pm.
 - o **Cravings by Brittany:** Cravings by Brittany is a local bakery that offers a large variety of sweet bakery treats, fair trade organic coffee for take-out and create beautiful cakes, pre-order only. Cravings store-front is open Fridays from 9:00 am – 4:00 pm and Saturdays from 9:00am – 2:00pm. You can also pre-order and curbside pickup from 9:00 am – 10 am both Friday and Saturday. Cravings will be posting a pre-order box option online every Monday, so be sure to check their social media channels if that is the route you are looking to take! Enjoy the delicious baked good and please continue to check their social media for any updates on store-front hours!
 - o **Back 40:** The Back 40 is a family restaurant and sports bar located at 7 Cayuga St N. If you are coming to Cayuga on a weekend, this restaurant serves brunch on Saturdays and Sundays from 8:00am – 11:00am!
 - o **Other breakfast options** include Tim Hortons and Subway
- Exploring
 - o **Cayuga Grand Vista:** The Grand Vista is a 3.2km looped route that has parking at the Courthouse, 55 Munsee St. in Cayuga. You can walk down the off-road route to the train bridge and take in the beautiful views of the Grand River. The loop continues over the train bridge to a second parking lot off King George St. You can then head east on King George St. into Cayuga through town and back to the Courthouse or west to the on-road route to River Road. Here cyclist join the Green Route to either Caledonia or east/southeast on the route. This beautiful trail is a must-do in Cayuga.

- **Cayuga Courthouse:** The Cayuga Courthouse, located at 55 Munsee St., is the beginning of the looped Cayuga Grand Vista Trail. After arriving back to the courthouse parking lot, you can take a walk around the courthouse. The courthouse was originally built in 1851 to meet the demands of the growing County with a jail inside as well. The courthouse was destroyed by fire on December 10th, 1922, leaving only the jail, which is the oldest structure in the Administration of Justice complex. The current building was erected on the remaining foundation in 1924, and it is still surrounded by the tall rock walls that allowed the prisoners to go outside.
- **Nicholas Log Cabin:** This log cabin is now located at 45 Munsee St N on the Cayuga Courthouse grounds. The cabin was originally built by the Nicholas family in 1835, south of Caledonia along the McKenzie creek. They emigrated from England to settle in Haldimand County, enduring a rough sea voyage during which one of their children died. The Cabin was only one storey when it was first built, and was expanded later to two storeys as the Nicholas family grew. At one time, eleven children and two adults lived in the cabin. The Nicholas family raised and marketed small fruits and vegetables' on their 20-acre homestead. The log cabin was donated to Haldimand Historical Society in the 1960's. After each log was painstakingly numbered, the cabin was taken apart and reassembled at this site, where it was given new doors and window frames and a new roof. You may book a tour during the weekdays by contacting Karen Richardson at 905-318-5932 ext. 6613.
- **Upper Cayuga Kinsmen Ball Park:** The Upper Cayuga Kinsmen Ball Park is located at 16 Ottawa St S, and offers a large green space, a beautiful playground and a ball diamond.
- **Lower Kinsmen Park:** The Lower Kinsmen Park is located at 61 Ouse St S, Cayuga. This park has a large green space with plenty of shade, and is perfect for a picnic. This park also has a skate park to use.
- **Tennis Courts:** Located beside the lower kinsmen park is the tennis courts. These tennis courts are free to use, but please bring your own racquet and balls.

Afternoon

- For Lunch:
 - **Caruso's Family Restaurant:** Caruso's Family Restaurant, located at 35 Talbot St E, is a family-owned, family style restaurant providing a spectrum of menu options that are all made in house with fresh ingredients. They serve breakfast, lunch and dinner. Right now, they have lunch and dinner take-out or dine on the patio options. Currently, they are open Monday, Tuesday, Wednesday, Thursday and Sunday from 11:00am – 8:00pm and Friday and Saturday from 11:00am – 10:00pm. These are subject to change and you can stay most up to date by following their Facebook page, Caruso's Family Restaurant.
 - **Mrs B's By the Grand:** Mrs B's By the Grand is a chip wagon located near the Cayuga bridge on Talbot St E. They have delicious lunch options, and also lots of treats, including Hewitt's Ice Cream! You can order to take out, or you can sit and enjoy at their complimentary picnic tables. They are open Monday to Wednesday from 11:00am until 7:00pm and Thursday to Sunday from 11:00am until 9:00pm.
 - **Conway Park Restaurant:** Conway Park Restaurant, located at 21 Ouse Street, is open for take-out orders and have complimentary picnic tables. Although there is construction on Ouse Street, there is a second driveway gate located just down the road for access to the restaurant. Conway Park is open Thursday through Saturday from 11:00am – 7:00pm and on Sunday from 11:00am – 6:00pm.

- **Back 40:** The Back 40, located at 7 Cayuga St N, is a family restaurant and sports bar. The Back 40 serves lunch and dinner during the weekdays, and adds brunch to their menu on the weekends. The Back 40 has a patio that is open and is also accepting take-out orders at this time. Please continue to check their Facebook page for any new updates regarding dining inside and hours.
- **Carolinian Café and Eatery:** The Carolinian Café and Eatery also has a fantastic lunch menu that you can order online, call in, or go inside to order.
- **Other lunch options include** Godfathers, Tim Hortons and Subway
- Exploring
 - **Cayuga Library & Museum:** The Cayuga library is open Tuesday – Thursday 10:00am – 8:00pm and Friday and Saturday from 10:00am – 5:00pm. Starting Tuesday August 4, you are able to enter the library to browse for books with a limited capacity. You may also enjoy the exhibit that is up at the Cayuga Library, but please keep in mind that there is a capacity limit for the library.
 - Head to Canfield:
 - **North Cayuga Canfield Park:** This park, located on Raglan St, has a playground and a large green space for games and a picnic. This park is also connected with the Underground Railroad memorial plaque.
 - **The Underground Railroad Black History of Canfield – memorial plaque:** More than 150 years ago, the tiny community of Canfield welcomed slaves who were fleeing from the United States through the Underground Railroad, providing a haven and freedom. The Canfield of 1844-65, although not a "station" on the Underground Railroad, was a safe inland spot away from large population centres and waterways. This is now being made into a docu-series that is expected to be released in Fall 2020.
 - **Windecker Woods:** Windecker woods, located at 215 Windecker Road, is a beautiful farm that you can stop in on your way back to Cayuga from Canfield. This farm allows you to experience the quiet and natural beauty of the country. You are able to cut your own flowers and make beautiful bouquets with the wide range of flowers available at the farm. You can also book a lesson on how to cut and arrange flowers to make stunning bouquets. This farm is open every day from 8:00am until 7:00pm and they have clippers and baskets free of use. Cash or e-transfer is accepted!

Evening

- For Dinner:
 - **Twisted Lemon:** The Twisted Lemon, located at 3 Norton St W, is a fine dining restaurant that offers seasonal and locally inspired cuisine. The Twisted Lemon is described as a hidden gem that attracts flavor lovers from near and far. The Twisted Lemon is currently open for take-out and patio reservations Thursday through Saturday. When reserving a table, keep in mind that seatings are at 4:00pm, 6:00pm and 8:00pm and they have a 24 hour cancellation policy. For any additional details or to stay up to date with their hours, please visit www.twistedlemon.ca.
 - **Caruso's Family Restaurant:** Caruso's Family Restaurant offers an excellent dinner. You can take a look at their menu by accessing their Facebook page.
 - **Mrs. B's By the Grand:** Mrs. B's is also open for dinner with their complimentary picnic tables for eating at.

- **The Back 40:** The back 40 is also open for dinner on the patio and inside.
 - **Conway Park Restaurant:** Conway Restaurant is open for dinner options as well.
 - **Other dinner options** include Tim Hortons, Godfathers, Subway
- Explore:
 - **Cayuga Bob Baigent Park:** Bob Baigent Memorial Park has a beautiful pathway with views of the Cayuga Bridge and Grand River. Along this trail is an outdoor fitness centre with many different machines facing the Grand River that are free of use. There is a pavilion with picnic tables and plenty of green space and trees for a picnic. This park also features a boat ramp that can be used by the public. Right now, there is construction happening along Ouse street. If you are looking to access this park, you can always park in the town and walk down, or park at the Lower Kinsmen Park and walk about five minutes to the park.
 - **Cayuga Grand Vista:** After spending time at the Bob Baigent Memorial Park, you can walk the Grand Vista to catch the beautiful sunset view over the Grand River.
 - **Grand Oaks RV Resort & Campground:** If you are looking for overnight accommodation in Cayuga, Grand Oaks RV Resort & Campground has overnight camp sites that you can buy to camp for the night. They ask that you book online or give them a call before coming to check for availability, and their phone number is 905-772-3713

Make sure you are taking pictures of what you are doing in and around Cayuga and Canfield for a chance to win a \$25 gift card to a restaurant! Have a great time exploring! 😊

