



**HOLISTIC RETREAT**

## **TRAVEL DIRECTIONS**

### **LOCATION**

Bloom on Loughborough Lake is located in Eastern Ontario. Our lakeside location is at 1425 Rutledge Road, South Frontenac, ON. There are many ways to reach us:

### **BY CAR**

We are a 25-minute drive from Kingston, less than 2 hours from Ottawa, and roughly 3 hours from both Toronto and Montreal. Map your directions [here](#). When you arrive at 1425 Rutledge Road, you will see a limestone house at the front of the property—please pass the house and continue along the private laneway for 2 kms until you arrive at Loughborough Lake. Expect to pass ponds, marshlands and forest enroute.

### **BY AIR**

International guests may fly into Ottawa's Macdonald–Cartier International Airport (YOW), Toronto Pearson International Airport (YYZ), or Montréal's Trudeau International Airport (YUL). Ottawa is our closest international airport. Kingston Airport (YGK) has daily scheduled service to YYZ.

### **BY TRAIN**

VIA Rail provides frequent train service to Kingston, which is located along the Québec-Windsor Corridor. Plan your travel by train [here](#).

### **BY BUS**

Megabus connects Kingston to Montreal and Toronto, as well as a number of other cities not serviced by train. Book your bus [here](#).

### **BY UBER**

An Uber from Kingston is typically less than \$50. The fare may be shared by up to 3 passengers.