

The Fort Frontenac Cruising Cup



Candidate's Name:

The Fort Frontenac Cruising Cup

Definition: To Cruise – a simple definition is to wander, whatever the reason. In the XVII century, when the word was first in use, it usually meant going to sea for warlike purposes, hence cruiser. The word came from the Dutch “Kruizer”, to cross.

“Origins of Sea Terms” by John G Rogers

Cruise: be in motion; travel; water travel.

“Roget’s Thesaurus of English Words and Phrases”

Cruising: Waterborne pleasure journey embarked on by one or more people. A cruise may be considered successful if the same number of individuals who set out on it arrive, in roughly the same condition they set out in, at some piece of habitable dry land.....

“sail.ing , A dictionary for Landlubbers, Old Salts, & Armchair Drifters” by Henry Beard and Roy McKie

Cruise: to sail about touching at a series of ports

“Merriam Webster Dictionary”

Cruise: To sail or travel about, as for pleasure or reconnaissance. *Informal.* To move leisurely about an area in the hope of discovering something

“Dictionary.com”

On this note, we, The Cruising Awards Committee, introduce, to the Kingston Yacht Club, the following as criterion for the **Fort Frontenac Cruising Cup**, hereafter known as “The FFCC”.



The FFCC Award

This award will go to cruisers who complete all criteria, through a number of cruises, and over any amount of time, while in command (Captain / planner of the vessel, trip, and itinerary) or major participant (Helmsman) cruising Lake Ontario and the St Lawrence River. Since each member of the crew may do trips at different times and may also be on different vessels, each member should have their own log. The award goes to the individual, not the vessel.

Although there are required ports and / anchorages, this is intended to encourage cruisers to expand their horizons during their travels. Extra space has been provided to indicate other Ports, Bays, Islands and/or Anchorages that you visit. Both Sail and Power boaters are urged to fulfill the requirements for the FFCC and submit their names.

The Award will go to the persons who have completed the following:

Part A - One Overnight Passage (Minimum of 7 overnight hours)

Or - One Outside Passage (from Long Point to Cobourg or the other way)

Part B - Required Ports (A dock is considered a port)

Over time, you must land or anchor at ports, bays, islands, and/or anchorages overnight, totaling 40. To encourage traveling around Lake Ontario and the St Lawrence River, the Lake and the River have been divided into 6 regions, with requirements in each one. In each section, there are spots you must visit, while the remainder is left to the discretion of the cruiser. There is plenty of room in the log to enter all the required ports and anchorages plus others necessary to fill the criteria.

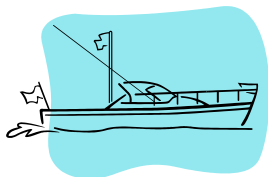
- Anchoring

If you choose to anchor, you must record your Latitude, Longitude, amount of time spent at each anchorage and a note as to the nearest point of land as a reference point.

Photos are also encouraged of any of your travels. They will make for good memories and they might accompany a great talk on "Speaker's Night."

Required Locations

Regions	Ports/Islands	Anchorage	Total
1. The Thousand Islands	5	6	11
2. Gananoque to Brockville	2	3	5
3. Kingston to the Murray Canal, Bay of Quinte	2	3	5
4. Presqu'île to Toronto	6		6
5. Toronto West to Oak Orchard	7		7
6. Rochester to Kingston	<u>5</u>	<u>1</u>	<u>6</u>
Totals	27	13	40



Good Luck

A copy of the Cruising Guide and the Ports Book
will be useful on your travels.
Available from Chandleries.



List of Reciprocal Clubs that you might like to visit

Alexander Yacht Club	Aquatic Park Sailing Club	Ashbridge's Bay Yacht Club
Bay of Quinte Yacht Club	Bluffers Park Yacht Club	Brockville Yacht Club
Bronte Harbour Yacht Club	Burlington Sailing and Boat Club	Cathedral Bluffs Yacht Club
CFB Trenton Yacht Club	Coburg Yacht Club	Collins Bay Yacht Club
Crescent Yacht Club	Dalhousie Yacht Club	Etobicoke Yacht Club
Fair Haven Yacht Club	Fifty Point Yacht Club	Frenchmen's Bay Yacht Club
Genesee Yacht Club	Grimsby Yacht Club	Harbour City Yacht Club
Henderson Harbor Yacht Club	Highland Yacht Club	Island Yacht Club
Island Yacht Club of Toronto	Ithaca Yacht Club	Lakeshore Yacht Club
Long Point Bay Yacht Club	Macassa Bay Yacht Club	Mimico Cruising Club
National Yacht Club	Newport Yacht Club	Niagara-on-the-Lake Sailing Club
Oak Orchard Yacht Club	Oakville Yacht Squadron	Olcott Yacht Club
Oshawa Yacht Club Inc.	Oswego Yacht Club	Pickering Yacht Club
Point Breeze Yacht Club	Port Credit Yacht Club	Port Hope Yacht Club
Presqu'ile Landing Yacht Club	Prince Edward Yacht Club	Pultneyville Yacht Club
Queen City Yacht Club	Rochester Yacht Club	Sodus Bay Yacht Club
The Boulevard Club Ltd	The Oakville Club	The Royal Canadian Yacht Club
The Royal Hamilton Yacht Club	The Royal St. Lawrence Yacht Club	Toronto Humber Yacht Club
Toronto Hydroplane and Sailing Club	Toronto Multihull Cruising Club	Toronto Sailing and Canoe Club
Trident Yacht Club	Tuscarora Yacht Club	Whitby Yacht Club
Willows Yacht Club	Wilson Yacht Club	Youngstown Yacht Club

The above is not a complete list of reciprocal Clubs but ones in the areas you might consider for your travels. For more details, on these and other Clubs, check with the KYC Office.

You are welcome to visit any Clubs or Marinas beyond the required ones.

List of Required Ports and Anchorages

Ports

- | | |
|--|----------|
| 1. Trident Yacht Club | Region 1 |
| 2. Clayton Yacht Club | Region 1 |
| 3. Stovin Island Dock | Region 2 |
| 4. Grenadier Island (west, center or east docks) | Region 2 |
| 5. Prince Edward Yacht Club or The Cruising Club | Region 3 |
| 6. Bay of Quinte Yacht Club (Belleville) | Region 3 |
| 7. Coburg Yacht Club or Marina | Region 4 |
| 8. Ashbridge's Bay Yacht Club | Region 4 |
| 9. Royal Hamilton Yacht Club | Region 5 |
| 10. Dalhousie Yacht Club | Region 5 |
| 11. Rochester Yacht Club | Region 6 |
| 12. Big Sodus Yacht Club | Region 6 |

Anchorages

- | | |
|---|----------|
| 1. Jemmett's Landing (Club Property) | Region 1 |
| 2. Beaurivage Area | Region 1 |
| 3. Hill Island (North East Bay – suggested) | Region 2 |
| 4. Big Island, Bay of Quinte | Region 3 |
| 5. Prinyer's Cove | Region 3 |

Don't let this restrict the places you go. Augment the list of required ports and anchorages with additional places in which you are interested.



Part A: - One Overnight Passage (Alternate to the Outside Passage)



Date and time
Started _____

Point of Departure _____

Date and Time
Finished _____

Point of Arrival _____

Weather
Beginning _____
End _____

Wind Direction and Speed
Beginning _____
End _____

Boats Sighted: _____

Occurrences during Voyage (Waypoints, meals, etc)

Comments and
Notations _____

Captain's Signature _____
Helmsman's Signature _____

Part A: - One Outside Passage (Alternate to Overnight Passage)

Date _____
Started _____
Finished _____

Weather
Beginning
Time _____
End
Time _____

Wind Direction and Speed

Beginning _____
End _____

Boats Sighted

Occurrences during Voyage (Waypoints, meals, etc)

Comments and
Notations _____

Captain's Signature _____
Helmsman's Signature _____



Required Ports, Bays, Islands and Anchorages

Region 1: The Thousand Islands

(You must stay at 5 Ports and/or Islands, plus 6 anchorages)
 These must be divided between the Admiralty Group, the Lake Fleet Islands and in/or around Wolfe Island. A trip into Gananoque for groceries or other supplies will be deemed as stop at that port. Note the Navy Group is listed under Section 2 Gananoque to Brockville.

Suggestions:

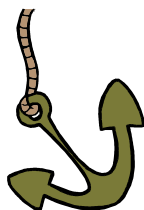
Ports: Cedar Island, Milton Island, the **Admiralty Group** - Aubrey, Mermaid, Beaurivage, McDonald, the **Lake Group** - Endymion Island, Camelot Island, Leek Island (Thwartway), Gananoque Marina, Clayton YC, etc.

Port	Date In	Date Out	Comments
1. Trident Yacht Club			
2. Clayton Yacht Club			
3.			
4.			
5.			
+			
+			
+			
+			
+			
+			

An excellent source, for information on places to go and how to get there, is the “Ports Book, a Cruising Guide to Lake Ontario and the Thousand Islands”. This is available in any Boating Shop.

Anchorage: Deathdealer Island, Barge Island, the Punts, Gig Island and Grindstone Island, etc. Please remember that Grindstone and the Clayton YC are in the USA and proper entering and leaving procedures must be followed.

Anchorage	Date In	Date Out	Comments
1. Jemmett's Landing			
2. Beurivage Island Area			
3.			
4.			
5.			
6.			
+			
+			
+			
+			
+			



Region 2: Gananoque to Brockville

(You must stay at 2 ports and 3 anchorages)

Suggestions:

Ports: Gananoque Marina, Rockport, Brockville Yacht Club, Heart Island (USA), Alexandria Bay, the **Navy Group** – Gordon Island, Mulcaster Island, etc.

Anchorage: Hill Island, Georgina Island, Constance Island, Grenadier Island East, West and Central, North of Downie Island, East side of North side Hickey Island, East shores of Stave and Hickey, etc.

Port	Date In	Date Out	Comments
1. Stovin Island Dock			
2. Grenadier Island			
+			
+			
+			
Anchorage			
1. Hill Island			
2.			
3.			
+			
+			

Please note that you might be traveling between Canada and the USA so be attentive to the border crossing regulations.

Region 3: Kingston to the Murray Canal
(Bay of Quinte)

(You must stay at 2 ports and 3 anchorages)

Suggestions:

Ports: Collins Bay Yacht Club, Prince Edward Yacht Club, Prince Edward Cruising Club, Bay of Quinte Yacht Club, Belleville Yacht Club, CFB Trenton Yacht Club, and the wall at either end of the Murray Canal.

Anchorage: Wrights Bay, Kerr Bay, Stella Bay, Prinyer’s Cove, Hay Bay and Ram Island, Grass Point off Forester’s Island, Big Bay, Navy Bay, Brown’s Bay, Deadman’s Bay. The last 3 are not too far from home port.

Port	Date In	Date Out	Comments
1.Prince Edward YC			
2.Bay of Quinte YC			
+			
+			
+			
Anchorage			
1. Big Island, Bay of Quinte			
2. Prinyer’s Cove			
3.			
+			
+			

Region 4: Presqu'ile to Toronto

(You must stay at 6 ports)

Suggestions: There are 6 required.

Ports: Brighton Yacht Club, Presqu'ile Point public wharf, Coburg Yacht Club (and the Marina next door), Port Hope Yacht Club, Newcastle Yacht Club, Wiggers or Port Darlington Marinas, Oshawa Yacht Club, Whitby Yacht Club, Frenchman's Bay Yacht Club, Pickering Yacht Club, Ashbridge's Bay Yacht Club, Toronto Hydroplane and Sailing Club, Bluffers Park Yacht Club, Scarborough Bluffs Yacht Club, Cathedral Bluffs Yacht Club, Highland Yacht Club. The following Clubs inside the Toronto Harbour can be used only this section. National Yacht Club, Alexandra Yacht Club, Island Yacht Club, The Royal Canadian Yacht Club, Queen City Yacht Club, Toronto Multihull Cruising Club, Aquatic Park Sailing Club.

Anchorage: Your choice

Port	Date In	Date Out	Comments
1. Cobourg YC			
2. Ashbridge's Bay YC			
3.			
4.			
5.			
6.			
+.			
Anchorage			
+			
+			
+			

Region 5: Toronto west to Oak Orchard

Suggestions: (You must stay at 7 ports)

Ports: Toronto Sailing and Canoe Club, The Boulevard Club, Toronto Humber Yacht Club, Etobicoke Yacht Club, Mimico Cruising Club, Lakeshore Yacht Club, Port Credit Yacht Club, The Oakville Yacht Squadron, Oakville Harbour Yacht Club, Oakville Club, Bronte Harbour Yacht Club, The Burlington Sailing and Boating Club, The Royal Hamilton Yacht Club, Macassa Bay Yacht Club, Fifty Point Marina, Newport Yacht Club, Dalhousie Yacht Club, Niagara-on-the-Lake Sailing Club, Youngstown Yacht Club, Wilson Yacht Club, Tuscarora Yacht Club, Olcott Yacht Club, Oak Orchard Yacht Club, Point Breeze Yacht Club

Anchorage: Port Credit, Hamilton Harbour, Tuscarora State Park (west side)

Port	Date In	Date Out	Comments
1. Royal Hamilton YC			
2. Dalhousie YC			
3.			
4.			
5.			
6.			
7.			
+			
Anchorage			
+			

Please note that you are traveling between Canada and the USA so be attentive to the border crossing regulations.

Region 6: Rochester to Kingston

(You must stay at 5 Ports and 1 anchorage)

Suggestions

Ports: Rochester Yacht Club, Genesee Yacht Club (Shumway Marine Store and West Marine are within walking distance), Pultneyville Yacht Club, Sodus Bay Yacht Club, Fairhaven Yacht Club, Oswego Yacht Club, Henderson Harbor Yacht Club, Navy Point Marine and Liberty Yachts in Sackets Harbor, Crescent Yacht Club, Chaumont Yacht Club, Cape Vincent Town Dock or the Fisheries, Waupoos Marina (and the Winery), etc.

Anchorage: Wemps Bay, Long Point Bay, Amherst Bay, Smith's Bay, Main Duck Island Schoolhouse Bay or any other the outside bays, though not as safe., Long Point Cove, Sodus Bay, Little Sodus Bay, Point Peninsula, Carleton Island, Simcoe Island, Horseshoe Bay, etc.

Port	Date In	Date Out	Comments
1. Rochester YC			
2. Big Sodus YC			
3.			
4.			
5.			
Anchorage			
1.			
+			
+			

Please note that you are traveling between Canada and the USA so be attentive to the border crossing regulations.

This space is here for you to use if you run out elsewhere in the log.

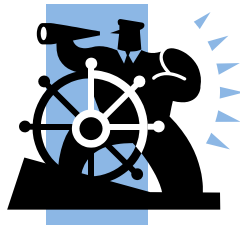
Destination	Date In	Date Out	Comments

Please submit your logbook to the Cruising Captain or member of the Cruising Awards Committee once completed.

NOTES

NOTES

Happy and Safe Cruising



I would like to take this opportunity to thank the Cruising Sailors Squadron from RCYC and the Cruising Awards Committee of KYC, for their assistance and inspiration in setting this up.

Sue Baker
Cruising Captain
2005