

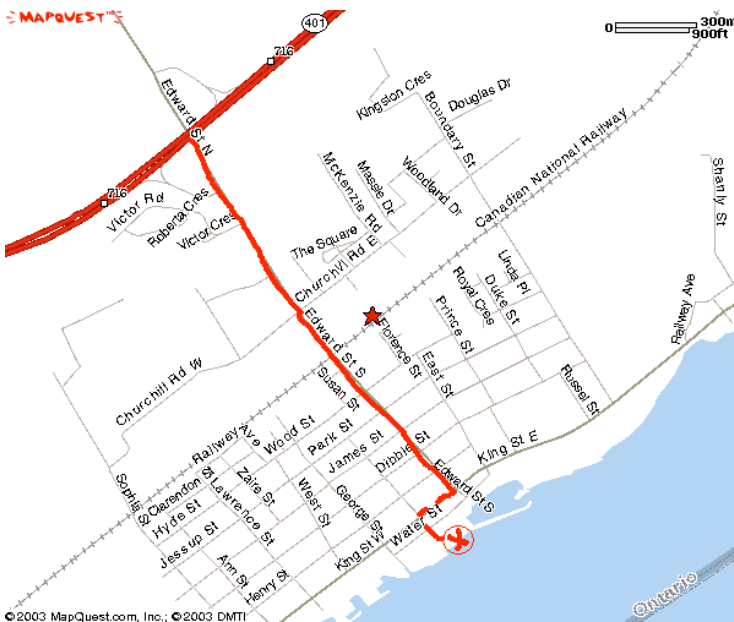
## How to get to the Helen C

- From West of Brockville, take the first Brockville exit #687 and head East on Hwy #2.
- Pass the old location of Abuc's scuba by the Petro Canada gas station and continue for 5 minutes until you come to St. Lawrence Park on your right hand side. (Right after Bayview Road and Bayview Street but before the 2 lanes turns into 1 lane)
- Turn in and follow the road past the parking lot, down to the loading and unloading zone down at the docks then park your vehicle across the road in the industrial area.

## Morrison's Quarry (30 minutes from Ottawa)

- From the Queensway, take the Nicholas/Mann exit
- Stay on Mann (Mann turns into King Edward)
- Take King Edward to the sign that says Hull, Quebec 5 (King Edward turns into the 5)
- Follow the 5 North towards Maniwaki
- Follow sign that says Lancaster/Wakefield to the right, and then turn left at the lights
- Follow the 105 North to Morrison's Quarry, located on the right hand side of the road (look for the white rock and the Great Canadian Bungee Jump tower)

Prescott Docks



Sentine Park

