



Events for 2008

All the Basics on CycleCanada Rides

When riding, you only carry what you need for the day — typically that means munchies, camera, on-the-road tool kit and a rain shell or other clothes for possible weather changes.

FOR MORE
INFORMATION
CONTACT
BUD JORGENSEN

MAIL
P. O. Box 310
Alliston, ON
L9R 1V6

VOICE
705-434-1100
800-214-7798

FAX
705-434-1101
888-814-2982

WEB
www.
CycleCanada.com

E-MAIL
sweep@
CycleCanada.com

CROSS-COUNTRY TRIPS: Tour du Canada and The Crossing have unique arrangements because of the length and intensity of those rides. Specific practices and policies apply to Tour du Canada and The Crossing and anyone interested in either of those events should contact us for details.

CYCLECANADA SUPPORTED TRIPS: Tour Pacific and Cabot Trail are mainly camping. Accommodation is indoor on other CycleCanada rides. Tour Pacific begins in Fort Langley with a half-day orientation session and accommodation on the night of the orientation session is included. Tour Pacific ends in Calgary. Tour Atlantic begins with an orientation in Halifax on the evening before the first riding day and accommodation that night is included. Tour Atlantic is a two-week trip ending in Halifax but riders may do a Halifax-Moncton segment or a Moncton-Halifax segment. The BiQue Ride begins in Toronto on the first riding day and ends in Montreal. A return bus trip from Montreal is optional. Voyageur Route begins in Ottawa with accommodation on the night before the first riding day. Voyageur Route ends in Quebec City. Cabot Trail begins with a late-morning orientation in Baddeck and a half-day ride. On the final riding day of Cabot Trail, accommodation is indoor at Baddeck. Fall Colours begins on the first riding day from Alliston and ends in Niagara Falls.

SELF-GUIDED RIDES: Riders need to carry clothing they will need for the duration of those trips. Suggested overnight stays are in locations where they can rely on local amenities for breakfast and dinner.

LODGING AND TRAVEL: On camping trips, riders bring their own bedrolls and tents. If you do not have a tent, we have tents that can be rented for the duration of a trip. Riders are on their own for travel arrangements to reach an assembly point. Where a ride begins with transport from an assembly point to the start point for riding, accommodation on that night is included. Where transport by bus or train is arranged, bike transport is included. On supported trips, we provide accommodation on the night of the final riding day.

MEALS: On camping trips, breakfasts and dinners are provided on riding days, including the final riding day. Our staff prepare meals from our mobile galley except that Tour du Canada riders share in galley duty. Meal plans stress a high-carbohydrate diet that active people need. We make every effort to accommodate vegetarians. Riders should bring a mess kit. On camping trips, riders are on their own for lunches and for dinners on rest days. Tour du Canada and The Crossing are special situations. On indoor trips, we provide breakfasts on most riding days and riders are on their own for lunches and dinners, except that we provide one group dinner during the ride.

LUGGAGE AND BIKE BOXES: Sports bags instead of standard luggage are recommended for longer trips. We cannot carry hard-shell bike boxes but we will transport bike boxes that fold flat. Please travel light!

THE ORGANIZERS: CycleCanada events and Tour du Canada are organized by Cycle Canada, The Veloforce Corporation, which is owned by Bud Jorgensen. He is a long-time recreational cyclist and founder of Tour du Canada. Our off-season base is at Alliston, Ontario, which is about midway between Toronto and vacation destinations along Georgian Bay.