



## ***Discover Your Routes® in 2010***

### **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.

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**CROSS-COUNTRY TRIP:** Tour du Canada has unique arrangements because of the length and intensity of the ride. Specific practices and policies apply to Tour du Canada. Please contact us for details.

**CYCLECANADA SUPPORTED TRIPS:** Tour Arctic, Tour Atlantic, Tour Pacific, Cabot Trail and Icefields Parkway are mainly camping but there is a Tour Pacific indoor option. Accommodation is indoor on other CycleCanada rides. Tour Arctic begins in Vancouver with a half-day orientation and indoor accommodation on the night of the orientation is included. Tour Arctic ends in Inuvik with a wrap-up dinner and indoor accommodation that night is included. Tour Atlantic begins in Halifax with a half-day orientation and indoor accommodation on the night of the orientation is included. Tour Atlantic ends in Baddeck with a wrap-up dinner and accommodation that night is included. Tour Pacific begins in Fort Langley with a half-day orientation session and camping accommodation on the night of the orientation session is included. Tour Pacific ends in Calgary with a wrap-up dinner and accommodation that night is included. Cabot Trail is a segment of Tour Atlantic that begins in Charlottetown and ends in Baddeck with Tour Atlantic. Icefields Parkway is a segment of Tour Pacific that begins in Jasper and ends in Calgary with Tour Pacific. Other Cycle Canada trips are one-week events and accommodation is included. The BiQue Ride begins in Toronto on the first riding day and ends in Montreal. A return bus trip from Montreal is optional. The By-Cycle Ride begins in Toronto with accommodation on the night before the first riding day. The By-Cycle Ride ends in Ottawa. A return train ride from Ottawa is optional. Fall Colours begins in Alliston on the first riding day and ends in Niagara Falls. Voyageur Route begins in Ottawa with accommodation on the night before the first riding day. Voyageur Route ends in Quebec City.

**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 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. 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 meals on rest days. Tour du Canada is a special situation. 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.