



## Tour TransCanada



### The Tour TransCanada Package

- Pre-booked accommodation.
- 31 nights indoor (double accommodation with some nights single) at university summer hotels, 3-star hotels and motels. Includes overnight ferry ride to Newfoundland with double cabin accommodation.
- 43 nights camping at locations with showers and electricity. Many have Wi-Fi access.
- Dinners and hot breakfast prepared by our staff or catered on riding days, except for the night before a rest day. Additional breakfasts on rest days where included in rooms.
- Snacks and fruit to carry during the day.
- Trip preparation and training guide
- Support vehicle for luggage service equipped with tool kit, work stand, coffee/tea maker, fridge, floor pump and electrical outlets.
- Daily route sheets with maps to scale.
- Tour jersey.
- CycleCanada water bottle.
- Safety triangle to wear while riding.
- Rest day tourism information, en route rider guide with bike shop information and more.
- Farewell group meal in St. John's and final night accommodation. We stay at a hotel with spectacular views of the harbour.

### The Ride

Over 10 weeks, cyclists cross Canada from Vancouver to St. John's, through all 10 provinces.

Orientation day	1
Riding days	61
Rest days	11
Total distance	7,525 kilometres / 4,645 miles
Daily averages	
Vancouver - St. John's	123 km / 76 mi.
Vancouver - Banff	100 km / 62 mi.
Banff - St. John's	128 km / 79 mi.
Longest day	172 km / 106 mi.
Group size	up to 16

Rest days on **Tour TransCanada** are in major centres with two nights indoor accommodation.

Days off are in Kelowna, Calgary, Regina, Winnipeg, Thunder Bay, Sault Saint Marie, Toronto, Ottawa, Quebec City, Fredericton and Charlottetown. Indoor stays in some other locations, including Montreal.

### Do You Ride for a Cause?

For some, the dream of riding across Canada includes making a statement about causes that are close to their hearts. On **Tour TransCanada** we support those goals. Contact us about our fundraising/sponsorship option.

### Can't Get 10 Weeks Off?

Join us for shorter periods and ride part way!  
Call for details on segment rides across Canada.

**We have scheduled the next Tour TransCanada for 2017 (Canada's 150<sup>th</sup> year). Call for details.**

**Dates in 2017: June 13 to August 25**

**Fees (CAD funds): TBA**

Fees subject to federal and provincial sales taxes (GST/HST)

## ***Tour TransCanada***

### **Tour TransCanada on the Road**

The ***Tour TransCanada*** route is planned for paved roads. We stay away from the Trans-Canada Highway and other busy arteries where we can. Between Vancouver and St. John's it's not always possible to avoid high-traffic roads. But we do look for roads that will give riders a unique view of all 10 Canadian provinces. Rest days are in major cities.

From Vancouver we follow the Fraser River and take the Hope-Princeton route through Manning Park to go over the Coast Mountains. In the B.C. Interior we go north along the Okanagan Lakes to Kelowna.

At the north end of the Okanagan district we head west to Rogers Pass in the Selkirk Mountains and Kicking Horse Pass in the Rockies to get to Alberta. Past Calgary we're north of the TransCanada Highway to Regina, then mainly north of the TransCanada again to Winnipeg, and again to the Manitoba-Ontario boundary.

To Kenora there is only one road and then we go south through Fort Frances to reach Thunder Bay. Around Lake Superior we follow Route 17 through Sault Ste. Marie and then go south to Manitoulan Island.

After a ferry crossing to Tobermory, we are on local roads in southern Ontario to go through Toronto and then on to Ottawa. We follow the Ottawa and St. Lawrence Rivers through Montreal and Quebec City. Then it's an overland route to reach the Saint John River valley in New Brunswick.

Past Fredericton, we go overland to Moncton and on to the Acadian Coast. Our route takes Confederation Bridge onto Prince Edward Island and we go through Charlottetown to get to the ferry to Nova Scotia. We go through Cape Breton to reach the ferry dock and a ship that takes us to Newfoundland.

In St. John's the ride concludes with a climb up Signal Hill.

### **What to Bring**

- A bike in good working order, of course, and enthusiasm!
  - A tent, sleeping roll and sleeping mat. (We have rental tents if you need one.)
  - A mess kit for meals at campgrounds.
  - A helmet, water bottle, sunscreen, and a rain shell in case of inclement weather.
  - Casual clothes for après bike wear, including a sweatshirt or sweater for cool mornings or evenings.
  - Don't forget a basic tool kit, in case you have a flat or other minor mechanical problem.
  - Cash for meals and for goodies at tea shops.
- (**Note:** Weather conditions can vary a lot on a cross-continent bike trip, especially at higher elevations and in coastal regions. We have a detailed tip sheet on how/what to pack.)

### **Can I do it?**

A common question is how fit or athletic must you be to begin the Tour. In contemplating a cross-continent bike tour, a mental toughness is as important as physical toughness.

A fit person is capable of doing this trip but you will need discipline to do the necessary training and a determination to keep going on days when riding conditions are less than ideal.

Participants should log a minimum of 2,000 kilometres between early March and mid-June. In contemplating a cross-Canada bike trip, be prepared for a rigorous schedule.

### ***The Cycle Canada Advantage***

Cycle Canada has been staging supported tours across Canada since 1988.

Being part of a group provides individuals with the confidence and resources to meet their goals and makes possible a trip that many would not contemplate on their own.