

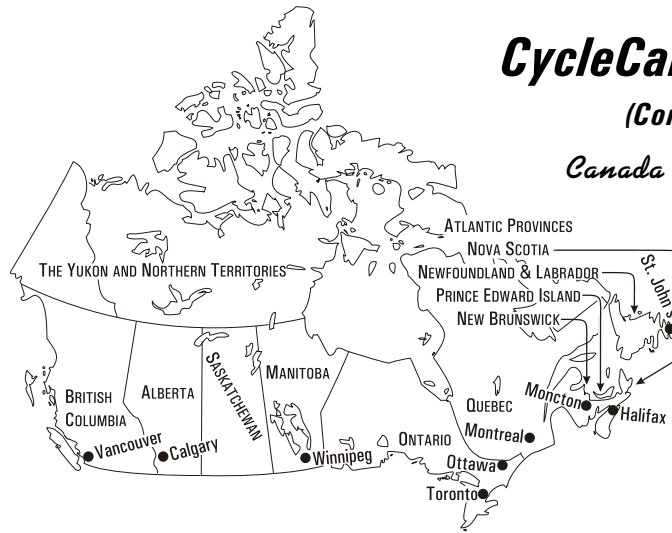


CycleCanada® Guide

(Condensed Version)

Canada offers some of the finest cycling routes in the world. The scenery is spectacular and local residents are very welcoming to visitors. This sheet is designed to give you a few of the basics on cycling conditions across the country.

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Terrain

Cyclists encounter seven broad geographic features across the country — mountains, plains, the Canadian shield, glacial basins, coastal fjords, tidal basins and Arctic tundra.

Mountain roads in the West are generally more bike-friendly than those in the Laurentian and Appalachian chains in the east.

The plains are sparsely populated with less traffic in rural areas. But it can seem like a long way between towns.

The Canadian shield is a vast rocky region north of the Great Lakes. Granite cliffs make this hilly area challenging for cyclists.

Glacial lakes once covered much of

southern Ontario and Quebec. It's a rich farming area laced with rural roads that provide superb cycling routes. In this region you'll encounter drumlins — glacial tails of gravel that can mean short, steep hills.

Fjords are on both coasts and this can mean challenging cycling. The waters end at rocky coasts, often with cliffs rising straight out of the sea. Three huge tidal basins offer fine cycling — the Fraser River delta in B.C., the south shore of the Gulf of St. Lawrence and shores of the Bay of Fundy.

Tundra regions can be reached by bike through the Yukon but riding is challenging.

Roads

Cyclists usually like to stay on secondary roads where there is less traffic. But in some parts of Canada there is little choice. Through mountain passes in the West and around the north shore of Lake Superior, cyclists share the road with motorized traffic.

You will find good shoulders on most routes in the West. Manitoba, Ontario and Quebec used to be bad but they now build shoulders into new paving projects. In the Atlantic provinces cyclists will find good

paved shoulders on most busy roads.

Farm areas often have roads that are excellent cycling routes. Paving is extensive in many farm areas, especially in the Atlantic region, southern Ontario and the Lower Mainland of B.C.

Bike paths have been provided in many cities. These routes often are most useful to cyclists in larger cities, especially Toronto, Ottawa and Montreal. But people on bikes have to share these paths with pedestrians, dog-walkers and roller-bladers.

Maps

Provincial road maps are a basic resource. Map-Art has excellent maps for all Canadian provinces, as well as a Canada map CD. In Ontario, the government's Transportation

Map Series colour codes paved roads. The Rand McNally Ontario Atlas reproduces this series. In Quebec, maps by Cartotek Geo identify paved roads.



May The Wind Be Always At Your Back

If you travel from west to east, you're more likely to get tail winds. Prevailing winds are westerlies. The odds of a westerly tailwind are higher in British Columbia and from Ontario east. On the Prairies, you often have adverse winds that result from big weather systems over vast areas on the central plains of the continent.



You'll note from the chart that you're guaranteed about 8 hours of sunshine on an average summer day — lots of time for a long bike ride. Remember, though, the numbers are averages and conditions vary in the regions.



In coastal areas, you're more likely to get drizzle, with intermittent showers during the day and overnight rain. In central regions, rain often comes in the form of a late-afternoon thunderstorm.



Generally, temperatures will stay closer to the averages on ocean coasts. But it will feel colder if it's raining.



In central sections, you can get spells of very hot days or unseasonably cool periods. Around the Great Lakes, hot spells often come with high humidity.



As a rough rule, you'll have better weather for cycling by being on the road early in the day. Generally, the odds are higher in late afternoon for cyclists to encounter rain or adverse winds. And it will be hotter.

Weather Basics (40-Year Averages)

		TEMPERATURE				SUN Av. Daily Hours	RAIN # of Days	RAINFALL	
		Afternoon High		Overnight Low				Monthly Average	
		Cel.	Fht.	Cel.	Fht.			Cm.	In.
Vancouver	May	16	61	8	46	7.7	12	6.2	2.4
	June	19	67	11	52	8.1	10	4.6	1.8
	July	22	71	13	55	9.5	7	3.6	1.4
	August	22	71	13	55	8.5	7	3.8	1.5
Calgary	May	16	62	3	37	8.3	10	4.4	1.7
	June	21	69	7	45	9.5	13	7.7	3.0
	July	23	74	10	49	10.3	12	7.0	2.8
	August	23	73	9	47	9.2	10	4.9	1.9
Winnipeg	May	19	65	5	40	8.9	9	5.8	2.3
	June	23	74	10	51	9.7	12	8.4	3.3
	July	26	79	13	56	10.4	11	7.2	2.8
	August	25	77	12	53	9.2	11	7.5	3.0
Toronto	May	18	65	9	49	7.4	12	6.8	2.7
	June	24	74	14	58	8.5	11	6.7	2.6
	July	27	80	18	64	9.0	10	7.1	2.8
	August	25	78	17	62	7.9	10	8.3	3.3
Ottawa	May	19	65	7	45	7.5	13	7.6	3.0
	June	24	74	13	55	8.4	13	8.4	3.3
	July	26	80	15	60	9.0	12	8.7	3.4
	August	25	76	14	57	7.8	12	8.8	3.5
Montreal	May	19	65	7	45	7.6	13	6.7	2.6
	June	23	74	13	55	8.2	13	8.3	3.3
	July	26	79	15	60	8.9	12	8.6	3.4
	August	25	76	14	57	7.8	13	10.0	4.0
Moncton	May	16	60	4	38	6.5	14	8.6	3.4
	June	21	70	9	48	7.6	13	9.3	3.7
	July	24	76	13	55	8.0	13	10.3	4.0
	August	24	74	12	53	7.5	12	8.1	3.2
Halifax	May	13	56	4	40	6.4	14	10.2	4.0
	June	18	65	9	49	7.2	12	10.4	4.1
	July	22	71	13	56	7.2	11	9.8	3.9
	August	22	72	14	57	7.2	11	10.3	4.0
St. John's	May	11	51	2	36	5.2	13	9.9	3.9
	June	16	61	6	44	6.1	13	9.2	3.6
	July	21	69	11	52	7.3	13	7.8	3.1
	August	20	67	11	52	6.2	14	11.4	4.5
	September	16	60	8	46	4.8	14	11.7	4.6

CYCLECANADA EVENTS

Tour Arctic

Vancouver - Inuvik

Tour Atlantic

Halifax - Baddeck

Tour Pacific

Vancouver - Calgary

The BiQue Ride

Toronto - Montreal

The By-Cycle Ride

Toronto - Ottawa

Cabot Trail

P.E.I. - Cape Breton

Icefields Parkway

Jasper - Calgary

Fall Colours

Alliston - Niagara

Voyageur Route

Ottawa - Quebec City

Southern Ontario

Century Ride

Early season Warm-up



Cycle Canada
is organizer of
Tour du Canada