



CycleCanada Events Tour du Canada 2021



RATING THE RIDES

General Comment 'How fit must I be' is a common question. Our trips are designed to suit fitness levels of typical recreational cyclists. We assume that participants are weekend riders who enjoy regular exercise. Extra training is needed for longer rides and we provide participants with a suggested training schedule. Our rides are designed for good cycling on public roads, although cross-Canada trips go through sections of the country where choice of routes is limited and Tour Arctic includes the unpaved Dempster Highway. Route selection is based on the uniqueness of the scenery or the local culture or both. Generally, our trips are aimed at cyclists who are comfortable with rides of 80 kilometres (50 miles) or more. Much of the toughness that is needed for any physical endeavor is mental, not physical. Cyclists need the determination to do the distance and the perseverance to ride on when weather conditions are less than ideal.

- Challenge Level 3.5 to 4.0** Cyclists encounter the full range of cycling conditions. Terrain includes tough hilly sections. There may be days of 160 kilometres (100 mi.) or more and those days may include steep hilly sections.
- Challenge Level 2.0 to 3.0** Terrain may be challenging. Daily distances will be shorter in very hilly sections but there may be some long riding days. Sections of the route can be remote with limited or no services along the way.
- Challenge Level 0.5 to 1.5** Terrain ranges from mainly gentle to moderately challenging. Distances are designed to be achievable by recreational riders and you will find many local amenities in towns and villages along the routes.

Event – Dates	Challenge Level	Total Distance		Daily Average		Longest Day		Trip Days		Meals		Lodging	
		Km	Mi.	Km	Mi.	Km	Mi.	Ride	Rest	B	D	Tent	Indoor
<i>Tour du Canada</i> – June 23 to September 3	4.0	7,640	4,715	127	79	174	108	60	11	70	72	63	10
<i>Tour Arctic</i>													
Vancouver Start – June 27 to August 2	4.0	3,290	2,030	113	70	166	103	30	6	32	30	26	11
Prince Rupert Start – July 4 to August 2	4.0	2,845	1,760	119	73	166	103	25	4	24	23	21	8
<i>Tour Pacific</i> – July 27 to August 11	3.5	1,345	830	103	64	155	96	13	2	12	8	7	9
<i>Tour Gaspé</i> – August 20 to September 2	3.0	1,020	630	102	63	127	79	10	2	11	7	7	7
<i>The BiQue Ride</i> – August 7 to August 14	1.5	630	390	106	64	124	76	6	1	8	1		8
<i>P'tit Train du Nord</i> – August 24 to September 1	1.5	600	370	85	53	103	64	7	1	8	1		9
<i>Tour Vert</i> – August 16 to August 21	1.0	460	285	91	55	115	71	5		5	1		6
<i>Tour du Canada Century Ride</i> – May 29-30		Choice of metric or Imperial centuries						2		1	1		1
<i>Tour du Canada Time Trial</i> – June 6		15-kilometre timed race, citizens event											

Information about events should be read in conjunction with the Cycle Canada and Tour du Canada statements of Practices and Policies for events in 2021. Fees are subject to federal Goods and Services Tax (GST) and Harmonized Sales Tax (HST), which includes GST and provincial tax.

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