



CycleCanada Events Tour du Canada 2019



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		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 19 to Aug. 30	4.0	7,645	4,720	127	79	174	107	60	11	70	72	63	10
<i>Tour Arctic 2020</i> – June 27 to Aug. 2	4.0	3,290	2,030	110	68	166	103	30	6	32	30	26	11
<i>Dempster Highway 2019</i> – July 6 to July 22	4.0	1,460	905	104	64	156	96	14	2	15	13	14	3
<i>Haida Gwaii</i> – June 13 to June 24	2.5	655	405	82	51	103	63	8	1	9	3		12
<i>Tour Pacific</i> – June 26 to July 11	3.5	1,345	830	103	64	153	94	13	2	12	2		16
<i>Cabot Trail</i> – Aug. 18 to Aug. 25	3.0	440	270	73	45	90	56	6	1	6	1		8
<i>The BiQue Ride</i> – July 21 to July 27	2.0	675	420	112	69	122	75	6	1	7	1		7
<i>Tour Vert</i> – Aug. 4 to Aug. 9	1.5	455	280	90	56	115	71	5		5	1		6
<i>Tour du Canada Century Ride</i> – May 25-26		Choice of metric or Imperial centuries						2		1	1		1
<i>Tour du Canada Time Trial</i> – June 2		15-kilometre timed race, citizens event											

Information about events should be read in conjunction with the current version of Cycle Canada and Tour du Canada statements of Practices and Policies for events in 2019. Fees are subject to federal Goods and Services Tax (GST) and Harmonized Sales Tax (HST), which includes GST and provincial tax.