



# CYCLING HOLIDAYS IN CANADA

## **PRINCE EDWARD ISLAND - CYCLING HOLIDAYS ON THE EAST COAST** 6-day / 5-night easy to moderate inn-to-inn self-guided cycling



**Departs:** Daily on demand – all year round (book early for July/August) – ask for latest details

This part of north-eastern Canada, Prince Edward Island is spectacular at all times of the year. With its tranquil rural farmland, wild coastline and picturesque fishing villages it is one of Canada's national treasures, one of its smallest provinces. It is also known to many as the setting for *Anne of Green Gables*.

Prince Edward Island is affectionately known as The Million Acre Farm, and this cycling tour will have you cycling through a riot of color with verdant farmland, woods and pastures stretching to scarlet cliffs and bays and azure blue waters of the North Atlantic Ocean.

Every night is spent at a fabulous country inn, and you'll feast on all the famously fresh Prince Edward Island foods: potatoes, strawberries, and lots of fresh seafood!

Your cycling starts in Cape North and winds its way through Malpeque Bay and past the Bay of St. Lawrence, to the most easterly point of the Prince Edward Island. On the way, you'll pass many lovely villages, including Cavendish, North Rustico, Brackley Beach and Stanhope. This tour appeals to all levels of cyclist with a mostly flat terrain - the island's highest point is only 120m above sea level.

Beginning in Charlottetown with a short test ride through the residential and historic sections of the Island's capital. Typically, you'll head to southeastern Prince Edward Island for two nights at a bed & breakfast with a fiddle maker as your host. Then cycle the beautiful, quiet and flat coast past small fishing villages and Prince Edward Island's only winery.

Stay two nights in Montague overlooking the river and marina, visiting one of Prince Edward Island's most picturesque destinations, Panmure Island. An optional seal watching boat tour is highly recommended. Then, cycle inland to St Peter's and the wonderful dune system at Greenwich National Park. During your two nights stay in St Peter's you'll ride Prince Edward Island's beautiful north shore before returning to Charlottetown via the best of the Confederation Trail.

Our tours offer flexibility and convenience. Stop, eat and cycle when and where you wish. Enjoy the freedom of having your luggage sent ahead and of not worrying about breakdowns, of the well-planned routes, meals near your accommodation, carefully select B&Bs and Inns and professional equipment.

**FOR RESERVATIONS CALL OUTDOOR TRAVEL on 1800 331 582**

## **Suggested itinerary:**

### **Day 1: (35km – easy cycling)**

A 9 am pick up will have you in our van and quickly outbound from Halifax to Cape North, PEI and the start of your tour. Once at the lighthouse, we'll adjust your bikes, and before you can say: Bob's your uncle, you'll have found the perfect cadence for a delightful, peaceful afternoon jaunt. This lovely ride along the gorgeous coastline will truly be a harbinger of delight, and the start of a glorious week touring a gentle countryside that will touch your heart easily and often. You'll arrive at your inn early, and have ample opportunity to settle in before dinner. Overnight in Northport.

### **Day 2: (84km, easy to moderate)**

Today's ride flows along the rolling farmlands and picturesque fishing villages of Prince Edward Island's North Cape Coastal drive, home to some of the island's largest potato farms. The humble potato loves the island's rich, red clay soil, so you'll see verdant potato farms everywhere, and they're really quite lovely. But not to be outdone, keep an eye out for oyster fishermen and women working their nets in the island's rivers. Prince Edward Island may be the smallest province in the world's second largest country, but its bounty from land and sea is both famous and prized throughout the culinary world, from New York to Tokyo. Overnight in Summerside

### **Day 3: (58km, easy to moderate)**

After a wonderful breakfast, you'll head north out of Summerside towards Malpeque Bay and the Gulf of St. Lawrence. The blue slate of water will be punctuated with colourful fishing boats that are busy catching your dinner for the evening. Your destination is Cavendish — a humble hamlet of less than 100 souls — that nonetheless inspires pilgrimages throughout the world, especially among the Japanese. After your ride, we think a swim is in order, for the beaches here are washed by the Gulf Stream, and it's quite refreshing. Another delicious dinner will be your reward for the day's pedal, but with such fresh ingredients, don't plan on losing any weight this week. Overnight in Cavendish

### **Day 4: (33km, easy)**

Today's gentle spin takes you into the National Park, and you'll soon be riding along the fabulous red sand cliffs of Orby Head and Cape Turner — it's just a lovely, lovely ride So don't rush; and you'll have time to take many many photos as you move on toward North Rustico and then Brackley Beach, your home for the night. Today's ride is purposefully short, so you can spend the afternoon at Brackley, which is just a hop, skip, and a jump from your inn. Locals will tell you this is eastern Canada's best beach. Overnight at Stanhope.

### **Day 5: (68km, easy)**

Your ride today will take you to St. Peters Bay— and part of the journey can be along the secluded Confederation Trail, where the only traffic you might encounter might be a long-legged heron or an inquisitive squirrel or otter. The ride's tranquility will be extended into the evening hours, for your award winning inn tonight is also a place of peacefulness and beauty. Overnight at St. Peter's.

### **Day 6: (56km, easy)**

You'll make an early start today en route to the East Point Lighthouse completing your *lighthouse-to-lighthouse* journey. You'll be a little sad that you can't spend the rest of the summer in Prince Edward Island, so this afternoon's leisurely picnic will be bittersweet, like so much of life. But after we load your trusty steeds in the van, you're sure to find a bevy of smiles, and laughter, and warm memories that will make the return trip to Nova Scotia a special time.

Cost Includes: Bicycle rental & outfitting (bikes equipped with rear carrier & bungee cord, souvenir water bottle & cage, helmet and a lock). 5-nights of accommodation in Island inns and bed & breakfasts (rooms are equipped with private bath. All breakfasts. Luggage transfers. Detailed route cards & highlighted maps, emergency road repair service & all taxes. Our multi-gear bikes are made for comfort with a suspension seat post to reduce shock and eliminate vibration on trails or imperfect roads. The height adjustable handlebar post allows you optimum comfort and flexibility.

## **Contact OUTDOOR TRAVEL or your travel agent for more details, brochures and reservations**

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