

# HALIFAX AND FUNDY SHORES MAY 2019

A multi-day self-supported bike tour starting and ending in Halifax Nova Scotia. We will cycle an average of 72 km per day through historic Nova Scotia visiting a UNESCO World Heritage site and some of the earliest European settlements in Canada. Fantastic panoramas as we ride along the Bay of Fundy shore and view the highest tides in Canada and the famous ‘tidal bore’.

View the maps on Elbow Valley Ride With GPS. Link supplied

<https://ridewithgps.com/events/70849-halifax-central-ns-bay-of-fundy>

We will enjoy overnighting at local BnB's, cottages and hotels, but riders must be prepared to carry luggage between stops. So get out those panniers! No SAG Wagon.

Cycling at this time of the year comes with the added benefit of reduced rates for accommodations. Also, less tourist traffic, so the roads are much quieter than during the summer season. Nova Scotia is actively pursuing cycle tourists and building rail trails, but riders should be comfortable sharing the road with other traffic.

This is a “credit card trip” so everyone will pay as we go. The estimated total cost including airfare is estimated to be CAD \$2900. (table 2)

Riders must have a well maintained bike; rear and front lights on bike in case of fog or poor visibility; panniers to carry necessary items such clothing, toiletries, tools, rain gear and occasionally food for lunch. A cell phone is not necessary but would be useful.

Every participant is encouraged to contribute to the planning. If you are interested contact the Ride coordinators

## ITINERARY

### **Day 1 Tuesday, May 14**

Arrive in Halifax, get to the residence building. Howe Hall (6230 Coburg Road, Halifax)  
Check in after 3 pm. Check out 10:30 am. Put bikes back together.

### **Day 2 Wednesday, May 15**

Find a spot for breakfast. Socialize.  
Tune bikes. Complete necessary shopping. Maybe see some of Halifax.

### **Day 3 Thursday, May 16: 47 Km; +478 m**

Check out of Howe Hall. Check out 10:30 am. Breakfast.  
We will ride through the city and then along NS 333 to Peggy's Cove.

- *See the lighthouse at Peggy's Cove.*
- *There is a restaurant at Peggy's Cove.*
- *Send a Postcard from the post office.*

### **Day 4 Friday, May 17: 68 Km; +556 m**

Ride to Chester along Peggy's Cove Rd.; NS Hwy 3; and Rail Trail

- *Hubbards Trellis Cafe*

### **Day 5 Saturday, May 18: 70 Km; +508 m *\*\*Long Weekend***

Leave Chester using the Chester Connection Rail Trail. Travel along the coast through Mahone Bay and to Lunenburg for Lunch. The Bicycle Lunchbox has been recommended. After lunch continue along NS 332 to the Lahave- East Lahave Ferry. Cross to the other shore and stop at the bakery. After snack continue along NS 331 and Pence Rd.

- *Confirm rail trail availability and conditions.*
- *Lunenburg dockside – UNESCO World Heritage Site. One of three in Nova Scotia.*

**Day 6 Sunday, May 19: 69 Km; +486 m *\*\*Long Weekend***

Travel through Bridgewater and on toward Kejikumik Nat'l Park.

- *Locals indicate that Hwy 8 is suitable for cycling.*

**Day 7 Monday, May 20: 67 km; +724 m *\*\*Long Weekend***

After breakfast at BnB, travel along NS HWY 8 to Virginia Road where we turn left onto backroads as we wind our way towards Digby.

- *Lansdowne road is paved*
- *Lots of food options in Digby.*

**Day 8 Tuesday, May 21: 69 km; +600 m**

Head SW from Digby along the Digby Necks Scenic Dr. / NS 217 There are two ferry trips. The ferries operate on the half hour.

- *Hike to NS Highest waterfall*
- *Balancing rock*
- *Birds, views, whales*
- *First person to sail around the world solo.*

**Day 9 Wednesday, May 22: 69 km; +693 m**

Return to Digby. Use same accommodations as the previous stay.

**Day 10 Thursday, May 23: 77 km; +517 m**

Leave Digby and ride mostly along Hwy 1A to Bridgetown.

- *Fort Anne, Annapolis Royal*
- *Port Royal Nat'l Historic Site*
- *N.A. only Tidal Power Generating Stn.*

**Day 11 Friday, May 24: 87 Km; +387 m**

Ride from Bridgetown to Wolfville. We will have 2 overnights in Wolfville at Acadia University Residences. This is one of the longer riding days but the elevation gain is low. There are many backroad options in this area.

**Day 12 Saturday, May 25: 91 Km; +1043 m.**

Many options for day rides in this area. Can also be a rest day / laundry day? Shorter ride options too.

- *Acadia U. art gallery. (if open)*
- *Waterfront; views of Minas Basin and Cape Blomidon*
- *Relax, doesn't have to be only about the cycling; Watch the tide*
- *Shopping – relaxes tired muscles.....for some!*
- *There is opportunity for a scenic ride to Cape Blomidon and back. 90 – 100 km*

**Day 13 Sunday, May 26: 45 Km; +378 m**

Leave Wolfville and travel to Windsor. Along the way we will visit Grand Pre Historic Site.

- *Grand Pre Nat'l Historic site.*
- *Fort Edward Nat'l Historic site. Oldest 18<sup>th</sup> century blockhouse in N.A.*
- *Pumpkin growing heaven!*
- *Restaurants in Windsor*

**Day 14 Monday, May 27: 78 Km; +736 m**

We will travel along NS Hwy 14 and Hwy 236 to the Shubenacadie River Valley staying overnight in Urbania. We should arrive in time to see the tidal bore. There is also the possibility of riding the bore in rafts, looks exciting.

- *Chalet sleeps 11.*
- *Food is not available unless we all agree to dine together. (restaurant closed at this time of year) other options cook / pizza / pick up food along the way?*

**Day 15 Tuesday, May 28: 78 Km; +736 m Headin' home**

Today we travel along backroads toward Dartmouth where we will use quiet streets and pathways to reach the harbour. Then we take a ferry across the harbour and ride the few blocks uphill and back to our Dalhousie U. residence (Howe Hall)

- See the harbour, bridges, islands and waterfront up close.
- Wind up dinner today or next day – time will be a factor
- Retrieve bike boxes – Pack bikes depending on departure date and time.

**Day 16 Wednesday, May 29 - It's a wrap!**

Check out by 10:30 and get to airport if travelling today.

Otherwise we pack bikes. Sight see. Make sure were ready to fly or drive home.

**Day 17 Thursday, May 30 - optional**

Check out by 10:30 and get to airport if travelling today.

**Table 1: ITINERARY**

DATE	DAY	LOCATION	Dist. km	Elev. + m
14-May	1	Calgary to Halifax	0	0
15-May	2	Put bikes together; site see	0	0
16-May	3	Halifax to Indian Harbour	47	478
17-May	4	Indian Harbour to Chester	68	556
18-May	5	Chester to Bridgewater	70	508
19-May	6	Bridgewater to "Kejimkujik"	69	486
20-May	7	Kejimkujik to Digby	67	715
21-May	8	Digby to Westport	69	600
22-May	9	Westport to Digby	69	600
23-May	10	Digby to Bridgetown	77	517
24-May	11	Bridgetown to Wolfeville	87	387
25-May	12	Wolfeville (optional)	91	1043
26-May	13	Wolfeville to Windsor	45	378
27-May	14	Windsor to Urbania	78	736
28-May	15	Urbania to Halifax	78	558
29-May	16	Halifax to Calgary	0	0
		<b>TOTAL</b>	<b>915</b>	<b>7562</b>

**Table 2: ESTIMATED EXPENSES**

ITEM	COST \$	INFO
Air Fare	~700	Fly - Tues. / Wed. / Thur.
Accommodations	~1120	Est \$80 / day. Estimated Average
Airport Shuttles	~100	Two Trips – Shared Cost
Meals	~840	Est. 60 / day Some breakfast incl. at BnB
Laundry	~30	Likely less – can share
Entertainment and gifts	~100	Personal choice
Happy Hour Incidentals	~50	– includes food beverages. Depends on # of riders but \$50 / day should be lots for the group
<b>TOTAL</b>	<b>\$2940</b>	<b>**Includes Airfare</b>

**Table 3: ENVIRONMENT**

<b>MAY WEATHER AVERAGES BASED ON SEVERAL SITES IN NOVA SCOTIA</b>							
	<i>mean temp</i>	<i>max temp</i>	<i>min temp</i>	<i>snow</i>	<i>total precip</i>	<i>DwP</i>	<i># days prec &gt; 1mm</i>
<b>2018</b>	11.2	24.2	0.6	0.0	64.4	1.1	8.9
<b>2017</b>	10.9	29.5	1.5	0.0	128.4	1.0	12.9
<b>2016</b>	11.1	26.1	-1.9	0.0	89.6	2.8	11.4
<b>2015</b>	11.8	26.3	-0.5	0.1	56.6	1.1	7.1
<b>2014</b>	10.0	23.1	-0.7	0.0	42.2	0.4	8.6
<b>2019 ??????</b>	<b>11.0</b>	<b>25.8</b>	<b>-0.2</b>	<b>0.0</b>	<b>76.2</b>	<b>1.3</b>	<b>9.8</b>