

## Club Executive

**President/Club Contact** – Christine Gaillard 902-454-7542

**VP/Tour Planner** – Ron Jeppesen 902-827-1445

**Secretary** - Ron Doleman 902-221-3241

**Treasurer** - Jessica Houtsma 902-429-3976

**Registrar** – Gerard Moss 902-461-3030

## Safety

In accordance with the Nova Scotia Motor Vehicle Act, all cyclists must wear a helmet. In addition, a front white light and a rear red light are required when dark. A bell or horn is also required. Cyclists should carry basic tools (i.e. patches, spare tube, pump) and be able to carry out simple repairs.

## Club Affiliation

Velo Halifax is a non-profit, volunteer run organization. We are associated with Cycling Canada and Bicycle Nova Scotia.

## How to Join

We invite you to ride with the club as a guest for one ride. Should you decide to become a member, our annual membership dues in the "Velo Halifax Bicycle Club" are \$35 which includes a \$25 membership in Bicycle Nova Scotia, the provincial cycling association. For those individuals who already have a BNS membership, club membership dues are \$10. If age is +75, dues are \$22.50, BNS membership included, but no AD&D insurance. Please complete our application form available on our website – [www.velohalifax.com](http://www.velohalifax.com) and mail it to our club mailing address or present it to one of our executive members at our club rides with the applicable money. You will be a BNS member and as a Velo member be eligible for discounts at some recognized local retailers.

## Velo Tours

The tour leader will take attendance; describe the planned route and any designated stops. The member is responsible to arrange a ride if transport is required for an out of town start. Some rides have a designated sweep. A sweep is a cyclist who may provide assistance, i.e. minor bike repairs, and usually rides at the end of the pack. All riders should be self-sufficient. Each cyclist is responsible for transportation in event of a non-repairable breakdown.

## Departure Points, Times and Distances

Departure points are listed for each ride. The rides will depart at 10am unless otherwise noted. Distances are approximate and may change. Check the web site or FB for updates.

## Wednesday Rides (10:30am)

DATE	START	K
April 18	Fairbanks Ctr., Dartmouth	40-60
April 25	Mumford Rd., Tim Horton's	40-60
May 2	Bike & Bean, Tantallon	40-60
May 9	Hines Rd., Shearwater Flyer Trail	40-60
May 16	Fairbanks Ctr., Dartmouth	40-60
May 23	Mumford Rd., Tim Horton's	40-60
May 30	Bike & Bean, Tantallon	40-60
June 6	Hines Rd., Shearwater Flyer Trail	40-60
June 13	Fairbanks Ctr., Dartmouth	40-60
June 20	Mumford Rd., Tim Horton's	40-60
June 27	Bike & Bean, Tantallon	40-60
July 4	Hines Rd., Shearwater Flyer Trail	40-60
July 11	Fairbanks Ctr., Dartmouth	40-60
July 18	Mumford Rd., Tim Horton's	40-60
July 25	Bike & Bean, Tantallon	40-60
Aug 1	Hines Rd., Shearwater Flyer Trail	40-60
Aug 8	Fairbanks Ctr., Dartmouth	40-60
Aug 15	Mumford Rd., Tim Horton's	40-60
Aug 22	Bike & Bean, Tantallon	40-60
Aug 29	Hines Rd., Shearwater Flyer Trail	40-60
Sept 5	Fairbanks Ctr., Dartmouth	40-60
Sept 12	Mumford Rd., Tim Horton's	40-60
Sept 19	Bike & Bean, Tantallon	40-60
Sept 26	Hines Rd., Shearwater Flyer Trail	40-60
Oct 3	Fairbanks Ctr., Dartmouth	40-60
Oct 10	Mumford Rd., Tim Horton's	40-60
Oct 17	Bike & Bean, Tantallon	40-60
Oct 24	Hines Rd., Shearwater Flyer Trail	40-60

**Wednesday rides are "Show & Go" and begin at 10:30am unless otherwise stated.** Riders will decide the final destination or turn-around. A ride leader and sweep may be designated at the start. Check the Velo Facebook Group for updates.

### RIDE NOTES –

**All rides except Wednesday, start at 10am unless otherwise noted in the ride description.**  
**For GPS links – If the ride name is underlined, hold CTRL and click. Also for Short Option GPS.**

**Always refer to the website [www.velohalifax.com](http://www.velohalifax.com) or the Facebook Group VELO HALIFAX BICYCLE CLUB for any possible revisions to the ride.**

# VELO HALIFAX BICYCLE CLUB



## 2018 TOUR SCHEDULE

[velohalifax.com](http://velohalifax.com)

Velo Halifax Bicycle Club

P.O. Box 125 Stn. Main

Dartmouth, NS B2Y 3Y2

**FACEBOOK GROUP- VELO HALIFAX BICYCLE CLUB**

## Welcome to Velo Halifax

Velo Halifax is a bicycle club first formed in 1974. We offer various length day rides, plus weekend or longer touring camping trips. Our tours are in a relaxed non-competitive format. Please join us on a ride and discover the enjoyment of cycling in Atlantic Canada.

## Velo Ride Ratings

Rides ratings are based on the level of skill and physical abilities required. This should assist cyclists in selecting rides that meet their capabilities.

**A Rides** are the most difficult, designed for more experienced and self-sufficient cyclists.  
**B Rides** are for experienced, self-sufficient cyclists. Expect few rest stops and distances up to 100K.  
**C Rides** are moderate distances, more relaxed pace, with an optional sweep following behind.  
**D Rides** are shorter distances, slower pace and a sweep is always designated.

## APRIL

**8<sup>th</sup> Wolfville to Berwick** (Wolfville, The Chimney, 64K, C) Rail Trail ride to a coffee shop. **Ride Leader TBA**  
**15<sup>th</sup> Flyer/Salt Marsh Trail** (Hines Rd at 10am or Bissett Rd at 10:30, 60/43K, C/D) Rail Trail to Rose & Rooster.  
**Short Option Ride leader TBA**  
**22<sup>nd</sup> Stewiacke/South Maitland** (Mastodon, Exit 11, Hwy 102, 58K, C) Quiet back roads, great scenery.  
**Ron 902-827-1445**  
**29<sup>th</sup> Pie at the Big Stop** (Fairbanks Centre Shubie, 68K, C) Flat ride out Waverley Rd. 68K, C) **Jess 902-429-3976**

## MAY

**6<sup>th</sup> Acadian Lunch Special** (Acadian Tea Room, West Chezzetcook, 50K, D) Coastal ride, few hills, lunch after.  
**Ron 902-827-1445**  
**13<sup>th</sup> Paul's Hilly Hundred** (Wolfville Chimney 9:30am, 100/80/50K, A/B/C) Aptly named, some dirt roads, the 100 is tough **Paul 902-xxx-xxxx**  
**18 to 29<sup>th</sup> Spring Cycling in France** Provence/Burgundy areas. Start in Marseille. **Ron 902-827-1445**  
**19 to 21<sup>st</sup> Annapolis Royal Tour DAY 1 DAY 2 DAY 3** in the Annapolis Royal area. Check FB group & web page for details. **Joe 902-460-8137**  
**20<sup>th</sup> Windsor/Advocate/Newport** (Windsor, Tim's, 74/55K, C/D) Nice rolling countryside. **Short option Ride leader TBA**  
**27<sup>th</sup> Enfield/Shubenacadie** (Tim's/Big Stop, Enfield, 68K, C) Photo op at the largest open pit gypsum mine in the world **Ride leader TBA**

## JUNE

**1 to 10<sup>th</sup> HRM Bike Week** Rides throughout HRM <http://www.halifax.ca/bikeweek/>  
**3<sup>rd</sup> Valley Lifecycle** (Soccer Stadium, Gary Pearl Dr., Kentville, 30/62/78/100K, D/C/B) Very well organized, 400 riders, good food stops [www.valleylifecycle.ca](http://www.valleylifecycle.ca)  
**10<sup>th</sup> Sambro Loop** (Mumford Rd, Tim's, 51K, C) Coastal scenery. **Christine 902-454-7542**  
**17<sup>th</sup> Michelin Valley Proud** (Michelin Plant, Waterville, 65/95/130K, D/C/B) Organized rides of various distances, BBQ after.  
**17<sup>th</sup> LaHave Bakery** (3 Churches, Mahone Bay, 55K, C) Great scenery, great bakery, free ferry ride.  
**Karen 902-453-5618**

## JUNE (Continued)

**24<sup>th</sup> Hantsport/Grand Pre** (Hantsport Tourist Bureau, 58, C) A giant tree, eagle's nest, donkeys & more.  
**Ron 902-827-1445**

## JULY

**1<sup>st</sup> Clam Harbour Beach** (Old School, East Jeddore Rd., 500m off Hwy#7, 71/51K, C/D) Explore the Eastern Shore, lunch at Salmon River Inn after. **Short option Ride leader TBA**  
**7 to 14<sup>th</sup> Heartland Tour** (Various starts) Daily well organized tours across NS <http://heartlandtour.ca/>  
**8<sup>th</sup> Joe Howe Metric Century** (Graham's Grove, 100/50K, C/D) Very flat, fast course. **Short option Ride leader TBA**  
**15<sup>th</sup> For the Pub of it** (Port Pub, Port Williams, 64K, C) Back roads in the Valley, pub grub after.  
**Norm 902-456-7355**  
**22<sup>nd</sup> Great Village/Five Islands Park** (Great Village Elementary School, 80, B) Visit a cheese factory, picnic at Five Islands Park. **Ride leader TBA.**  
**29<sup>th</sup> Hall's Harbour Lobster** (Wolfville Chimney, 86/70K, B/C) mmmm...Lobster & ice cream later. **Short option Ron 902-827-1445**

## AUGUST

**4 to 18<sup>th</sup> Saguenay/Lac St Jean** (Riviere du Loup) Camping or motel/B&B tour, your choice. **Norm 902-456-7355, down payment required.**  
**5<sup>th</sup> Wentworth/Pugwash/Oxford** (Wentworth Learning Ctr., Hwy#4, just past market, 85/63K, C) Visit Nova Scotia's Stonehenge. **Short option Ride leader TBA**  
**12<sup>th</sup> Heart of the Valley Century** (Middleton, 160/100/50K, A/B/C) Well organized, usually 400+ riders, BBQ after.  
[www.discovermiddleton.ca/heart-of-the-valley-century-ride](http://www.discovermiddleton.ca/heart-of-the-valley-century-ride)  
**18 & 19<sup>th</sup> Parrsboro Weekend Ride 1 Ride 2** (Parrsboro, 94/93K, B) Two great rides + live theater. **Christine 902-454-7542**  
**19<sup>th</sup> Valley Wine Tour** (Kingsport Beach, 58K, C) Multiple wineries and a brewery or two. **Eileen 902-xxx-xxxx**  
**26<sup>th</sup> Tatamagouche/Pugwash** (Rec. Ctr., Blair Ave., Tatamagouche, 76/63K, C) Great scenery, good food, shorter options available. **Short option Ride leader TBA**

## SEPTEMBER

**2<sup>nd</sup> Mahone Bay to Blue Rocks** (3 Churches, Mahone Bay, 72K, C) Beautiful scenery + ice cream.  
**Ride leader TBA**  
**8<sup>th</sup> Lost Shores Gran Fondo** (Guysborough, NS, 35/50/90/120K, C/B/A) Challenging Courses, great organization, unbeatable scenery. <https://lsgf.ca>  
**9<sup>th</sup> Aspotogan Loop** (Carpool lot, Exit 6 off Hwy 103, 56K, C) A Club favorite over the years, picnic at Bayswater Beach. **Ride leader TBA**  
**16<sup>th</sup> Stewiacke/Old Barns/Brookfield** (Behind the Mastodon, Exit 11 of Hwy 102, 72/42K, C/D) Quiet roads, good scenery (4-5K dirt), long option has hills.  
**Short option Ride leader TBA**  
**23<sup>rd</sup> Dartmouth to Shubenacadie** (Fairbanks Centre, Shubie, 9am, 110K or less, B/C) Flat course out & back, do the distance you like. Ride leader Kim W. 902-xxx-xxxx.  
**23<sup>rd</sup> Baie Ste. Marie Gran Fondo** (Saulnierville NS, 161/120/67/35, A/B/C/D) Largest ride in Atlantic Canada. <https://granfondobaiesaintemarie.ca>  
**30<sup>th</sup> Maitland/Burncoat Head** (Station St., South Maitland, 55/71K, D/C) Burntcoat park, world's highest tides, spectacular setting. *Short option is start/end in Village of Maitland.* **Ride leader TBA**

## OCTOBER

**7<sup>th</sup> Lunch at Alysford Zoo** (St Mary's School, Victoria St., Aylesford, Exit 16 off 10175/51K, C/D) Monkeys, Lions, Camels, Cyclists.  
**Short option Ride leader TBA**  
**14<sup>th</sup> Londonderry/Wentworth** (Parking area Exit 11 off Hwy 104, 98/70K, B/C) Fall scenery, a waterfall walk & more. **Short option Ron 902-827-1445**  
**21<sup>st</sup> Hubbards to Chester** (Trailhead, Exit 7 off 103 at East River, 52, B) Trail ride to coffee & bakery.  
**Ride leader TBA**  
**28<sup>th</sup> Musquodoboit Trail** (Trailhead, Musquodoboit Harbour, 56, C) Enjoy the last of the fall colours. **Ride leader TBA**