

CANADA - PRINCE EDWARD ISLAND, CYCLING THE EAST COAST

6-days / 5-nights easy to moderate inn-to-inn **GUIDED** or **SELF-GUIDED** cycling



Located in north-eastern Canada, Prince Edward Island is one of Canada's smallest provinces and national treasures with tranquil rural farmland, wild coastline and picturesque fishing villages. Curving from North Cape to East Point, the Island is about 225 km long, and ranges from 3 to 65 kilometers in width. Due to its location and the island's fertile red soil, the island has been nicknamed the "Garden of the Gulf" (referring to the Gulf of St. Lawrence) and the "Million-Acre Farm." It is also sometimes referred to as "Spud Island" because of its significant potato production and is known to many as the setting for *Anne of Green Gables*.

On this cycling tour, pedal through a riot of colours with verdant farmland, woods and pastures stretching to scarlet cliffs and bays and azure blue waters of the North Atlantic Ocean. Starting in Mill River and winding your way through Malpeque Bay and past the Bay of St. Lawrence, to the most easterly point of the island. On the way, pass through lovely villages, including Cavendish, North Rustico, Brackley Beach and Stanhope.

You'll spend every night at a fabulous country inn, and have the chance to feast on some of Prince Edward Island's famous fresh delicacies including potatoes, strawberries and of course lots of fresh seafood. This tour offers a taste of the very best that the island has to offer, and is designed to appeal to all levels of cyclists with a mostly flat terrain - the island's highest point is only 120 metres above sea level.

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. You can also upgrade to a carbon road bike or E-Bike at extra cost – ask for details.

Self-Guided Cost from: **\$3890** per person twin share. Single room supplement if required from \$1270

Departs: 11th July, 1st, 22nd August, 5th September, 2023 (book early – limited availability)

Guided Cost from: **\$4495** per person twin share. Single room supplement if required from \$1270

Departs: 2nd, 16th, 23rd July, 6th, 13th, 20th, 27th August, 2023 (book early – limited availability)

Self Guided Tour Inclusions: 5-nights' accommodation in inns and bed & breakfasts (rooms are equipped with private bathroom), 3 breakfasts, luggage transfers, multi-gear, hybrid bike hire with pannier, water bottle, repair kit, lock & helmet; detailed route information, maps, arrival & departure transfers from/to Halifax, emergency telephone assistance & taxes.

Guided tour includes all the above plus: 2 more breakfasts, 3 lunches, 4 dinners, snacks and refreshments, experience tour guide, van support with emergency road repair service and park fees.

Private group tours are available anytime during the season – ask for more details.

FOR RESERVATIONS CALL OUTDOOR TRAVEL on 1800 331 582

Suggested itinerary:

Day 1: Arrive Halifax

@ 30km – easy cycling

Early morning transfer from Halifax to Mill River, the starting place of the tour. Head off on a peaceful afternoon jaunt and ride along the gorgeous coastline. Today's ride is a harbinger of delight, and the start of a glorious week touring a gentle countryside that will easily touch your heart. Settle into your room at the nights inn before dinner. Overnight in Mill River.

Day 2: Mill River to Summerside

@ 80km - easy to moderate cycling

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, that are really quite lovely. 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: Summerside to Cavendish

@ 60km - easy to moderate cycling

After a wonderful breakfast, you'll head north out of Summerside towards Malpeque Bay and the Gulf of St. Lawrence. The blue slate water is dotted with colourful fishing boats that are busy catching your dinner for the evening. Continue onto Cavendish — a humble hamlet of less than 100 people, that inspires pilgrimages throughout the world because of the famous red-haired heroine, Anne of Green Gables. After your ride, enjoy a refreshing swim in the beach that is washed by the Gulf Stream. Enjoy your reward for the days ride, another delicious dinner with fresh ingredients; don't plan on losing any weight this week. Overnight in Cavendish.

Day 4: Cavendish to Dalvay

@ 45km – easy cycling

Prince Edwards Islands national park's mandate includes the protection of many broad sand beaches, sand dunes and both freshwater wetlands and saltmarshes. The park's protected beaches provide nesting habitat for the endangered piping plover; and is set up as a Canadian Important Bird Area. Ride into the National Park, and you'll soon be along the fabulous red sand cliffs of Orby Head and Cape Turner. With such a lovely ride, we take our time today giving ample opportunity for many photos as we continue toward North Rustico and finally Dalvay, which is our home for the night. Today's ride is purposefully short in order to spend the afternoon at Dalvay Beach, one of eastern Canada's best beaches.

Day 5: Dalvay to St Peters

@ 60km – easy cycling

Cycle to St. Peters Bay, part of the journey along the secluded Confederation Trail, a path created after the railway was abandoned in 1989. With beautiful rolling hill scenery and broad bay seascapes, the only traffic you encounter may be a long-legged heron or an inquisitive squirrel or otter. The ride's tranquility will be extended into the evening, with an award winning inn tonight a perfect place for peacefulness and beauty. Overnight at St Peter's.

Day 6: Tour ends with return to Halifax

@ 55km – easy cycling

An early start this morning enroute to the East Point Lighthouse, the only Lighthouse in Canada that was built in 1867 and still operating today. This completes the *lighthouse-to-lighthouse* journey, a little sad that you can't spend the rest of the summer in Prince Edward Island, enjoy afternoon's leisurely picnic that is 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.

Outdoor Travel offer group guided or self-guided inn-to-inn cycling tours in many areas of North America including other regions of Canada, the Pacific North-west, Oregon, California and Hawaii. Rides in Europe include tours along the Danube, several areas of Italy, Spain, France, Germany, Holland, Ireland, England and Scotland, Hungary, Switzerland, Austria, in the Czech Republic. We also have tours in Vietnam, New Zealand & Australia. Bike & Barge cycling cruises are available in many destinations including France, Belgium, Holland, Germany, Italy, Croatia, Greece, the Lycian coast of Turkey, and Vietnam.

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

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