

Send Event Registrations to:
P.O. Box 310, Alliston ON L9R 1V6
Fax: 705-434-1101 / 888-814-2982



Website: www.CycleCanada.com
E-mail: sweep@CycleCanada.com
Voice: 705-434-1100 / 800-214-7798

CycleCanada Events for 2010

RATING THE RIDES

General Comment	<p>'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 Tour du Canada goes 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.</p>													
Tour du Canada	<p>Cyclists encounter the full range of cycling conditions. Terrain includes tough hilly sections. There are several days of 160 kms (100 mi.) or more and those days may include steep hilly sections.</p>													
Cycle Canada Series	<p>Terrain is challenging. Daily distances will be shorter in very hilly sections but there are some long riding days. Sections of the route are remote, especially on Tour Arctic but much less so on Tour Atlantic.</p>													
Discover Your Routes Series	<p>Terrain is mainly quite gentle. Distances are designed to be easily achievable and you will find many local amenities in towns and villages along the routes.</p>													
		Total Distance		Average		Longest Day		Trip Days		Meals		Lodging		
		Km	Mi.	Km	Mi.	Km	M i.	Ride	Rest	B	D	Tent	Indoor	
<i>Tour du Canada</i>		7,665	4,730	130	80	172	106	59	12	All	All	62	11	
Cycle Canada Series														
<i>Tour Arctic</i>		1,935	1,195	102	63	155	96	19	5	20	20	20	5	
<i>Tour Atlantic</i>		1,320	815	110	68	136	84	12	2	11	12	11	4	
<i>Tour Pacific</i>		1,310	810	108	67	165	102	12	2	11	12	12	3	
		Call for details on indoor												
<i>Cabot Trail</i>		590	365	118	73	136	84	5		5	5	4	2	
<i>Icefields Parkway</i>		435	270	108	67	141	87	4		4	4	4	1	
Discover Your Routes Series														
<i>The BiQue Ride</i>		660	410	110	68	124	77	6	1	6	1		7	
<i>The By-Cycle Ride</i>		510	315	102	63	125	78	5		5	1		6	
<i>Fall Colours</i>		420	260	83	51	93	58	5		5	1		5	
<i>Voyageur Route</i>		545	335	109	67	118	73	5		5	1		6	
<i>Southern Ontario Century Ride</i>		Choice of metric or Imperial centuries						2			1	1		1

CycleCanada Dates and Fees for 2010

THE RIDES	(Total fees include deposit amounts.)	Dates	Deposit Amounts	Total Fees
Tour du Canada Membership	(Pre-requisite for Tour du Canada but not for other rides)			\$25.00
Tour du Canada	Vancouver to St. John's	June 26 - September 5	(registration fee) (deposit) \$100.00 \$600.00	\$4,175.00
Tour Arctic	Vancouver to Inuvik	July 19 - August 12	\$600.00	\$3,795.00
Tour Atlantic	Halifax to Baddeck	August 15 - August 29	\$350.00	\$1,395.00
Tour Pacific	Vancouver to Calgary	July 2 - July 16	(camping) (Indoor) \$350.00	\$1,395.00 \$2,095.00
Cabot Trail	Charlottetown to Baddeck	August 24 - August 29	\$200.00	\$695.00
Icefields Parkway	Jasper to Calgary	July 12 - July 16	\$200.00	\$625.00
The BiQue Ride	Toronto to Montreal	July 11 - July 17	\$200.00	\$825.00
	Return Fare to Toronto	July 18		\$100.00
The By-Cycle Ride	Toronto to Ottawa	August 8 - August 13	\$200.00	\$795.00
	Return Fare to Toronto	August 14		\$100.00
Fall Colours	Alliston to Niagara	October 4 - October 8	\$200.00	\$675.00
Voyageur Route	Ottawa to Quebec City	July 25 - July 30	\$200.00	\$795.00
Southern Ontario Century Ride	Toronto / Alliston / Toronto (Call for details on options)	May 29 - May 30	Indoor Accommodation Camping	\$89.00 / \$125.00 \$49.00
Tour du Canada Time Trial	Alliston	May 30		Call for details

Single Supplements

Tour Pacific	\$600.00	The BiQue Ride	\$225.00	Icefields Parkway	\$30.00
Tour Atlantic	\$165.00	The By-Cycle Ride	\$325.00	Voyageur Route	\$250.00
Cabot Trail	\$110.00	Fall Colours	\$225.00	Southern Ontario Century Ride	\$53.00

Pre- and Post-Ride Accommodation

Accommodation on the night before the first riding day **is included** on Tour du Canada, Tour Arctic, Tour Atlantic, Tour Pacific (camping), Cabot Trail, Icefields Parkway, The By-Cycle Ride, and Voyageur Route. Final night accommodation is included in all fee packages except S. Ontario Century Ride.

Final Payment Due Dates

Tour du Canada, 90 days before start date. Tour Arctic, 60 days before start date. All other trips, 30 days before start date.

ALL QUOTED RATES AND FEES ARE IN CANADIAN FUNDS. CALL FOR DETAILS ON PAYMENTS IN OTHER CURRENCIES.

TAX: Fees are subject to federal Goods and Services Tax (GST) and Harmonized Sales Tax (HST). Rates vary based on time spent in a province or territory during a trip. HST applies in British Columbia at a rate of 12%. HST at a rate of 13% applies in Ontario, Nova Scotia, New Brunswick and Newfoundland. In other provinces and in the northern territories, GST at a rate of 5% applies.

POLICY NOTE: Fees are per person. We plan for two to a room at indoor stays but may need to put three in a room or assess a single supplement where there is an uneven gender mix. Information on this sheet should be read in conjunction with Cycle Canada statements of Practices and Policies for events in 2010. Fees and Dates are subject to change without notice.

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