

### Welcome to Velo Halifax

Velo Halifax Bicycle Club is a touring bicycle club that was first formed in 1974. The rides that we offer extend from short day rides to more physically demanding weekend and week long camping trips. Our tours are in a relaxed, non competitive format. Velo Halifax encourages you to come join us on a ride and discover the enjoyment of cycling in Atlantic Canada.

### Safety

In accordance with the Nova Scotia's Motor Vehicle Act all club cyclists **must** wear a helmet while cycling.

In addition a white light on the front of the bicycle and a red light on the rear are also required when cycling before sunrise and / or extending into twilight hours.

Club cyclists should carry basic tools (IE; spare tire patches, tubes, and pump) and understand how to carry out simple repairs on their bikes if required.

### Club Affiliation

Velo Halifax is a non-profit volunteer run organization. We are associated with both federal and provincial cycling associations; Canadian Cycling Association and Bicycle Nova Scotia.

### How to Join

We invite you to ride with the Velo club as a guest for a couple of tours. If you then decide to become a member, you will be required to fill out an application form and pay an annual bicycle club fee **\$30** (administration and insurance). As a member you will receive club news information and be eligible for discounts at some recognized local retailers upon presentation of a valid club membership card.

### Velo Tours

The tour leader will take attendance, lay out the planned route and note any designated stops along the planned route. If transport is required for out of town start please contact the designated ride leader in advance to arrange this.

There are some rides with a designated "sweep". A "sweep" is a cyclist(s) who follows up in the rear of some group rides to offer any assistance if required (i.e.; minor bike repairs) to trailing cyclists. It should be noted that all riders should plan to be as self sufficient as possible. In the event of a non-repairable breakdown it becomes each rider's own responsibility to make it back home.

### Velo Ride Rating Scheme

Our club uses a riding scheme to rate each of its rides based on a level of skill and physical abilities. It is hopeful this will aid a rider in selecting a tour that best suits their own needs.

**A** Rides are very long, difficult and designed for strong, more experienced and self sufficient riders.

**B** Rides are for experienced cyclists, fewer rest stops and distances of 60-160 km, with average speeds of 20 km/hr over flexible routes.

**C** Rides are moderate fixed distances, more relaxed pace, more stops and there are designated leader(s) and sweep(s) are optional.

**D** Rides have a slow pace (beginners), plenty of stops, set distances and routes with no changes, and with sweeps.

### Departure Points

Tours unless otherwise designated will start from either Halifax (**Hfx- Armdale Roundabout**) or Dartmouth (**Dart-Grahams Grove**). Parking lot off Prince Albert Road, next to Superstore). Most rides take place on a Sunday unless otherwise stated

### Car Pooling:

Anyone needing a ride or anyone who could take an extra passenger and or a bicycle, for an out of town departure should meet at 1<sup>1/2</sup> hour prior to departure at either the Halifax Roundabout or Grahams Grove (depending on where the ride is). If you need a ride or can provide a ride please contact the ride leader as soon as possible.

### Friends of Velo

#### NS Bike Week

May 28 to June 6

[www.halifax.ca/bikeweek](http://www.halifax.ca/bikeweek)  
(30km daily)

#### MS Bike Tour

July 24 to July 25

#### 300 km Cabot Trail

September 4 to 6

Contact Gary Conrod 423-2453

#### 200 km Double Metric

Saturday May 22

Coldbrook-Annapolis  
Mark Beaver-455-2878

#### 120 km New Ross/Barss Corner

Saturday June 12

Starting in Chester Basin at 10AM  
Mark Beaver-455-2878

#### 25, 55, 100 km Craig's Cause

Saturday Sept 25

Pancreatic Cancer Society  
Annual Bike Tour  
Porter's Lake Provincial Park



## VELO HALIFAX BICYCLE CLUB

[www.velohalifax.ca](http://www.velohalifax.ca)

Velo Halifax Bicycle Club  
P.O. Box 125  
Dartmouth, Nova Scotia  
B2Y 3Y2

### Executive President

Karen White Smith 453-5618

### VP/Tour Planner

Norm Stein 456-7355

### Secretary

Pauline Stein 477-6287

### Treasure

Joe Reid 434-1542

### To join Velo contact:

Walton Watt (423-4345)

[wdwatt@hfx.eastlink.ca](mailto:wdwatt@hfx.eastlink.ca)

# 2010 TOUR SCHEDULE

## March

**March 27 (Saturday) Velo spring kickoff party** come out and celebrate the upcoming season

## April

**April 4 Inn on the Lake** pedal out for a delicious brunch (Dart) 35km  
[D] B Reid 434-1542

**April 11 Pockwock** a trip to see the source of our water (start Hemlock Ravine Park) 30km  
[D] G Conrod 423-2453

**April 18 Curley Portables** (start Fall River) & bring your appetite 40km [D] J Reid 434-1542

**April 25 Duncans Cove loop** with coffee & treats at Chez Stein (start /finish Norm & Pauline's house) 48km [C] N & P Stein 456-7355

## May

**May 2 Porters Lake Loop** enjoy the picturesque scenery (Dart) 45km [C] J Reid 434-1542

**May 9 Brookside**, stop at Golda's Cafe for treats (start Wendys, Bayers Lake) 40km  
[C] G Conrod 423-2453

**May 16 Oakfield Park** bring a picnic (start Fall River) 30km or 62km [C] B Reid 434-1542

**May 22-24 Wolfville & area** motel based, smell the apple blossoms (start Wolfville) 60-80km daily  
[C] B Burke 299-0148

**May 30 Circumnavigate the Bedford Basin** bike week, (start Perks on the Hfx waterfront) 50km  
[C] J Smith 453-5618

## June

**June 6 Bike week scavenger hunt** participate to win prizes (Hfx) 15 – 30km [D] N.Stein 456-7355

**June 13 "Cycle, cheese and kites"** Pedal to Lawrencetown beach, fly a kite & stop at the Atlantic Dutch Shop (Dart) 55km  
[C] J Reid 434-1542

**June 19-20 Smiley's Weekend** introduction to loaded touring. 2 days of cycling and camping at Smiley's Prov. Park  
[B] K White Smith 453-5618

**June 27 Aspotogan with lunch at The Deck** (start at Hfx or Tantallon/Hubbards) 55km/100km/155km  
[C/B/A] K White Smith 453-5618

## July

**July 1-4 Canada Day Weekend** 4 days of car camping at Rissers Beach 60-90km daily  
[C] N Stein 456-7355

**July 4 Lahave Bakery** one of Velo's favorite rides, (start Mahone Bay) 65km  
[C] N Stein 456-7355

**July 10 (Saturday) Heartland Tour** pedal with the heartland tour core group (HRM) up to 100km [C]

**July 18 Halls Harbour** for some seafood delicacies (start Wolfville) 65km [C] D Walter 889-9135

**July 25 Mahone Bay** for Sunday Brunch (start East River) 70km  
[C] D Walter 889-9135

**July 31-Aug 2 Amherst Shore** 3 days car camping 80-100 km [C] Gwen Mader 893-4874

## August

**Aug 8 Lewis Lake Velo BBQ/ birthday party** (start at Wendys-Bayers Lake) 40km [D] N. Stein 456-7355

**Aug 15 Indian Falls** this is one of Nova Scotia's hidden gems (start Mahone Bay) 68km [C] N Stein 456-7355

**Aug 22 Wolfville-Berwick** loop with lunch at the Union St Cafe (start Wolfville) 88km [B] M.Shaw 455- 2878

**Aug 29 Enfield Big Stop** bring your appetite (Dart) 70km [C]

**Aug 28 to Sept 11 Islands in the Sun** 4 islands, 5 ferries, 15 day tour up to 1000 km [B] N Stein 456-7355

## September

**Sept 5 Crystal Crescent Beach** cycle, swim & picnic (Hfx) 65km [C] S Storey 470-8888

**Sept 12 Conrads Beach** for lunch and a swim (Dart) 70km [C]

**Sept 19 Joe Howe Century** Velo's largest ride, a full century in 1 day (Dart) 162km [B] M Beaver & M Shaw 455-2878

**Sept 26 Avon Emporium**, (start at exit 5 carpool parking lot) thence to Summerville for lunch at Avon Emporium (84 km) [C] N Stein 456-7355

## October

**Oct 3 Sugar Moon Farms** enjoy a wonderful pancake lunch at this maple syrup farm (start Truro) 54km [C] J Smith 453-5618

**Oct 9-11 Thanksgiving in Tatamagouche** motel based, pedal the beautiful quiet countryside 40-80km/daily [C] M Beaver 455-2878

**Oct 17 Debert/Londonderry loop** see the leaves in their full colorful glory 80km  
[C] K White Smith 453-5618

**Oct 24 Musquodoboit Valley Rail Trail** more autumn beauty 40-60km (start Musq Hbr) [C] B Reid 434-1542

**Oct 31 Ride to the Big Stop** (start Fall River), bring your appetite 35km [C] J Reid 434-1542

## November

**Nov 7 Breakfast in Bedford** dress warmly and come out for the final ride of the year (Hfx) 30km [D] J Smith 453-5618