

Tour du Canada®

Vancouver to St. John's — Discovering Canadian Routes Since 1988



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The Tour du Canada Concept

A Tour du Canada ride is a shared experience that will allow you to see Canada at a human scale and meet people from across the country.

Being part of a group provides individuals with the confidence and resources to attain their goals and makes possible a trip that many would not contemplate on their own.

Participants become part of a close-knit community that moves across the continent during the summer.

Riders are expected to have an active role in the trip and pools their skills, according to their abilities. Participants will need flexible attitudes and a spirit of co-operation.

Meeting the Challenge

A common question is how fit or athletic must you be to begin the Tour. On a cross-Canada bike tour, mental toughness is as important as physical toughness.

A fit person is capable of doing this trip. But you will need discipline to train and a determination to keep going on days when riding conditions are less than ideal.

Participants should log a minimum of 2,000 kilometres between late winter and arrival in Vancouver in June. Be prepared for a rigorous schedule and a complete outdoor experience.

The Organizers

Tour du Canada is a not-for-profit corporation. Tour riders become members of this co-operative organization and Directors are elected from the membership.

Administrative support for the Tour is provided by Cycle Canada, The Veloforce Corporation, owned by Bud Jorgensen. He is a long-time recreational cyclist and founder of Tour du Canada.

The Route

The Tour du Canada route is one that samples the flavour of the country.

Riders travel more than 7,600 kilometres through all 10 provinces. We ride from west to east, taking advantage of prevailing winds.

From Vancouver and the Fraser Valley, we go over the Coquihalla Pass to the B.C. Interior and over Rogers Pass to reach the Rocky Mountains and Kicking Horse Pass.

Alongside Prairie grain fields, we pass old dinosaur trails near Drumheller and the Qu'Appelle and Red River Valleys.

In the rugged granite canyons of the Canadian Shield, we track the northern shores of the Great Lakes. And in Southern Ontario, we follow rural roads past historic settlements to reach the Peace Tower on Parliament Hill.

From the capital, we follow the Ottawa, Richelieu and St. Lawrence Rivers to reach the sea. Along the way we pass through Old Montreal and Quebec City.

After crossing the base of the Gaspé Peninsula, we follow the Acadian Coast in New Brunswick to the Prince Edward Island bridge. Then it's on to Nova Scotia and Cape Breton Island for the ferry to the Avalon Peninsula in Newfoundland.

A Day on the Tour

Tour du Canada is a no-frills trip. A truck carries gear and the galley. We provide a driver. Accommodations are pre-arranged.

At a few locations we stay in university residences, but mainly it's your own tent over your head at nights.

When riding, you carry what you need for the day (typically a camera, lunch, on-the-road tool kit and a rain shell).

We cook as a group and riders share in galley duty. Riders will need at least basic cooking skills. Meal plans stress the high-carbohydrate diet needed by active cyclists.



Tour du Canada in Brief

Orientation

TdC starts with a full-day orientation session in Vancouver. Riders need to be in Vancouver on the evening before the orientation session.

Accommodation at the University of British Columbia on the night before the orientation session is included in the Tour du Canada package.

Home Away from Home

The support vehicle is a truck that carries rider gear and a mobile galley. The truck is wired for electricity and carries a refrigerator. A field kitchen is set up outside for meal preparation.

Each rider has a shelf on the truck. It is big enough to accommodate two large laundry baskets. Tents and bedrolls are stored in the aisle of the truck when it's moving.

Galley Duty and Sweeping Up

Each rider becomes a member of a galley crew to serve on cooking duty on a regular rotation. Riders agree to participate willingly in the responsibilities for meal preparation and clean-up.

Each galley crew will have three to six riders, depending on total group size. Thus, each rider is on galley duty about once a week. Look at this way— someone else cooks for you about six days a week.

On riding days, galley crew members will be last to leave camp after cleaning up from breakfast. Two riders from the galley crew will be expected to volunteer for sweep duty. That means riding at the rear to help or report ahead if someone has trouble on the road.

Wrap-Up

The final riding day is the Sunday of the Labour Day weekend. The destination is the top of Signal Hill in St. John's. That evening, there is a wrap-up dinner and awards ceremony.

Summary Schedule

Tour du Canada 72 Days

DISTANCES & DAILY AVERAGES

Total	7,660 km	4,730 mi
Longest Day	172 km	106 mi
Vancouver to Banff	102 km	63 mi
Banff to St. John's	135 km	83 mi
Vancouver to St. John's	130 km	80 mi

RIDING DAYS & CAMP DAYS

Less than 100 km	8
Between 100 & 130 km	19
Between 131 & 160 km	24
More than 160 km	8
Total Riding Days	59
Rest Days	12
Nights Camping	62
Nights Indoor	11

Orientation, Vancouver	Full Day on Day 1
Awards Dinner, St. John's	At End of Final Riding Day

MAJOR FERRY CROSSINGS

Across Georgian Bay	2 hours
P.E.I. to Nova Scotia	1 ½ hours
North Sydney to Argentia	14 hours

Dates and Fees

Tour du Canada starts in late June and ends on the Sunday of the Labour Day weekend. It is a 72-day schedule starting with a full-day orientation. Riders assemble in Vancouver on the evening before the orientation. The ride finishes at Signal Hill in St. John's.

TdC 10	June 26 to September 5
TdC 11	June 23 to September 2

Fees are set to be affordable to a broad range of participants. For 2010, the base fee is \$4,175 plus applicable taxes. A fuel surcharge contingency is in place. A bursary program is available for young riders.

CYCLECANADA RIDES

Tour Arctic

Vancouver - Inuvik

Tour Atlantic

Halifax - Baddeck

Tour Pacific

Vancouver - Calgary

The BiQue Ride

Toronto - Montreal

The By-Cycle Ride

Toronto - Ottawa

Cabot Trail

P.E.I. - Cape Breton

Icefields Parkway

Jasper - Calgary

Fall Colours

Alliston - Niagara

Voyageur Route

Ottawa - Quebec City

Southern Ontario

Century Ride

Early season Warm-up