

# Tour du Canada<sup>®</sup>

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



### CONTACT INFORMATION

MAIL  
P.O. Box 310  
Alliston, ON  
L9R 1V6

VOICE  
705-434-1100  
800-214-7798

WEB  
www.  
TourduCanada.com

E-MAIL  
sweep@  
TourduCanada.com

### 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 pool 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 ride, 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 club, 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 and Margot Jorgensen. Bud 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 bridge to Prince Edward Island. 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. Gear goes in a support vehicle. We provide the driver and set the schedule.

Accommodations are pre-arranged. At a few locations we stay in university dorms, but mainly it's your own tent 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

## CYCLECANADA RIDES

### *The BiQue Ride*

Toronto - Montreal

### *The By-Cycle Ride*

Toronto - Ottawa

### *Cabot Trail*

Loop from Sydney

### *Erie Shores*

Windsor - Niagara

### *Great Spirit Ride*

Manitoulin Island

### *Haida Gwaii*

Vancouver - Sandspit

### *Icefields Parkway*

Kamloops - Calgary

### *Montevelo*

Ottawa - Montreal

### *Niagara Vineyards*

Hamilton - Niagara

### *P'tit Train du Nord*

Loop from Ottawa

### *Prince Edward County*

Loop from Kingston

### *Rocky Mountain*

Loop from Calgary

### *Simcoe Circle*

Loop from Barrie

### *Tour Arctic*

Vancouver - Tuktoyaktuk

### *Tour Gaspé*

Quebec City & Return

### *Tour Pacific*

Vancouver - Calgary

### *Tour Vert*

Montreal - Quebec City

### *Voyageur Route*

Ottawa - Quebec City

### *Cycle Canada*

#### *Century Ride*

Early season Warm-up

## Orientation

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

All riders stay at a University of British Columbia residence on the night before the orientation day. Accommodation that night is part of the Tour du Canada package.

## Home Away from Home

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

Each rider has a shelf in this unit. It is big enough to accommodate two laundry baskets. Tents and bedrolls are stored inside 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 up to five riders, depending on total group size. Each rider is on galley duty about once a week.

On riding days, galley crew members will be last to leave camp after breakfast clean-up. Two galley crew members 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. If a rider cannot continue, though, that rider should plan on using public transport to get to camp.

## Wrap-Up

The final riding day is at the end of the week before the Labour Day weekend. The destination is the top of Signal Hill in St. John's. Following the ride, there is a formal farewell meal and awards ceremony.

## Summary Schedule

### *Tour du Canada*

72 Days

#### DISTANCES, DAILY AVERAGES & CLIMBING

Total Distance	7,660 km	4,730 mi
Longest Day	174 km	108 mi
Vancouver to Banff	100 km	62 mi
Banff to St. John's	132 km	82 mi
Vancouver to St. John's	128 km	79 mi
Climbing, total of riding days	32,122 m	105,387 ft
Climbing, daily average	535 m	1,755 ft
Climbing, toughest day	1,682 m	5,518 ft

#### RIDING DAYS & CAMP DAYS

Less than 100 km	13
Between 100 & 130 km	14
Between 131 & 160 km	23
More than 160 km	10
Total Riding Days	60
Rest Days	11
Nights Camping	63
Nights Indoor	10

Orientation, Vancouver	Full Day on Day 1
Farewell Dinner, St. John's	On Day 72

#### MAJOR FERRY CROSSINGS

Across Georgian Bay	2 hours
P.E.I. to Nova Scotia	1 ½ hours
Cape Breton to Newfoundland	15 hours

## Dates and Fees

Tour du Canada starts in late June in Vancouver and ends in St. John's just ahead 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.

TdC 2020	June 24 to September 4
TdC 2021	June 23 to September 3

Fees are set to be affordable to a broad range of participants. For 2020 the fee is \$6,078.54, including GST/HST (federal and provincial sales taxes). A bursary program is available for young riders.