

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 (i.e. spare tire patches, tubes, and pump) and be able to carry out simple repairs on their bikes.

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 rides. 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 of \$10 plus the BNS fee of \$30 . As a member you will become a BNS member, 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 to out of town start contact the ride leader to arrange this.

There are some rides with a designated sweep (or sweeps). A sweep is a cyclist who may provide assistance, i.e. minor bike repairs and often rides at the back of the pack. It should be noted that all riders should plan to be self sufficient. In the event of a non-repairable breakdown it becomes each rider's responsibility to make it back home.

Note: Multi-day trips and week long tours may have personal costs to be incurred by "registered participants".

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. This should assist riders in selecting tours that meet their capabilities.

[Join us on facebook!](#)

A Rides are long & difficult, 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 with a designated leader(s); sweep(s) is 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 noted will start from either Halifax (Hfx) or Dartmouth (Dart). ***The rides will depart at 10 am unless otherwise stated by tour leader.***

Halifax Departure Point

Next to Armdale roundabout.

Dartmouth Departure Point

Grahams Grove Park on Prince Albert Road.

Friends of Velo

Sept 1-3 Tour the Cabot Trail

www.atlanticcanadacycling.com

HRM Bike Week (30 km daily)

halifax.ca/bikeweek

MS Bike Tour (85 km daily) ms

society.ca/atlantic/biketourNS.htm

Heartland Tour (HRM portion)

heartlandtour.ca

Sept 29 Craig's Cause, Porters Lake

Social ride, 24km, 38km, 55km and 100km www.craigscouse.ca



VELO HALIFAX BICYCLE CLUB

velohalifax.ca

Velo Halifax Bicycle Club
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2012

TOUR SCHEDULE

APRIL

April 1 Brunch at Inn on the Lake (Dart-35km D) This ride is becoming a tradition. Norm 477-6287

April 8 Easter Sunday Round the Basin (Hfx-50 km) A relaxing cycle around the basin. Gary 423-2453

April 15 Chain Lake & BLT Trails (50 km) Start at the trailhead across from the Joe Howe Superstore. Mixture of paved and crusher dust trails, to coffee at the Bike and Bean. Karen 453-5618

April 22 Fall River to Curly Portables (46 km) Easy pedal to a great brunch. Bev & Joe 434-1542

April 29 Tantallon to Brunch in Hubbard's (Bike & Bean -50 km) Cycling, friends & food. All gravel (good) trail. Tim 431-2957

MAY

May 6 Valley Ride (65-70km-B) Enjoy the warmth and flat roads in the Valley. Marion 455-2878

May 13 Brookfield (65km) along Stewiacke River valley (out & back or a little unpaved). John 453-5618

May 19-21 Western Shore (Brady's 60-80km daily-B) 3 days cycling and camping. Brady 299-0148

May 27 Bike Week - Rails to Trails to Bike & Bean (Hfx-50 km). This is one of the best trail rides in the area. John 453-5618

JUNE

June 3 Dartmouth Rally (Dart – 50km). Work in teams to complete the route through Dartmouth using many of the trails. Joe 434-1542

June 10 Great Village and Debert area (55km). Ralph 835-6953

June 17 Scavenger Hunt (Windsor ~50km) Lots of fun. Norm 477-6287

June 23 & 24 Two day fully loaded tour to Laurie Park (Hfx- 40+ km daily-B) Our first camping tour of the year. A great primer for longer tours to come! Kim mad_cyclist@hotmail.com

JULY

June 30 - July 2 Liverpool Camping Trip (Liverpool 60-80km per day) Enjoy the sunshine and sand on the south shore. Brady 299-0148

July 8 Lunenburg to Broad Cove Cafe (~80 km-B) Midsummer ride along the ocean with lunch at a local café or pack a lunch for Rissers Beach. Marion 455-2878

July 15 Cow Bay Loop (Dart 45km) Montague, Bissett Rd and more. Sandra 453-9289

July 14-21 Tri-province Camping Tour. (Pictou ~470km) Ferry ride to PEI, cycle PEI, return via the Bridge to NB and cycle back to Pictou along the Gulf Shore. Joe 434-1542

July 22 Aspotogan (Hubbards-55 km) You may wish start at the Irving in Tantallon and make it 100km. Terry 835-8045

July 28 & 29 Ride for Lobster (Hfx-50 km each way -B) Bike to Hubbards, camp and lobster at the Shore Club. Norm 477-6287

AUGUST

Aug 4- 6 Keji (Keji ~30 each way) Bike the back trails of Keji. Relatively rough terrain and carry your gear into Mason's Cabin. Norm 477-6287

Aug 12 Heart of the Valley Century Ride (Middleton -25, 50, 100 or 160km rides). Registration fee. Website available at a later date.

Aug 19 Oakfield Park (Dart 65km) Bring a picnic.

Aug 18 - 25 Cabot Trail and More (~480km-B). Week long camping tour around the Cabot Trail. Norm 477-6287

Aug 26 Grahams Grove to Seaforth (Dart-65 km) Rails to trails, great scenery. Jess 429-3976

SEPTEMBER

Sept 2 Wolfville area (70km). Summer in the Valley.

Sept 9 Lunch at Lahave Bakery (Mahone Bay-70 km-B) One of Velo's favourite rides. Tim 431-2957

Sept 16 Peggy's Cove Loop (8am start Hfx-<100 km-B) Leave early for quiet roads. Karen 453-5618

Sept 23 Joe Howe Century Tour (Dart-162 km-A) Check points and lunch provided. Mark & Marion 455-2878

Sept 30 Rails to Trails to Bike & Bean (Hfx-50 km) Nice ride, good friends, great coffee. Terry 835-8045

OCTOBER

Oct 7 Hardwood Lands & Frenchman's Loop (Enfield 70km) Quiet roads and the beginning of the fall colours. Ralph 835-6953

Oct 14 Fall Foliage Ride (55 km) Bridgewater to New Germany. Karen 453-5618

Oct 21 Ride from the Big Stop (Fall Rr. 45 km) a different way round, be prepared for 3km of rocky dirt road – some think this is fun. Ralph 835-6953

Oct 28 Brunch in Bedford (Hfx-35 km-D) Skip breakfast and ride out to Bedford for a leisurely brunch. Pauline 477-6287

Nov 4 Ride Leaders Choice (Hfx-35 km-D) Come out for the last ride of the season. Gary 423-2453

Note:

-All rides should be considered a "C" unless otherwise stated.