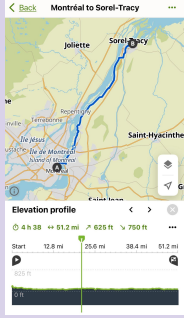
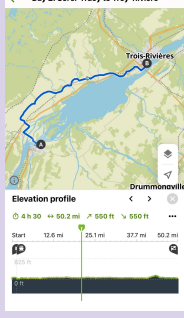
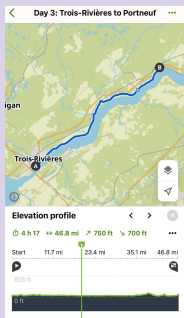
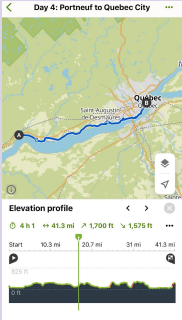
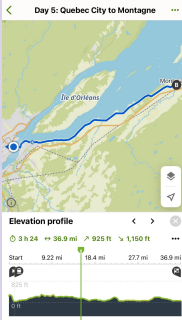
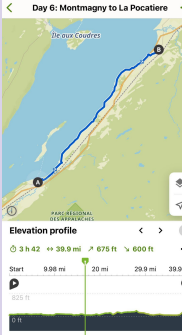
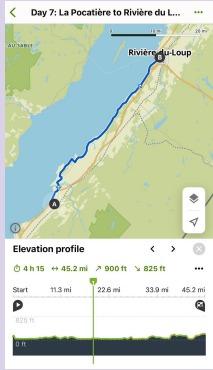
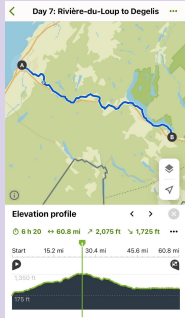
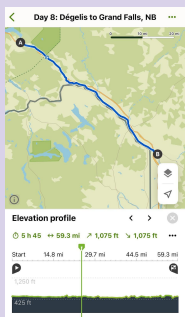
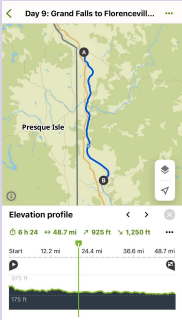
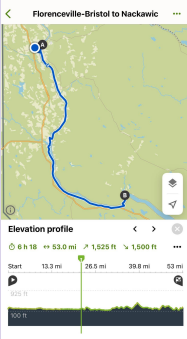
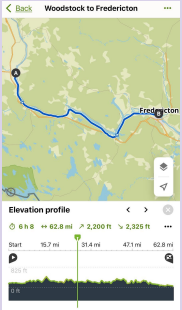
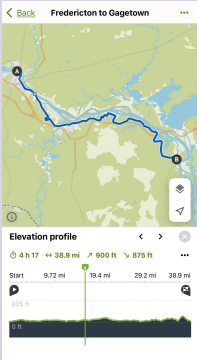


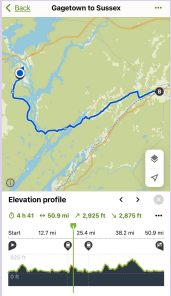
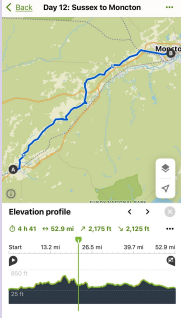
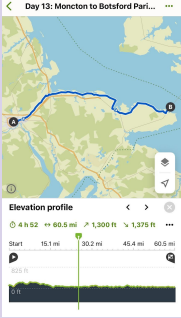
Montreal to Halifax via Cabot Trail

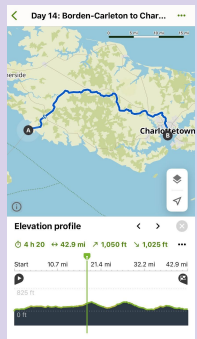
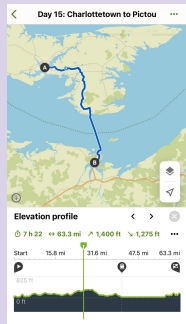
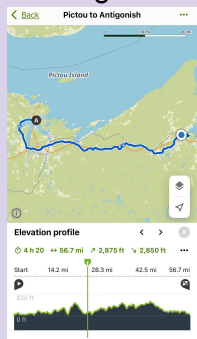
Riding Day	Ride	Estimated Mileage	Hotel	Weather/ Temperature	Ride Remarks and Map
Day 1 Tues May 13	Montreal to Sorel-Tracy, Quebec	51 miles (85 Km) 4 h 27m	Hotel de la Rive	50-81°F Sunny Wind: NE/E 5-10 mph; gusts to 15 mph Head	 Great bike lanes for a good portion of the ride.
Day 2 Wed May 14	Sorel-Tracy to Trois-Rivières, Quebec	48 miles (82 Km) 3 h 48 m	Marriott or Hotel Oui Go	51-78 °F Sunny Wind: S/SW 5-10 mph; gusts to 15 mph Mostly Tail	 Chemin du Roy is a great road to ride. Had a detour due to road work thru fields on dirt roads for 1-2 miles.
Day 3 Thur May 15	Trois-Rivières to Portneuf, Quebec	46 miles (81 Km) 3 h 30 m	Le Portneuvois Hotel	56-74°F Partly Sunny Wind: S 0-5 mph; gusts to 10 mph Tail/Cross	 Great flat ride along the Chemin du Roy!

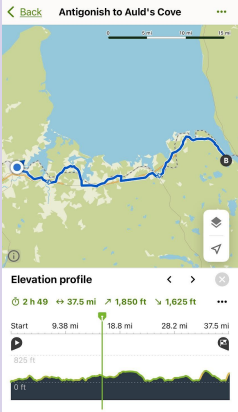
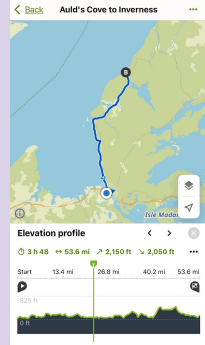
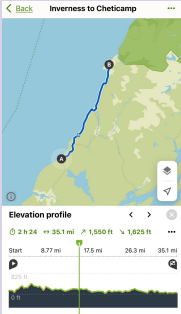
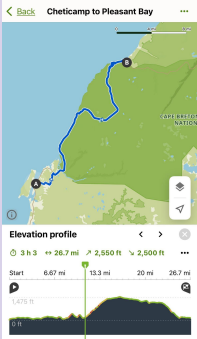
Day 4 Fri May 16	Portneuf to Quebec City, Quebec	41 miles (72 Km) 4 h	Hilton or Marriott	54-71°F Partly Sunny <i>Rain in evening</i> Wind: E 15-20 mph w/gusts to 30 mph Head	 Beautiful road. Tough winds along river
DAYS OFF (RAIN/WIND) May 17-19 QUEBEC CITY					
Day 5 Tues May 20	Quebec City to Montmagny, Quebec	37 miles (60 Km) 4 h 10 m	Hotel Centerville	46-54°F <i>(feels like 33-43°F due to wind chill)</i> Cloudy Winds: NE 10-15 w/gusts to 28 Tough head wind the whole way	 Gorgeous bikeways and route...just very windy and cold. Ave: 8.9 mph
Day 6 Wed May 21	Montmagny to la Pocatière	40 miles (70 Km) 3h 42m	Motel le Pocatois	44-52°F <i>(feels like 33-43°F due to wind chill)</i> Cloudy Winds: NE 10-15 w/gusts to 24 Head wind whole way.	 Gorgeous bikeways and route...just very windy and cold. Ave: 8.9 mph

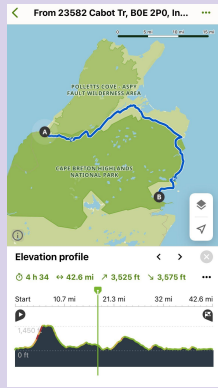
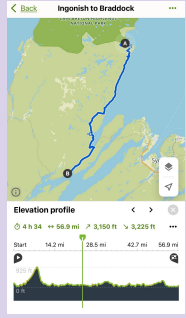
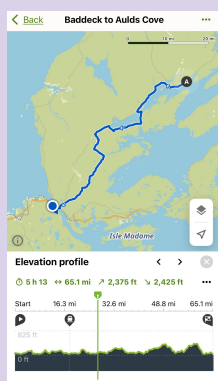
Day 7 Thur May 22	La Pocatière to Rivière- du-Loup, Quebec	45 mi (75 Km) 5h 10m	Hotel Levesque	42-54°F Cloudy Wind: NE 15-25 mph w/ gusts to 30 mph Tough head wind	 Gorgeous bikeways and route...just very windy and cold.
Day off - Weather May 23-24 Rivière- du-Loup					
Day 8 Sun May 25	Rivière-du- Loup to Degelis, Quebec	62 miles 7h 9m. <i>42 miles compacted gravel bike path</i>	Hotel 1212	45-51°F Cloudy <i>Wind chill made it feel like the 30's most of the day.</i> Wind: N 5-15 mph w/ gusts to 23 mph Cross/Tail	 Great rail to trail bike path! Detour however, put us on a ATV road that was muddy, stony, rough and hilly for at least 10 miles. Tough going.
Day 9 Mon May 26	Degelis to Grand Falls, New Brunswick	59 miles 5h 42m. <i>2 miles unpaved; 19 miles compact gravel bike path</i>	Best Western	40-65°F Sunny Wind: NW/N 2-9 mph w/ gusts to 21 mph Tail	

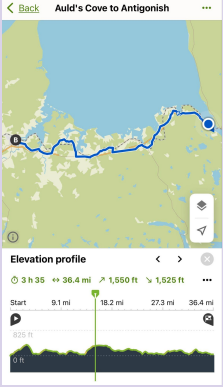
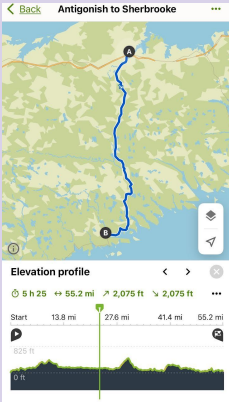
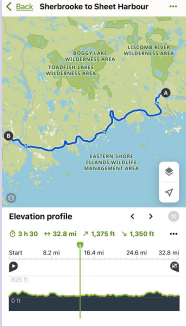
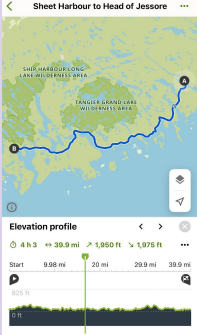
Day 10 Tues May 27	Grand Falls to Florenceville- Bristol, New Brunswick	50 miles 4h 10 m	Amsterdam Inn and Suites	41-71°F Sunny Wind: NW 2-7 mph w/ gusts to 15 mph Tail	
Day 11 Wed May 28	Florenceville- Bristol to Nackawic, New Brunswick	53 miles 4 h 18m	Big Axe BnB	47-76°F Sunny Wind: NW/W 2-7 mph w/ gusts to 19 mph Tail	 Great road; great ride!
Day 12 Thurs May 29	Nackawic to Fredericton, New Brunswick	40 miles 4 h	Delta by Marriott	53-74°F Sunny Wind: W/SW 5-10 mph w/ gusts to 22 mph Tail	 2,200' climbing 2,325' downhill
Day 13 Fri May 30	Fredericton to Gagetown	39 miles 4h 17m	Gagetown Grill and Smokehouse BnB	52-72°F Cloudy (rain in evening) Wind: SW 5-10 mph w/ gusts to 25 mph Cross/Tail	 Gorgeous ride! Had to get on the 102 from the bike trail due to trail closure after 10 miles.

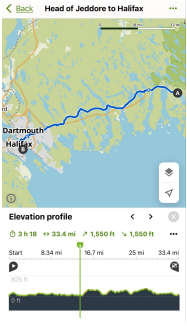
Day 14 Sat May 31	Gagetown to Sussex	51 miles 4h 41 m <i>2 Ferry crossings; ferry outside of Gagetown closed until June 1</i>	Amsterdam Inn and Suites	50-68°F Cloudy (rain in early AM) Wind: SW 5-10 mph w/ gusts to 15 mph Cross/Tail	 Tough hilly ride. Could have shortened the ride by 10 miles perhaps by avoiding the second ferry.
Day 15 Sun June 1	Sussex to Moncton	53 miles 4h 40m	Canvas Moncton	50-64°F Rainy/Cloudy Wind: SW 15-25 mph w/ gusts to 45 mph Tail	 Outstanding ride, especially with such a big tailwind!
Rest Day June 2 Moncton, NB					
Day 16 Tues June 3	Moncton, New Brunswick to Borden-Carlton, Prince Edward Island Via Confederation Bridge Shuttle, Botsford Parish, <i>Shuttle Info—https://www.confederationbridge.com/pedestrian-cyclists/</i>	60 miles 5 h 2 m	Carlton Motel and Coffee Shop	46-63°F Sunny Wind: SW/W turning to S. 5 mph w/ gusts to 20mph Tail/Cross	

Day 17 Wed. June 4	Borden - Carlton to Charlottetown, PEI	<i>Road cycling:</i> 35 miles 3 hours	Inn on the Harbor	51-72°F Mostly Sunny Wind: SW/S 10 mph w/ gusts to 20 mph Tail then Cross	
Rest Day June 5 Charlottetown, PEI					
Day 18 Fri June 6	Charlottetown to Pictou, Nova Scotia <i>via Wood Island and Caribou Ferry Terminal</i> Ferry leaves Wood Island at 3 PM and 6 PM daily	37 miles 3h 30m (to Wood Island Ferry Terminal) Ferry trip = 75 min. 7 miles 30 min. (Caribou Ferry to Pictou) Total: 44 miles 5h 15m	Scotsman Inn, Pictou	56-67°F Partly sunny Wind: SE/SW 5-10 mph w/ gusts to 20 Cross/some head	
Day 19 Sat June 7	Pictou to Antigonish	55.7 miles 4h 56m	Maritime Inn	54-73°F Rainy in AM Cloudy in PM Wind: S 10 mph w/gusts to 25 mph Tail in afternoon	Super hilly; 2,800' climbing 

Day 20 Sun June 8	Antigonish to Auld's Cove	37.5 miles 3h 17 m	Cove Motel and Restaurant	49-59°F (much colder due to wind chill factor) Rain in AM; Cloudy with sun breaks in PM Wind: NW 10-15 mph w/ 42 mph gusts Tail-ish	
Day 21 Mon June 9	Auld's Cove to Inverness	54 miles 4h 40m	Dusky Diamond BnB Inn	47-64°F Partly Sunny Wind: E/SE 5-10 mph w/gusts to 18 mph Mostly tail!	
Day 22 Tues Jun 10	Inverness to Cheticamp	35 miles	Silver Lining Inn and Motel.	48-64°F Partly Sunny Wind: SE 10-15 mph w/gusts to 25 mph Tail-ish	
Day 23 Wed Jun 11 ✓	Cheticamp to Pleasant Bay	27 miles 3 h 3 m	Mountain Villa Motel and Cottages	56-61°F Cloudy (50% chance in AM) Wind: SW 10-15mph w/ gusts to 25 mph Tail	

					Big hill climb (1,200' in 4 miles with steep sections)
Day 24 Thurs Jun 12	Pleasant Bay to Ingonish	43 miles 4h 34m	Glenghorm Beach Resort	48-61°F Mostly Cloudy Wind: W 10-15 mph w/ gusts to 25 mph Tail in AM Cross/Head in PM	 Major hill climbs: 1,450' in 3 miles
Day 25 Fri Jun 13	Ingonish to Baddeck	57 miles 4h 34m	The Lynwood Inn	47- 55°F Mostly Cloudy Chilly Wind: NW 10-15 mph w/ 25 mph gusts Mostly Tail and Cross	 1 big hill climb; Very hilly ride; Ferry Crossing
Day 26 Sat Jun 14	Baddeck to Auld's Cove	57 Miles 5 hours 30 min	The Cove Motel and Restaurant	42-62°F Party sunny, turning cloudy in PM with rain by evening. Wind: Variable directions at 5 mph w/gusts up to 15 mph.	

Day 27 Sun Jun 15	Auld's Cove to Antigonish	36 miles 3 h 34 m	Maritime Inn I	45-67°F Mostly cloudy with sun breaks Wind: Variable directions at 5 mph w/ gusts up to 15 mph.	
Day 28 Mon Jun 16	Antigonish Liscomb Lodge and Resort	5 hours 25 55 Miles	Liscomb Lodge and Resort Buy beer at liquor store! Dinner by 6:30	50-69°F Sunny Wind: W then SW 5-10 mph w/gusts up to 22 mph Slightly head	
Day 29 Tues Jun 17	Liscomb Lodge and Resort to Sheet Harbour	32 Miles 3 hours 26 min	Fairwind Hotel-reservation for Tuesday. Eat at Sheet Harbor Motel	50-66°F Partly Sunny Wind: SW 5-10 mph w/gusts to 25 Mostly head	
Day 30 Wed Jun 18	Sheet Harbor to Head of Jeddore	39 Miles 3 hours 54 min	Salmon River Country Inn	51-64°F Cloudy Wind: S 5-10 mph w/gusts to 20 Mostly cross	

Day 31 Thurs Jun 19	Head of Jeddore to Halifax	35 miles 3 hours 30 min	Hollis House, Doubletree Hilton	51-64°F Cloudy Wind: SW then S 5-10 mph w/gusts to 15 Some head and cross	 A screenshot of a mobile app showing a map of the route from Head of Jeddore to Halifax. The map shows a blue line representing the route along the coast. Below the map is an elevation profile showing the terrain with a green line for the route. The profile includes a scale from 0 to 33.4 miles and an elevation range from 0 to 1,550 feet. The route starts at 8.34 miles and ends at 33.4 miles.
Halifax Friday, June 20					
Fly to Portland Saturday, June 21					

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