

Cycle For Life

Bike Route

DAY 1 – May 15
Victoria BC on TC-1 to Nanaimo

DAY 2 – May 16
Nanaimo to Abbotsford via Maple Ridge

DAY 3 – May 17
Abbotsford to Hope

DAY 4 – May 18
Hope to Merritt via Hwy 5 Coquihalla

DAY 5 – May 19
Merritt to Kamloops via Quilchena (Hwy 5A)

DAY 6 – May 20
Kamloops to Salmon Arm

DAY 7 – May 21
Salmon Arm to Revelstoke

DAY 8 – May 22
Revelstoke to Golden

DAY 9 – May 23
Golden to Banff

DAY 10 – May 24
Banff to Calgary

DAY 11 – May 25
Calgary to Claresholm

DAY 12 – May 26
Claresholm to Lethbridge via Fort Macleod

DAY 13-14 – May 27-28
Rest Days

DAY 15 – May 29
Lethbridge, AB to Medicine Hat, AB

DAY 16 – May 30
Medicine Hat, AB to Piapot, SK

DAY 17 – May 31
Piapot, SK to Swift Current, SK

DAY 18 – June 1
Swift Current, SK to Moose Jaw, SK

DAY 19 – June 2
Moose Jaw, SK to Regina, SK

DAY 20 – June 3
Regina, SK to Moosomin, SK

DAY 21 – June 4
Moosomin, SK to Brandon, MB

DAY 22 – June 5
Brandon, MB to Portage La Prairie, MB

DAY 23 – June 6
Portage La Prairie, MB to Winnipeg, MB

DAY 24 – June 7
Winnipeg, MB to Reynolds, MB

DAY 25 – June 8
Reynolds, MB to Kenora, ON

DAY 26 – June 9
Kenora, ON to Dryden, ON

DAY 27 – June 10
Dryden, ON to Ignace, ON

DAY 28 – June 11
Ignace, ON to Upsala, ON

DAY 29 – June 12
Upsala, ON to Thunder Bay, ON

DAY 30 – June 13
Rest Day in Thunder Bay, ON

DAY 31 – June 14
Thunder Bay, ON to Nipigon, ON

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DAY 32 – June 15
Nipigon, ON to Terrace Bay, ON

DAY 33 – June 16
Terrace Bay, ON to White River, ON

DAY 34 – June 17
White River, ON to Frater, ON

DAY 35 – June 18
Frater, ON to Sault Ste. Marie, ON

DAY 36 – June 19
Sault Ste. Marie, ON to Blind River, ON

DAY 37 – June 20
Blind River, ON to Sudbury, ON

DAY 38 – June 21
Sudbury, ON to Nobel, ON

DAY 39 – June 22
Nobel, ON to Barrie, ON

DAY 40 – June 23
Barrie, ON to Toronto, ON

DAY 41 – June 24
Toronto, ON to Colborne, ON

DAY 42 – June 25
Colborne, ON to Gananoque, ON

DAY 43 – June 26
Gananoque, ON to Ottawa, ON

DAY 44-45 – June 27-28
Rest/Catch up days

DAY 46 – June 29
Ottawa, ON to Rigaud, QC

DAY 47 – June 30
Rigaud, QC to Montreal, QC

DAY 48 – July 1
Montreal, QC to Drummondville, QC

DAY 49 – July 2
Drummondville, QC to Quebec, QC

DAY 50 – July 3
Quebec, QC to La Pocatiere, QC

DAY 51 – July 4
La Pocatiere, QC to Cabano, QC

DAY 52 – July 5
Cabano, QC to Grand Falls, NB

DAY 53 – July 6
Grand Falls, NB to Woodstock, NB

DAY 54 – July 7
Woodstock, NB to Fredericton, NB

DAY 55 – July 8
Fredericton, NB to Moncton, NB

DAY 56 – July 9
Moncton, NB to Melrose, NB

DAY 57 – July 10
Melrose, NB to Charlottetown, PE

DAY 58-59 – July 11-12
Rest/Catch Up Days

DAY 60 – July 13
Charlottetown, PE to Stellarton, NS

DAY 61 – July 14
Stellarton, NS to Port Hawkesbury, NS

DAY 62 – July 15
Port Hawkesbury, NS to Sydney, NS

DAY 63 – July 16
Sydney, NS to Channel-Port aux
Basques NF

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DAY 64 – July 17
Channel-Port aux Basques NF to St.
George's, NF

DAY 65 – July 18
St. George's, NF to Deer Lake, NF

DAY 66 – July 19
Deer Lake, NF to South Brook, NF

DAY 67 – July 20
South Brook, NF to Norris Arm, NF

DAY 68 – July 21
Norris Arm, NF to Gambo, NF

DAY 69 – July 22
Gambo, NF to Sunnyside, NF

DAY 70 – July 23
Sunnyside, NF to St. John's NF

DAY 71-72 – July 24-25
REST!!!!

DAY 73 – July 26
RETURN