

SLOW DOWN TIME, WIND DOWN ROADS, LINGER OVER LUNCH.

Ride through the sun-drenched Annapolis Valley, tasting wine, enjoying local fare from fantastic farms, orchards and breweries, and taking in some of the Wolfville area's outstanding historic places and natural wonders.

The options really are endless for cyclists in this exceptional area. Stay in the charming university town of Wolfville, a central hub for exploring the surrounding area, or find accommodations along the way in the lovely smaller towns. The main route takes you from the fertile orchards and vineyards of the Gaspereau Valley to the epic sea cliffs of Cape Blomidon. Foodies will delight in the abundance of celebrated chefs, farmers and markets – prepare for complete culinary enjoyment!

The Lookoff

Wolfville is located on the inner reaches of the Bay of Fundy's Minas Basin, where the world's highest tides reach over fifty feet and create a natural environment unlike any other. Each day 100 billion tonnes of seawater flows in and out of the Bay of Fundy during one tide cycle -- more than the combined flow of the world's freshwater rivers.

Home to beautiful Acadia University founded in 1838, Wolfville is Canada's first Fair Trade Town – be sure to enjoy fair trade coffees, teas and chocolates. Between Wolfville and the Landscape of Grand Pré UNESCO World Heritage Site, see centuries-old dykes and embankments, built by Acadians which continue to protect precious, fertile land from the enormous tides. Learn about the Acadian Deportation at Grand Pré National Historic Site and how their culture persevered as they resettled along the shores of North America. Be sure to stop in at Just Us Coffee Roastery and **Tangled Garden** 🍷, where herbs and fruit are transformed into jewel-like jellies and flavourful liqueurs.

In the nearby Gaspereau Valley, ride on quiet paved roads to visit the wineries along the meandering Gaspereau River. A short detour to Lumsden Pond Provincial Park will take you to an excellent swimming and picnic area.

North of Wolfville, you can ride on paved backroads while you pedal by quaint farmsteads, peaceful estuaries, and salt flats. On your way, take time to sample the great local food and drink available along the **Starr's Point Agritourism Loop** 🍷.

While the making your way up to the spectacular sea cliffs and red-sand beaches of Cape Blomidon, stop in at **Kingsport Harbour** 🍷 for an ice cream and scenic picnic on the sandy beach. Be prepared for a climb if you journey up to the Lookoff, and a steep set of switchbacks at the entrance of Blomidon Provincial Park.

While you are in the area, consider taking a sidetrip to the famous Cape Split for a wonderful four-hour hike or visiting the charming inlet of Hall's Harbour where you can buy and eat lobster on the wharf, mesmerized by the fifty-foot tides.

For more information on the Annapolis Valley, visit www.novascotia.com and www.cyclenovascotia.ca.



EXPERIENCE THE BEAUTY OF NOVA SCOTIA UP CLOSE, BY BIKE

Using the Maps

Cycle Nova Scotia profiles routes for on-road bicycle touring. Use the maps to plan the ride that is right for you and consider taking advantage of the spur routes to diversify your options.

Most routes are on secondary highways or local roads and are not designated bicycle routes, nor are the itineraries marked with signage. Although the routes profiled have generally low traffic volumes, few have paved shoulders. Cyclists using these maps should be comfortable riding on roads with motor vehicles and be aware of the inherent risks.

Make sure you take time to plan ahead and are properly equipped for your ride, including a helmet (required by law). Preparation will help you make the most of your Nova Scotia cycling experience!

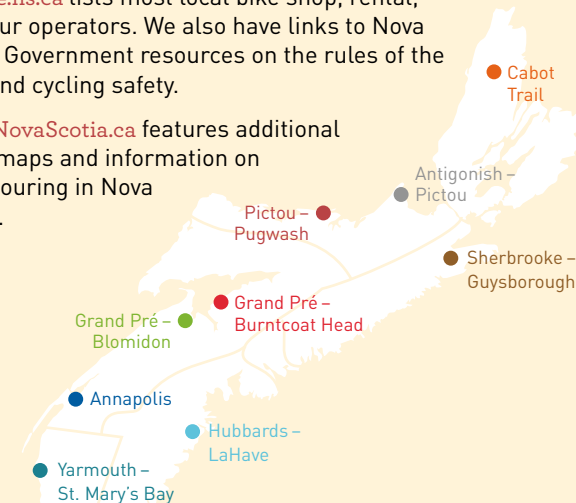
Resources

Whether riding for an afternoon or planning a multi-day tour, please take advantage of our additional resources to make the most of your journey:

NovaScotia.com or [1.800.565.0000](tel:18005650000) is your best source for accommodations, top attractions, dining, and visitor information.

Bicycle.ns.ca lists most local bike shop, rental, and tour operators. We also have links to Nova Scotia Government resources on the rules of the road and cycling safety.

CycleNovaScotia.ca features additional route maps and information on cycle touring in Nova Scotia.



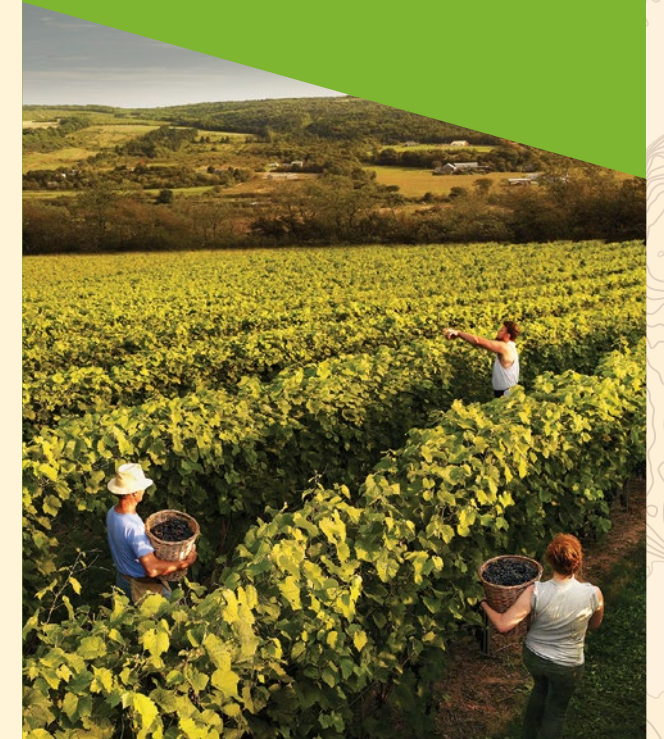
Mapping and design by UPLAND and RareBird

NOVA SCOTIA
NOVASCOTIA.COM



GRAND PRÉ – BLOMIDON

Delve into food and wine.



Bay of Fundy & Annapolis Valley



