



# Bike Routes on Cape Breton Island

# 5

**Campbell Road Loop**

Area: **CBRM**

27.1 kms

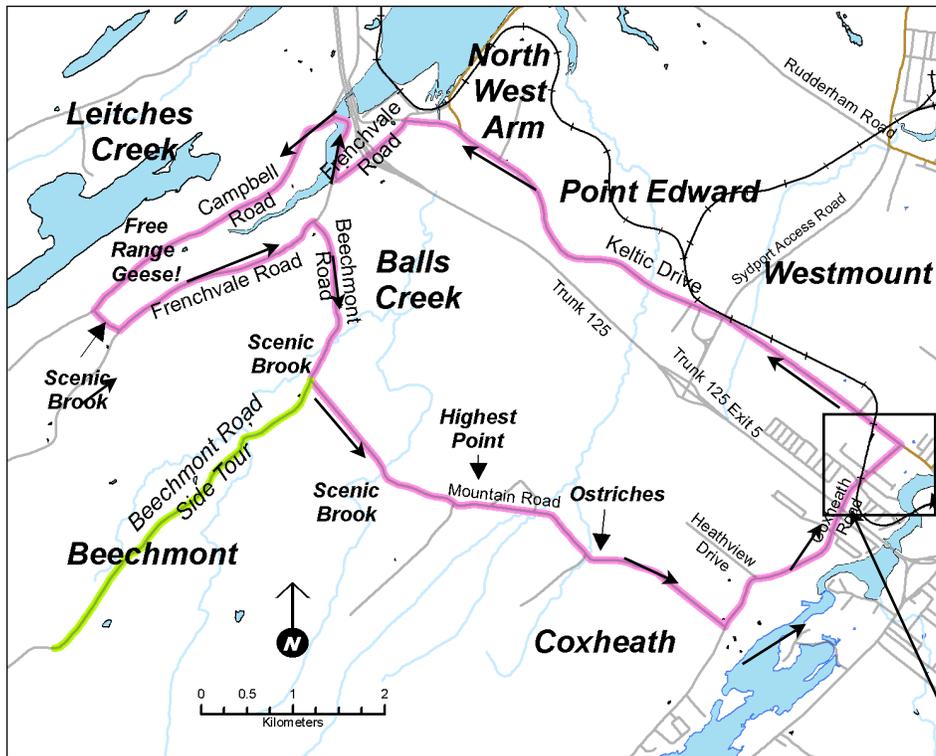
Rating: ♥♥♥

Traffic: 🚗🚗

Type of Bicycle: **Road or Hybrid**

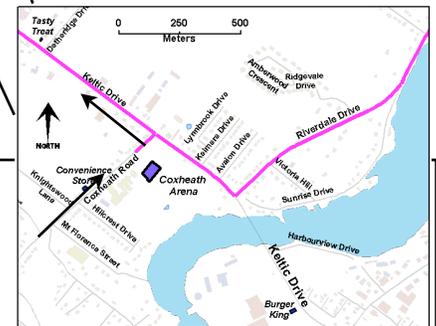
Maximum Climb: **50 m.**

Total Climb: **250 m.**



Cue Sheet		
0.0	Start Coxheath Arena	27.1
2.8	Sydport Rd. trestle	24.3
6.3	Left at the Y	20.8
6.9	Left on Frenchvale Rd.	20.2
7.9	Right on Campbell's Rd	19.2
8.7	Left right after bridge	18.4
14.2	Left, end of Campbell Rd	12.9
14.6	Left on Frenchvale Rd.	12.5
17.2	Right on Beechmont Rd	9.9
	Side Tour 4.2k (8.4 re- turn) to end of pavement	
19.0	Left on Mountain Rd.	8.1
24.3	Left on Coxheath Rd.	2.8
27.1	End of ride.	0.0

### Start/Finish Area



Adjacent Routes: # 2

Comments: by: Andrée Crépeau

This is the perfect cardio training route—it mixes hills with scenery. And just like the classic well planned training session-it starts with a warmup moves to interval training and ends with a cool down.

The route starts in the parking lot of the Coxheath Arena and heads out Keltic Drive. Don't be discouraged by the traffic and less than perfect pavement, the conditions change quickly as you move from an urban landscape to a rural one. At Km 6, you will start going downhill, pay attention to baring left at the 6.3k mark. Caution passing the bridge at the bottom of the hill and at the left turn shortly thereafter under the flashing overhead light. You've now moved into the more scenic part of the ride, and the roads follow the routes used by the early settlers. The next two turns can be elusive—make sure you use the map and cue sheet.

You will leave the Campbell Road shortly after passing a fenced pasture full of geese and goats. Once you the join the Frenchvale road the warm-up is over and the serious hills start. While portions of the Beechmont road and Mountain roads are steep climbs they are interspersed by plateaux. It is this feature that makes this route good for interval training- which combines intense work with short periods of rest. The side tour on the Beechmont Road takes you out and along the top of one of the ridges----the pavement is new and pedalling is easy so take a break if you need it.

Make sure you stop to take in the views from the hill tops. This ride is especially scenic during fall colours and in the early spring.

**Emergencies: dial 911**

**Pit Stops: Balls Creek "Mall" at km 8.7**

**Disclaimer:** Velo Cape Breton Bicycle Club in the development of this map in no way assumes liability or warrants the condition, suitability or appropriateness of the roads indicated for Shared bicycle/motor vehicle use. Users of this map accept all responsibilities and risks, inherent and not inherent associated with its use. Although the information in this guide is believed to be accurate, we assume no liability for errors that may exist. We encourage all users to obtain appropriate provincial road maps, for the routes you are taking.