
Cabot Trail in 4 Days Bicycle Tour – Frequently Asked Questions

What's the weather like?

We have a saying “don't like the weather drive 20 kilometres and it will change”. And as silly as it sounds it's true. Because we will be next to the ocean the weather can vary quite dramatically. We can have very hot weather, as in 30°C, and very cool, as in 15 °C. And of course, we can also have rain, mist and wind. We advise coming prepared for all conditions.

What happens in extreme weather?

If it's just raining, we expect people to cycle in rain gear. If it's extremely windy and difficult to maintain position on the road we will ferry people to a safer location. But we will only be able to move a few people and bikes at a time. If there is extremely bad weather such as a hurricane we will shelter at our accommodations until it is safe to travel and will have to adjust the schedule.

What if my bike breaks down?

We expect everyone to be self-sufficient, we will have basic bike tools and bike stands in both vans. We don't provide bike repair but will help as best we can. There is a bike mechanic in Cheticamp who is very willing to help if he is available. If your bike can't be repaired, we will ferry you for the remainder of the trip. We advise that you bring spare tubes, a chain and even a tire.

What direction do we travel in?

We travel clockwise around the Trail. This means that the cyclist is always on the inside edge of the road, and we feel it is a significantly safer route. The beauty of this highway is that it is on the edge of the mountains, but this also means that the road is narrow with no escape route on the waterside. Don't worry the views are still fantastic from the inside edge of the road.

What about my dietary limitations?

We generally can accommodate most limitations. The best thing is to be very specific on what is allowed and what is not. For example, if you don't eat dairy please indicate whether you are lactose intolerant or allergic to all dairy products period. The more information we have the better your experience will be. We are travelling through small towns with limited access to specialty food, but it's very easy for us to buy it before hand, or for the restaurants to order ahead.

What kind of gels, power bars and sport drinks do you supply as snacks?

Actually, we don't. We supply fresh fruit such as bananas, oranges, watermelon, grapes and strawberries. And baked goods such as cookies and energy balls, which are homemade and vary from year to year depending on the food restrictions. In addition, we have trail mix. We also supply Gatorade powder that can be added to water in your water bottles. We recommend that you carry two water bottles. We do not use any plastic disposal packaging but do supply paper bags if you want to carry snacks with you. We will follow all food handling protocols re Covid-19.

What happens if I need access to my luggage during the day?

We can't guarantee that you will have access to your luggage while on route. If you think you're going to need a jacket etc. it's best to have a small pannier that you can carry what you need with you. Typically, one van carries all the luggage, but both vans service the pit stops, as a result the van with the luggage may not be at the pit spot you want it to be. Also, the luggage is packed tightly and getting to your bag may be impossible. We aim to have the luggage van at the accommodations by the check in time.

How will I book a whale watching tour?

We will arrange with a tour company in Pleasant Bay for a late afternoon tour generally at 4pm. You will book directly with the tour operator and pay for the tour. We will notify all the participants of the tour details when the operator opens for bookings in the late spring.

I want to access the Spa at the Keltic Lodge; how does that work?

We will notify all participants when the Spa posts it's updated price list. You can then make appointments for the services you want. You will be responsible for all charges.

What kind of bike do I need?

The most important thing is that it be in good mechanical order and a tune-up before the trip is a good idea. Most people are using hybrids or road bikes with slightly wider tires. But we've had participants who used mountain bikes and comfort bikes. And in 2018 we had our first e-bike. The rider was 87 years young, and since then we have had several more. So your bike type is really up to you and the type of experience you want.

What if I need a roommate?

We accept single registrations at the double occupancy rate. We then match up the single males with other single males in rooms with two beds and do the same with the single female participants. If we have an odd number of men or women the first single male or female that registered will get a single occupancy room at no extra cost. This has only happened once in the last twelve years.

What is the cell phone reception like?

We will be riding through sparsely populated areas for much of the tour, however cell phone reception will be mostly available until we get into the Cape Breton Highlands National Park. Within the park, there will be no cell phone reception at all, so preparations to meet up with others or make strategic stops must be coordinated ahead of time. Also, riding with a buddy is a good idea through the park, not just for the companionship, but in case of trouble, you will not be able to call the support vans.

How will COVID-19 impact the tour?

The only thing we know for sure is that we will follow the regulations and recommendations of the Government of Nova Scotia to the letter. To see the current regulations see this link:

<https://novascotia.ca/coronavirus>.