

Kanata-Nepean Bicycle Club



Sometimes ambitious,
always social

2017 April - July Tour Schedule

The Kanata-Nepean Bicycle Club is a volunteer-based, non-profit organization for social and recreational bicycle touring.

Membership is open to all residents of Ottawa and the Valley.

The club's web site at www.knbc.ca has considerably more detail on the tours and any changes.

For more information about KNBC:

www.knbc.ca
info@knbc.ca

April – July 2017 Tour Schedule

KNBC promotes cycling without undue emphasis on athletic or competitive cycling. We emphasize the social, adventure and fitness aspects of cycling.

- Helmets must be worn on all tours.
- Tour leaders have the right to refuse to accept riders on tours whose bicycles, riding abilities, or behaviour, in their opinion, are unsafe.
- Guests are welcome to try a ride, but must give the leader a signed waiver form from the website. Guests are not covered by club insurance.

General Information

Please read the KNBC tour rules before showing up for your first tour. Go to www.knbc.ca and click on “Tour Etiquette” and “Safety”. We suggest you choose rides that match your endurance and speed.

Starting Time

Tours leave on time, so please arrive at least ten minutes prior to the indicated departure time.

Starting Points

“KTC” as a starting point refers to the Kanata Town Centre, 150 Katimavik Rd, in the parking lot near Kanata Opticians. “CentrepoinTE” starts mean the south parking lot on CentrepoinTE Dr. opposite the main entrance to the library.

Distances

Distances quoted are believed to be within plus or minus 10%.

Speed Ratings

L1 = 18-21 km/h; L2 = 22-24 km/h; L3 = 24-26 km/h; L4 = 25-28 km/h; L5 = 30+ km/h. Speeds are based on a cruising speed on level ground with little or no wind. A tour with two

speed ratings, such as L3 & L4, means that there will be two groups, each with its own tour leader.

*Remote Starts

An asterisk denotes a remote start. For these tours, riders should call ahead and inform the tour leader that they plan to be on the ride and leave a number where they can be reached. If you don't call ahead and the tour is cancelled, nobody will be able to inform you. If a tour has both standard and remote starts, the above only applies if you plan to join the ride at the remote starting point.

Riders who need a drive can call the tour leader who may be able to help arrange a lift.

WEDNESDAY NIGHT MYSTERY TOURS

Join us on Wednesday evenings at CentrepoinTE for impromptu tours of 90 to 120 minutes followed by socializing at the Royal Oak pub.

L1, L2/L3 and L4/L5 speed groups will be arranged at the start depending on turnout.

6:15pm start

KANATA EVENING TOUR

Join us on every other Thursday evenings at Centrum near the Holiday Inn for impromptu tours of 90 to 120 minutes followed by socializing at a Centrum pub.

L1, L2/L3 and L4/L5 speed groups will be arranged at the start depending on turnout.

6:15pm start

2017 Multi Day Tours

France**

- June 13-28 (travel dates from Montreal June 12 and 30)
- Group size is 16 and is full
- Tour starts near Paris and finishes in Nice with a day off in Annecy
- Average ride length 100-120 km with moderate climbing (with difficult options) suited for levels L3-L5
- For more info contact Tim Sparling at sparling@sympatico.ca

Ottawa Valley

- June 11- 16
- Group size was 20 -22, and although full, we can accept 1 or 2 more.
- Multi location hub and spoke (Pembroke 3 nights , then Eganville 1 night , and Barry's Bay 1 night)
- Places visited: Allumette Island, Fort Coulonge, Petawawa, Douglas, Combermere, Foymount.
- 2 ride choices per day – an easier 65-80km and a more difficult 85-110km ride. Suited for levels L3-L4
- For more information or to sign up contact Dave Audette at 613-601-2833 or dg.audette@sympatico.ca

Kanata-Nepean Bicycle Club

Eastern Townships

- August 4-7 (travel dates from Ottawa are August 4 and 7)
- Group size – 16 maximum with plenty of space available as of late March
- Location – Victoriaville hub & spoke
- Average ride length 60-70 km/day for three days at L2
- For more info contact Barrie Kirk at barrie.kirk@gmx.com

Montreal

- August 25-27
- Group size is 18 with plenty of space available as of late March
- 2 or 3 day option: Rockland to Hudson (Friday), to Montreal (Saturday) and return to Hudson (Sunday)
- Average ride length 105 km, suited for levels L2-L5 (2 day from Hudson) and L3-L5 (3 day from Rockland)
- For more info contact Steve Caron at stevecaron1@rogers.com or phone/text 613-286-3598

Croatia**

- September 5 -19 (travel dates from Montreal Sept. 3 and 20)
- Group size is 16, and there is room for one male participant
- Tour starts and finishes in Zagreb, going south to the coast into Slovenia and returning inland

April – July 2017 Tour Schedule

- Average ride length is 120 km with serious climbing inland and difficulty levels L3-L5
- For more info contact Tim Sparling at sparling@sympatico.ca

Utah Cycle and Hike**

- September 26 – October 6
- Ten people signed up, 4-6 more would be welcome
- Moab, Utah hub and spoke – five cycles and five hikes
- Average ride length 60 km and difficulty levels L2-L4, hiking level is moderate
- For more info contact Lori Henley at lori.henley@sympatico.ca

Ottawa Area Charity Tours

2017 Cycle for Sight Ottawa

Sunday/ Dimanche June 4, 2017

Since 2009, Cycle for Sight has raised over \$3.7 million in support of the Foundation Fighting Blindness (FFB). At the FFB, it is our mission to lead the fight against blindness by advancing retinal disease research, providing education and public awareness, and ultimately restoring hope and sight.

Over 1 million Canadians are living with blinding retinal eye diseases right now.

Some were born blind. Others have experienced vision loss as teenagers or during adulthood. Many have been forced to sacrifice their independence; leaving life-long careers or forfeiting their driver's license. More still have been losing sight of their loved ones, as blind spots overtake the clarity of their children's faces. See: [cycle-for-sight](#)

Lap the Gats for Parkinson's

The 4th annual event will take place on **June 25, 2017** on the scenic 21 km loop in the beautiful hills of Gatineau Park in Chelsea, Quebec. We are proud to work in partnership with Nokia Sunday Bike Day allowing participants to ride without worrying about traffic as the park is closed. See: www.lapthegats.org

The 2017 PwC MS Bike - Ottawa to Cornwall (NEW DATE) will be held on July 15-16.

Canada has the highest rate of MS in the world. And when you join MS Bike, you join our country's collective effort to help improve the lives of Canadians affected by MS. The dollars you raise are invested in world-leading MS research happening right here in Canada research that will bring us closer than ever to the first treatment for progressive MS and ultimately a cure for the disease. It's an exciting time for MS research, and your participation will keep the momentum going. We can't wait to see you there!

Beginning at the Metcalfe Arena, you will cycle along country roads and along the Long Sault Parkway to the NAV Centre in Cornwall. Along the way, rest stops with water, snacks, first aid, and mechanical support will be provided. Upon arriving in Cornwall, enjoy a massage, dinner and music to celebrate the completion of Day One! After resting in the NAV Centre, start Day Two with a full breakfast. Push yourself to the limits by cycling another 55 or 90km back to Metcalfe where you will enjoy a welcome by other participants, volunteers, and supporters and a BBQ lunch.

Registration fees range from \$50 to \$100 depending on the tour selection and accommodation requirements.

See: www.ms biketours.ca

GrandFondo Ottawa 15 July 2017

Our routes quickly & safely escape the City limits West, beyond Kanata with Ottawa Police Service and Ride Ambassador + Route Marshal escorts until we reach quiet country roads riding through the rural crop producing areas alongside river banks & vistas [some] having evolved into suburbs, [some] resisting change, offering welcome stretches under the shade of aged Oak & Maple trees. See:

<http://granfondoottawa.org/en/about-granfondo/>

April 2017 Tour Schedule

2017	Time		Destination	Distance
1-Apr	10:00	L1	Carp	40
	10:00	L2	Carp	40
	10:00	L3	Carp	58
	10:00	L4	Carp	71
	10:00	L5	Carp	84
2-Apr	10:00	L1	2 Rivers and a Canal*	41
	10:00	L2	Manotick	61
	10:00	L3	Manotick	61
	10:00	L4	Manotick	61
		L5	TBD	
5-Apr	10:00	L1	Richmond*	23
	10:00	L2	Richmond	41
	10:00	L3	Richmond	52
	10:00	L4	Richmond	52
8-Apr	10:00	L1	Carp	42
	10:00	L2	Packenham	54
	10:00	L3	Packenham	89
	10:00	L4	Pinhey Point- Carp	80
		L5	TBD	
9-Apr	10:00	L1	Kanata North Loop	25
	10:00	L2	Ashton	52
	10:00	L3	Ashton	52
	10:00	L4	Ashton-Almonte	95
		L5	TBD	
12-Apr	10:00	L1	Carp	42
	10:00	L2	Chelsea*	33
	10:00	L3	Chelsea	72/47
	10:00	L4	Champlain-Chelsea	71/52
15-Apr	10:00	L1	Carp	42

2017	Time		Destination	Distance
15 Apr	10:00	L2	Carleton Place	80
	10:00	L3	Carleton Place	80
	10:00	L4	Carleton Place	80
	10:00	L5	Carleton Place	95
	16-Apr	10:00	L1	Aylmer*
Easter	10:00	L2	Fitzroy Harbour*	55
	10:00	L3	Fitzroy Harbour	77
	10:00	L4	Fitzroy Harbour	77
		L5	TBD	
	19-Apr	10:00	L1	Swan on the Rideau*
	10:00	L2	Manotick	60
	10:00	L3	Manotick	60
	10:00	L4	Champlain Lookout	71/52
20-Apr	9:00	L1	Kanata North Loop	25
22-Apr	10:00	L1	Baxter Conservation *	50
	10:00	L2	Baxter Conservation*	50
	10:00	L3	Pakenham-Arnprior	95
	10:00	L4	Arnprior	95
	8:30	L4	Early Bird	65
	10:15	L5	Arnprior	95
	23-Apr	10:00	L1	Richmond
	10:00	L2	Manotick	60
	10:00	L3	Almonte-Ashton	95
	10:00	L4	Almonte-Ashton	95
		L5	TBD	
26-Apr	10:00	L1	Carp	42
	10:00	L2	Carp (Long)	57
	10:00	L3	Wakefield	113/88/70
	10:00	L4	Wakefield	113/88/70

2017	Time		Destination	Distance
		L5	TBD	
27-Apr	8:30	L1	North Kanata Loop	25
	18:15		Evening Cycle	
29-Apr	10:00	L1	2 Rivers and a canal	44
	10:00	L2	Constance Bay	74
	10:00	L3	Constance Bay	74
	10:00	L4	Carp via Armitage	73
			L5	TBD
30-Apr	10:00	L1	Old Gatineau*	40
	10:00	L2	Aylmer	52
	10:00	L2	Aylmer	32
	10:00	L3	Lanark Highlands*	86
	10:00	L4	Lanark Highlands*	110
	10:00	L5	TBD	

May 2017 Tour Schedule

2017	Time		Destination	Distance
3-May	10:00	L1	Richmond	41/23
	10:00	L2	Manotick	50
	10:00	L3	Manotick	60
	10:00	L4	Osgoode	85
6-May	10:00	L1	2 Rivers & a Canal*	44
	10:00	L2	2 Rivers & a Canal	69
	10:00	L3	Portage-du-Fort*	118
	10:00	L4	Portage-du-Fort*	118
7-May	10:00	L5	TBD	
	10:00	L1	Kinburn*	34
	10:00	L2	Kinburn*	34
	10:00	L3	Perth-Balderson*	95
	10:00	L4	Perth-Balderson*	95
10-May	8:00	L4	Champlain Lookout	96/71/56
	10:00	L5	TBD	
	10:00	L1	Carp Alice's (short)	42
	10:00	L2	Carp Alice's	57
11-May	9:30	L3	Champlain Lookout	89/74/49
	10:00	L4	Pinphey Point Carp Loop	80
	18:15		Kanata Evening Cycle	
13-May	10:00	L1	Byward Market	59/35
	10:00	L2	Byward Market	59/35
	10:00	L3	North Augusta*	85
	10:00	L4	Sparkle City*	85
		L5	TBD	
14-May	10:00	L1	Richmond*	23
	10:00	L2	Richmond	41
Mother's Day	10:00	L3	Packenham	89

2017	Time		Destination	Distance
	10:00	L4	Packenham	89
		L5	TBD	
17-May	10:00	L1	Aylmer	76
	10:00	L2	Carleton Place	76
	10:00	L3	Osgoode	85
	10:30	L4	Champlain Lookout	71/52
20-May	9:30	L1	Aviation & Space M	50
	9:30	L2	Aviation & Space M	47
	9:30	L3	Wakefield	113/88/70
	9:30	L4	Wakefield	113/88/70
		L5	TBD	
21-May	9:30	L1	Packenham*	53
	9:30	L2	Packenham	89/53
	9:30	L3	Packenham	89
	9:30	L4	Packenham	89
		L5	TBD	
22-May	9:30	L1	Tulip Tour	35
	9:30	L3	Brockville*	98
Victoria Day	9:30	L4	Brockville*	98
24-May	10:00	L1	Aylmer*	45/30
	10:00	L2	Aylmer	70/45/30
	9:30	L3	Medio Grand Fondo*	100
	10:00	L4	Champlain Lookout	71/52
25-May	18:15		Kanata Evening Cycle	
27-May	9:30	L1	Carleton Place	79
	9:30	L2	Carleton Place	79
	9:30	L3	Carleton Place	79
	9:30	L4	Carleton Place	79

2017	Time		Destination	Distance
28-May		L5	TBD	
	9:30	L1	Richmond	40/23
	9:30	L2	Kemptville	
	9:30	L3	Kemptville	107
	9:30	L4	Kemptville	107
31-May	8:00	L4	Early Bird	90
	10:00	L5	Kemptville	107
	9:30	L1	Carp	40
	9:30	L2	Carp	57
	9:30	L3	Carp	57
	9:30	L4	Osgoode	85

June 2017 Tour Schedule

2017	Time		Destination	Distance
3-Jun	9:30	L1	Ashton	53
	9:30	L2	Ashton	61
	9:30	L3	Packenham-Renfrew*	100
	9:30	L4	Packenham-Renfrew*	100
		L5	TBD	
4-Jun		L1	Kinburn*	34
		L2	Kinburn*	44
		L3	Lanark Highlands*	85
		L4	Lanark Highlands*	117
		L5	TBD	
7-Jun	10:00	L1	Bread & Sons	58/32
	9:30	L2	Chelsea via Mine	72
	9:30	L3	Chelsea via Parkway	77
	9:30	L4	Champlain-Chelsea	85
		L5	TBD	
8-Jun	8:00	L1	Early Bird*	33
	18:15		Kanata Evening Cycle	
10-Jun	9:30	L1	Aylmer	70/45
	9:30	L2	Aylmer	70/45
	9:30	L3	Portage-du-Fort*	120
	9:30	L4	Portage-du-Fort*	120
		L5	TBD	
11-Jun	9:30	L1	Richmond	41
	9:30	L2	Richmond	52
	9:30	L3	Waba Garden*	75
	9:30	L4	Packenham	89
	8:00	L4	Early Bird Cycle	80
		L5	TBD	

2017	Time		Destination	Distance	
14-Jun	9:30	L1	Woodlawn*	62	
	9:30	L2	Woodlawn*	62	
	9:30	L3	Armitage Loop*	63	
	9:30	L4	Armitage Loop*	63	
17-Jun	9:30	L1	Old Gatineau*	48	
	9:30	L2	Wakefield	88/72	
	10:00	L3	Kilmarnock*	85	
	9:30	L4	Wakefield	112/88/72	
18-Jun	9:30	L1	Almonte*	48	
	Father's Day	9:30	L2	Perth*	78
		9:30	L3	Perth*	78
		9:30	L4	Perth*	78
			L5	TBD	
21-Jun	9:30	L1	Carp	42	
	9:30	L2	Carp	57	
	9:30	L3	Carp	57	
	9:30	L4	Osgoode	85	
22-Jun	8:00	L1	Early Bird	33	
	18:15		Kanata Evening Cycle		
24-Jun	9:30	L1	Lac Leamy	40	
	9:30	L2	Perkins*	70	
	9:00	L3	Arnprior-White Lake*	105	
	9:30	L4	Almonte-Ashton	92	
	8:00	L4	Early Bird Cycle	65	
	L5	TBD			

2017	Time		Destination	Distance
25-Jun	9:30	L1	Manotick*	57
	9:30	L2	Manotick	66/57
	9:30	L3	Merrickville	124/91
	9:30	L4	Merrickville	124/91
	9:30	L5	TBD	
28-Jun	9:30	L1	Aylmer*	45
	9:30	L2	Aylmer	70/45
	9:30	L3	Aylmer	70/45
	9:30	L4	Champlain Lookout	95/70

July 2017 Tour Schedule

2017	Time		Destination	Distance
1-Jul	9:30	L1	Meech Lake*	45
Canada Day	9:30	L2	Meech Lake	65/45
	9:30	L3	Meech Lake	85/60/45
	9:30	L4	Meech Lake	85/60/45
	9:30	L5	TBD	
	2-Jul	9:00	L1	Carleton Place
2-Jul	9:00	L2	Carleton Place	76
	9:00	L3	Carleton Place	76
	9:00	L4	Carleton Place	97/76
	9:00	L5	TBD	
	5-Jul	9:00		Packenhams*
5-Jul	9:00		Packenhams*	53
	9:00		Packenhams	89
	9:00		Packenhams	89
	6-Jul	18:15		Kanata Evening Cycle
8-Jul	9:15	L1	Balderson*	63
	9:30	L2	Masson-Cumberland*	80
	9:00	L3	Calabogie*	100
	9:00	L4	Portage-du-Forte*	118
	8:30	L5	Portage-du-Forte	172
9-Jul	9:00	L1	Fitzroy Harbour*	55
	9:00	L2	Fitzroy Harbour	77/55
	9:00	L3	Fitzroy Harbour	77
	9:00	L4	Balderson*	95
	9:00	L5	TBD	

2017	Time		Destination	Distance
12-Jul	9:00	L1	Ashton	53
	9:00	L2	Ashton	61
	9:00	L3	Ashton	75
	9:00	L4	Ashton	75
13-Jul	8:00		Carp Early Bird	40
15-Jul	9:00	L1	Richmond	41
	9:00	L2	Winchester*	90
	9:00	L3	Winchester*	90
	9:30	L4	Winchester*	90
	9:00	L5	TBD	90
16-Jul	9:00	L1	Kinburn*	33
	9:00	L2	Woodlawn-Kinburn*	62
	9:00	L3	Triple A Reverse	92
	9:30	L4	Triple A Reverse	92
	9:00	L5	TBD	
19-Jul	9:00	L1	Meech Lake*	60/45
	9:00	L2	Meech Lake	85/60/45
	9:00	L3	Meech Lake	85/60/45
	9:00	L4	Meech Lake	85/60/45
20-Jul	18:15		Kanata Evening Cycle	
22-Jul	9:00	L1	Lanark*	64
	9:00	L2	Norway Bay*	64
	9:00	L3	Waba Garden*	75
	9:00	L4	Pakenham-Arnprior*	95
	TBD	L5	Pakenham-Arnprior	TBD

2017	Time		Destination	Distance
23-Jul	9:00	L1	Aylmer*	45/30
	9:00	L2	Aylmer	70/45
	9:00	L3	Balderson*	102
	9:00	L4	Merrickville	124/91
	9:00	L5	TBD	
26-Jul	9:00	L1	Carp	41
	9:00	L2	Carp	57
	9:00	L3	Carp via Armitage	73
	9:00	L4	Carp via Armitage	73
27-Jul	8:00		Carp Early Bird	40
29-Jul	9:00	L1	Manotick*	57/37
	9:00	L2	Manotick	74/57
	9:00	L3	Manotick	74
	9:00	L4	Manotick	74
	9:00	L5	TBD	
30-Jul	9:00	L1	Almonte	80
	9:00	L2	Almonte	80
	9:00	L3	Almonte	80
	9:00	L4	Almonte	80
	9:00	L5	TBD	