



“Sometimes ambitious,
always social”

2018 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 the Ottawa/Gatineau region

The club's web site www.knbc.ca has considerably more detail on the tours and any changes. Names of the ride leaders can be found on the website, in case there are any questions.

For more information
about KNBC:

www.knbc.ca
info@knbc.ca

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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 MUST 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 ride to a remote start location 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.

6:15 pm start

Club Social Events

In the spirit of the KNBC motto “Sometimes ambitious - always social” a number of additional events are scheduled throughout the year to enable KNBC members to stay in touch and get to know each other better, to provide an enriched and more social cycling experience.

This year we are introducing a season launch and encouraging new members to join returning

members on a special Wednesday Night Tour on June 13, 2018 starting at 6:15 PM and then join up for some evening cheer at a local pub (location is being confirmed). Tour leaders will be present to support new members to get into the swing of things and will adjust rides to the levels of the people attending from L1 to L4/L5. Club members will also be on hand to offer and discuss questions about the club and upcoming events.

2018 Multi Day Tours

Kingston Hub and Spoke

- June 4-7
- Staying in Queen's residence
- Ride is full – waiting list
- Three nights' accommodation and four days of cycling; two long and two short
- Walking bikes across the Thousand Islands Bridge (on a pedestrian walk way)
- Contact: Monna-Leigh McElveny
monnaleigh@hotmail.com

Niagara Region Tour

- August 12-17
- 5 nights, 4 full days of riding
- Staying in Niagara College residences
- 30 people signed up
- Might be able to take a few more
- Independent riding with maps
- Distances of 60-100 kms
- Contact: Geoffrey Gurd
gsgurd@yahoo.com

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Mont Tremblant Hub & Spoke

- July 9-11
- 3 days cycling 2 nights hotel (in Saint Jovite)
- Independent riding with maps
- Distances from 60 km-120 km
- Flat routes and hilly routes available.
- Contact: caron.steve@gmail.com

Italy – Dolomites Tour **

- August 24 –Sept 8
- Montreal-Venice non-stop on AirTransat
- Small group
- Serious mountains
- Please contact Don Gregoire at speedyjets12@outlook.com and Tom Seniuk at thomas.seniuk@sympatico.ca if you are seriously interested in coming on this trip.

2018 Ottawa Area Charity Tours

Diefenbooker Race Saturday, May 5, 2018

Diefenbooker Race in Carp, ON – 33 km route. All proceeds are going to literacy support in schools.

See:
diefenbooker.ca/Diefenbooker2018/index.html

CN Cycle for CHEO May 28, 2018

The CN Cycle for CHEO is a fun, non-competitive event that offers a wide range of cycling and walking routes for people of all ages and abilities. Our fully-supported urban cycling routes will be closed to traffic and will offer a unique opportunity for individuals,

groups and families to safely cycle along Ottawa's most scenic corridors, including the picturesque Sir John A. Macdonald and Aviation Parkways and the UNESCO World Heritage Site Rideau Canal with its renowned NCC tulip beds.

All events begin and end at the Canadian War Museum with post-event activities taking place on the adjacent grounds at LeBreton Flats.

See: cncycle.ca/

Lap the Gats for Parkinson's June 24, 2018

The 4th annual event will take place on **June 24, 2018** 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

2018 Cycle for Sight Ottawa Sunday August 19, 2018

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](#)

The 2018 MS Bike - Ottawa to Cornwall August 18-19, 2018

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

Ride to Turn the Tide Sept. 5-7, 2018

Grandmothers campaign in support of Stephen Lewis Foundation.

The Kanata Grassroot Grannies set out each year on a three day 265km cycle tour in early September to raise money for the Stephen Lewis Foundation Grandmothers Campaign. KNBC members are strong supporters of this ride.

www.grassrootgrannies.com/Events.html

Video from 2017 ride:

https://youtu.be/_Afp9NDfP1I

Other Rides

GrandFondo Ottawa Saturday, 21 July 2018

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: granfondoottawa.org/en/about-granfondo/

April and May 2018 Tour Schedule

<u>2018</u>	<u>Time</u>	<u>Destination</u>	<u>Distance</u>
Saturday, 7 April			
	10:00 L2	- Swan at Carp	- 41.5km
	10:00 L4	- Swan at Carp	- 84km
	10:00 L5	- Swan at Carp	- 84km
Sunday, 8 April			
	10:00 L1	- Manotick	- 42.5km
Wednesday, 11 April			
	10:00 L3	- Carp	- 56.5km
Saturday, 14 April			
	10:00 * L2	- Pakenham	- 56km *
	10:00 L1	- 2 Rivers and a Canal	- 43.5km
	10:00 L4	- Ashton	- 52.5km
Tuesday, 17 April			
	19:00	Social event: Presentation by OK Cycle Tours	
Wednesday, 18 April			
	10:30 L4	- Carleton Place	- 75.5km
Saturday, 21 April			
	10:00 L2	- Ashton	- 52.5km
	10:00 L4	- Carlton Place	- 75.5km
Sunday, 22 April			
	10:00 L1	- Carp	- 42.5km
Wednesday, 25 April			
	09:30 L4	- Carp	- 56.5km
	10:00 L3	- Fitzroy Harbour	- 76.5km
	13:00 * L2	- Kanata/Richmond	- 56km *
Saturday, 28 April			
	10:00 L1	- Richmond	- 53km
	10:00 L2	- Pinhey's Point	- 55.5
	10:00 L4	- Osgoode / Richmond	- 90.5km
	10:00 L5	- Osgoode / Richmond	- 90.5km
	10:30 L3	- Manotick	- 59.5km
Sunday, 29 April			
	10:00 L3	- Ashton	- 52km

<u>2018</u>	<u>Time</u>	<u>Destination</u>	<u>Distance</u>
Wednesday, 2 May			
	10:30 L4	- Carleton Place	- 76km
Saturday, 5 May			
	09:30 L3	- Carleton Place/Almonte/Carp	- 100km
	10:00 L2	- Constance Bay	- 74km
	10:30 L1	- Byward Market	- 35km
Sunday, 6 May			
	10:00 L2	- Ashton	- 52.5km
	10:00 L4	- Pakenham	- 90.5km
Wednesday, 9 May			
	10:00 * L1	- Aylmer	- 45km *
Saturday, 12 May			
	09:30 L4	- Kemptville	- 107km
	09:30 L5	- Kemptville	- 107km
	10:00 L3	- Pakenham	- 90.5km
Sunday, 13 May			
	08:30 * L3	- Champlain Lookout	- 51.5km *
	10:00 L1	- Manotick	- 42.5km
	13:00 * L2	- 2 Rivers and a Canal	- 43.5km *
Wednesday, 16 May			
	10:00 * L3	- Burritts Rapids/Beckets Landing	- 73.5km
	*		
	10:00 L2	- Ashton via Old Almonte Rd	- 59.5km
	10:00 L4	- Osgoode / North Gower	- 84km
Saturday, 19 May			
	10:00 * L3	- Burritt's Landing	- 73.5km *
Sunday, 20 May			
	10:00 * L3	- Kemptville / North Augusta	- 85km *
	10:00 L2	- Chelsea	- 50km
	10:30 L1	- Aviation Museum	- 49.5km
Monday, 21 May			
	09:30 L4	- Carlton Place/Almonte/Carp	- 100km

<u>2018</u>	<u>Time</u>	<u>Destination</u>	<u>Distance</u>
Wednesday, 23 May			
	6:15	Kanata Evening Social Ride	
Saturday, 26 May			
	09:30 L4	- Carleton Place	- 96.5km
	09:30 L5	- Carleton Place	- 96.5km
	10:00 * L2	- Crysler / St Albert	- 65km *
Sunday, 27 May			
	09:30 L3	- Constance Bay	- 74km
	09:30 L4	- Wakefield	- 117km
Wednesday, 30 May			
	09:30 L4	- Carleton Place	- 76km

June and July 2018 Tour Schedule

2018 Time Destination Distance

Saturday, 2 June

09:00 L4 - Portage du Fort - 118km
 09:30 L3 - Fitzroy Harbour - 76.5km
 10:00 L1 - Baxter Conservation Area - 50km
 10:00 L2 - Manotick - 59.5km

Sunday, 3 June

09:30 L2 - Byward Market - 59km
 09:30 L5 - Perkins - 88km
 10:30 L1 - Fitzroy Harbour - 54.5km

Wednesday, 6 June

10:00 L1 - Westboro Food Truck - 39km

Saturday, 9 June

09:30 L3 - Triple A (Ashton/Appleton/Almonte) - 94km
 10:00 L2 - Swan on the Rideau - 78km

Wednesday, 13 June

10:00 L2 - Manotick - 59.5
 10:00 L4 - Champlain Lookout - 71km
 6:15 Kanata Evening Social Ride for new members

Saturday, 16 June

10:00 L1 - 2 Rivers and 1 Canal - 67km/43.5km
 10:00 L2 - Montebello 2 Ferries - 75km
 10:00 L3 - Pakenham - 90km

Sunday, 17 June

09:00 L3 - Champlain Lookout - 65km
 09:30 L2 - Monuments Tour - Approx. 60km

Wednesday, 20 June

09:30 L4 - Carleton Place - 75.5km
 10:00 L2 - Arnprior Triple Play - 69km

Saturday, 23 June

09:00 L3 - Perth / Balderson - 95km
 10:00 L2 - Purdon Conservation Area - 62km

2018 Time Destination Distance

Sunday, 24 June

09:00 L4 - Merrickville - 124km
 10:00 L5 - Buckingham - 121km

Wednesday, 27 June

10:30 L1 - Aylmer - 45km
 6:15 Kanata Evening Social Ride

Sunday, 1 July

09:30 L2 - Masson and Cumberland - 79.5km

Saturday, 7 July

10:30 L1 - Pinhey's Point - 54.5km

Sunday, 8 July

09:00 L5 - Brockville - 168km
 09:30 L2 - Wakefield - 80.5km
 09:30 L4 - Brockville - 118km
 10:30 L1 - Byward Market - 35km

Wednesday, 11 July

10:00 L4 - Osgoode/North Gower - 84.5km

Saturday, 14 July

10:00 L3 - L'Original - 89km

Sunday, 15 July

10:00 L2 - Almonte - 74.5km

Saturday, 21 July

09:30 L3 - Spencerville Mall - 87km

Sunday, 22 July

09:00 L2 - Rockliffe Ramble - 60-ish km

Saturday, 28 July

09:00 L3 - Arnprior/Burnstown/White Lake - 104km