

50+ Km Day Round Trip

A choice of three routes – Sundays from 9:30 am to approximately 3:30 pm

Lunch is included

Choose Your Route

Cobourg to Colborne 56Km
May 26 * June 9 * June 23

Grafton to Brighton 63Km
July 7 * July 21 * August 11

Port Hope to Newcastle 55Km
August 18 * August 25 * September 8

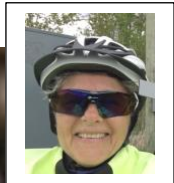
Age group 60+
Limit of 6 per group
Price \$65



I Did It! 50+Km

Senior Cycling Tours

Northumberland South Shore

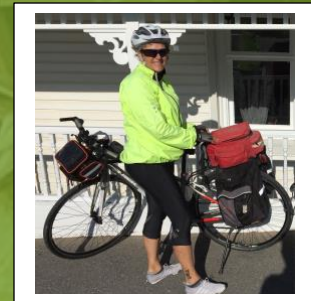


Meet Your Ride Coordinator

Petra is an active club member of the NHCC, member and volunteer at Cycle Transitions, member of the Bicycle Action Committee of Sustainable Cobourg. She has completed the NHCC Cycling Safety Course, and assists in bicycle safety for young students. An experienced walking tour guide with Eco-Tourism and cyclist, she is CPR/First Aid



CyclingSeniors.com



For More Information:

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The ride leader will try to ensure that the pace is suitable for all. If a few riders start drifting back and getting left behind, the leader will slow everyone down to allow them to re-group. The group will wait at the top of the hills for others to catch up and to have a little break. If a rider decides to ride ahead or turn and go back, it must be communicated to the ride leader.

A brief introduction of hand signals and bike safety will be offered prior to the ride.

Round Day Trip

Easy to moderate, the distance may include County Roads, country roads, and a hill or two (or three!)

Ideal for beginners and seasoned senior riders over 60 years young, who want to enjoy a little exercise, good comradery and enjoyable scenery while yakking with others

Any type of bike will do, though a hybrid or road bike will make it easier on you



I Did It! 50+Km

Test Your Endurance

Nobody will get dropped, the group stays together

A comfortable pace of about 13-16 km per hour (average, on flat roads)

Brief stops for hydration or to re-group

Be Prepared

- Bring one, preferably two water bottles (filled)
- A certified, regulation bicycle helmet is a requirement
- Bring a spare tube (tools are supplied)
- Be able to cycle for about an hour continuously (but not strenuously)

