

# Road Cycling Itineraries PEI

Five suggested Rides from quiet tranquil farmland to Challenging bone-shaking terrain. Along the trail, you will find a convenient selection of accommodations, food and services for cyclists. Please note many roads do not have paved shoulders and caution should be used in these areas. Helmets are mandatory while cycling on Prince Edward Island.

## [Cabot Route \(75km\)](#)

This route is a delightful blend of scenery, where you'll get to experience Island countryside, sea and sky. Enjoy the charms of the Cavendish area, but with less traffic than Cavendish at peak season. Your ride begins at Cabot Beach Provincial Park and winds through Kensington and French River. The first third of the ride is fairly level and easy terrain. Between Kensington and French River, you'll experience some longer, more challenging hills, but you'll be rewarded with some of the day's most stunning view. After French River, you'll encounter a few steep hills.

## [Charlottetown-Mt. Stewart Loop \(68km\)](#)

This is an easy to moderate all-day ride, starting in downtown Charlottetown's Victoria Row and leading to the small village of Mt. Stewart. The terrain on this road is fairly easy, following quiet paved roads with lovely river and farm views. Only one or two hills demand a moderate workout.

## [Lord Selkirk Campground \(51km and 32km\)](#)

These two loops meander along country roads in Southern Kings County, past farms and lighthouses. You can stop at a woollen mill, a crafts gallery, or a waterfront restaurant. These loops include some of the Island's most challenging hills. At just over 82km total, an experienced cyclist could cover both loops in a single day.

## [St. Peters Loop & Greenwich Day Trip \(58km and 20 km\)](#)

These two easy rides begin in St. Peters and can be completed in a day, but if you're a beach lover, two days are better! You'll pass a picturesque working harbour, gorgeous beaches, and parts of PEI National Park. The terrain on the St. Peters Loop is mostly level, except for a few rolling hills near the end of the ride. The road to Greenwich is gently rolling, but not difficult.

## Tyne Valley (42-55km)

Start your ride at Green Park, just a few kilometres outside the village of Tyne Valley. Along the way, you can stop at the parsonage where Lucy Maud Montgomery once lived, visit an oyster museum, and visit Lennox Island where Mi'kmaq crafts are available.

## **Getting to PEI**

There are three convenient ways to arrive on Prince Edward Island. From New Brunswick, cross the dramatic Confederation Bridge, a journey which takes about 10 minutes and brings you to Borden-Carleton in the southwestern region of the province. Or make the journey from Nova Scotia with Northumberland Ferries, a crossing which operates May through mid-December. The mini-cruise takes about 75 minutes and docks in Wood Islands in the province's southeastern region. Or arrive by air at the Charlottetown Airport. Regardless of where you arrive, the size and crescent shape of the Island make it easy to begin your tour at one entry point and end at the other. And remember, you only pay a toll when you leave!

**Portland to PEI:** 489 miles. About 8.5 hours

**PEI: June-Sept average temps. 53-67 Degrees Average.**

## **1-800-463-4734 Visitor Information Centres (WiFi)**

West Prince Visitor Information Centre Tel: 902-831-7930

Borden-Carleton Visitor Information Centre Tel: 902-437-8570

Charlottetown Airport Visitor Information Centre Tel: 902-368-4489

Wood Islands Visitor Information Centre Tel: 902-962-741 1

Souris Visitor Information Centre Tel: 902-687-7030

### **Destination Centres (WiFi)**

Summerside Destination Centre Tel: 902-888-8364

Cavendish Visitor Information Centre Tel: 902-963-7830

Charlottetown Destination Centre Tel: 902-368-1864

St. Peters Destination Centre Tel: 902-961-3540

### **Welcome Centres/Centres d'accueil**

North Cape Gift Shop (North Cape) Tel: 902-882-2991

Tignish Cultural Centre (Tignish) Tel: 902-882-2230

Canadian Potato Museum (O'Leary) Tel: 902-859-2039

PEI Shellfish Museum (Bideford) Tel: 902-831-3225

Evangeline Tourist Assoc. (Wellington) Tel: 902-854-2189  
Kensington Information Centre Tel: 902-836-3031  
Community of Mt. Stewart Tel: 902-676-2881 Community of Morell (Morell) Tel: 902-961-3213  
Friends of Elmira (East Point Lighthouse) Tel: 902-357-2718  
Cardigan Area Heritage (Cardigan) Tel: 902-583-2253  
Montaque Waterfront Dev. (Montaque) Tel: 902-838-4778  
Town of Georgetown (Georgetown) Tel: 902-652-2924  
Victoria Welcome Centre Tel: 902-658-2541

Welcome to Green Park Campground - [Greenparkcampground.com](http://Greenparkcampground.com). 6 km east of Tyne Valley. Wooden shipbuilding display centre and museum, nature trail, playground, river beach. Activity centre and park recreation and interpretive programs. Private wooded and river-front tent sites available. Camp cabins on site. Laundromat, kitchen shelter and dumping station. 80 Tenting sites - 22-3 way sites - 20 2 way sites - Campers' store. Pets permitted on leash. Interac, MC, V accepted. *Open Jun 8- Sep 3. [Click for More details](#)*

While at the park be sure to take in the history of the area. During the 19th century, shipbuilding was a major industry on Prince Edward Island. Green Park was the site of an active shipyard. Visit the [Shipbuilding Museum & Historic Yeo House](#) representing the wealth of a golden age on PEI when the shipyards drove the economy of the colony. [Green Park Campground](#) provides playground equipment for children, concert and stage facilities for excellent concert venues, bird watching and nature trails, river front tenting and cabin sites, 80 tenting sites, 22 - 3 way sites, 20 - 2 way sites and 12 riverfront cabins and a river beach. Be sure to call 902-831-2021 or visit us at 364 Green Park Road, Port Hill PEI. **Contact us** today!

Nearby attractions include Lennox Island, the Britannia Hall Theatre, [Mill River Golf](#), the [Palmyra Trail](#), Beautiful [Tyne Valley](#), [Historic Yeo House and Shipbuilding Museum](#), rails to trails, Valley Downs Matinee Track, Tyne Valley Firemans Club Bowling and Lounge, [Parsonage Museum](#) - Historical residence of LM Montgomery, [PEI Shellfish Museum](#), [Tyne Valley Oyster Festival](#) and much more. Take a tour of our [community page](#) for a photo tour of the area.

## ***Destination Trails***

**The Confederation Trail** is Prince Edward Island's portion of the Trans Canada Trail. The TCT began in 1992 as a legacy project of Canada's 125th Anniversary. Over the past 24 years, this visionary idea has grown into 16,500 kilometres of connected Trail. In PEI the dedication and commitment of countless volunteers and the provincial government resulted in our province being the first in the country to complete the Trail. With 435 kilometres of rolled stone dust surface, it is a world class cycling and walking venue. **Island Trails** promotes non-motorized trail use throughout PEI. It was primarily responsible for the recent development and enhancement of 7 "Destination Trails." It is also the non-profit group which promoted the initial transformation of the old rail bed to the current Confederation Trail. This work has evolved into collaboration with the Trans Canada Trail and the Provincial Government departments of Tourism and Transportation to develop the trail system. Details, including maps on these and many other of PEI's trails can be found at [www.islandtrails.ca](http://www.islandtrails.ca) and [www.openstreetmap.org/relation/5687567](http://www.openstreetmap.org/relation/5687567).

### **Destination Trails**

1. **North Camp Nature Trail** – 3.5 km. Location: 21817 Route 12. An easy hike with spectacular seascapes, cliffs and marsh.
2. **Trout River Nature Trail** – 4 km. Location: 36927 Route 2. An easy riverside hiking trail.
3. **Breadalbane Nature Trail** – 4 or 6.5 km loop. Location: 3 Hilltop Road. A woodland trail along the scenic Dunk River.
4. **Bonshaw Hills Provincial Park Trails** – 10 km. Location: 17530 Trans Canada Hwy. Provides challenges for all hikers and mountain bikers. The trails are still under construction so please use with caution.
5. **Strathgartney Provincial Park Trails** – 2.5 km with connector to Bonshaw Trails 2.6 km. Location: 17025 Trans Canada Hwy. Challenging wooded trail for hiking and mountain bikers.
6. **Winter River Trail** – up to 6 km. Location: 145 East Suffolk Road. This trail offers options at various points while following the scenic Winter River.

7. **Dromore Woodland Trail** – up to 14 km. Location: 21 High Bridge Road. Part of the International Appalachian Trail, it provides more challenging hiking.
8. **Boughton River Trail** – 9 km. Location: 1559 Route 4. Provides woodland trail along the scenic Boughton River.
9. **Forest Hill Trail** – 9.5 km few loops. Location: 249 Whitlock Pond Road. Provides relatively flat hiking and equestrian opportunities through woodlands and meadows.
10. **Gairloch Trail** – 7 km. Location: 2205 Route 204. More challenging scenic hilly woodland trail with bridged stream crossings for hiking and mountain biking.