

Peggy's Route Across Canada by Bike

May 1 – August 9, 2015

Route	Road Quality	Camping
Start Alberta Saskatchewan River Crossing	Prairie	
Hwy 11 to Red Deer	Scenic and quiet except between Rocky Mountain and Red Deer (busy and variable paved shoulder)	Plentiful forest service campgrounds, municipal and private.
Hwy 595 to Delburne	Beautiful, quiet	
Hwy 21 to Twin Hills	Scenic, paved shoulder	Camping at Trochu
Hwy 27, 837, 575, 56, 10, 570 through Drumheller and Dorothy	Scenic and quiet roads with the exception of Hwy 27 which is extremely busy and shoulder-less with a dangerously placed rumble strip. No services west of Dorothy.	
Hwy 36 South to Duchess	No services	Camping at Emerson Bridge
Hwy 873 to Brooks	Quiet	Camping at Tillamook Provincial park
Hwy 1 (Trans Canada) to Saskatchewan border	Very few services from Brooks to Medicine hat, wide paved shoulder	
Saskatchewan	Prairie	
Hwy 1 Trans Canada) to Swift Current	Wide paved shoulder	
Hwy 4 South to Cadillac	Quiet, narrow paved shoulder	Small grocery and camping in Cadillac.
Hwy 13 to the Manitoba Border	Quiet, paved shoulder	Excellent art gallery at Assiniboia, Shurniak Gallery
Manitoba	Prairie	
Hwy 2 to Deleau	No paved shoulder	Free bicycle campground at Deleau
Hwy 21 through Hartney	Quiet, no paved shoulder	
Hwy 23 through Morris to La Rochelle	Quiet except from Morris to La Rochelle, narrow, no paved shoulder. Confusing intersection in Morris: go south 4 blocks through Morris to regain Hwy 23	Excellent municipal camping at Ninette and Miami
Hwy 59 South through St Malo	No paved shoulder	Excellent camping at St. Malo Provincial Park
Hwy 201 to Piney	Very quiet, no paved shoulder	
Hwy 12 to US border	Quiet, no paved shoulder	Free camping at Vassar
Ontario		
Hwy 11 to Baudette and Canadian border at Rainy River	Narrow, busy, no paved shoulder, dangerously placed rumble strip	No toll on bridge.
Hwy 11 through Ontario to Fort Francis and American border	Quiet	No toll south bound on International Bridge.
Minnesota	Forest	
Hwy 53 to Duluth	Wide shoulder, mostly forest, low to moderate traffic (high traffic as you near Duluth) Rolling hills, easy grades.	Excellent camping at Eveleth
Wisconsin	Forest, low farmland	

Hwy 2, Bridge to Superior, WI.	Easy ... I was gallantly chauffeured across. I was given a lift via the I-35 from a Warmshowers couple in Duluth over Saint Louis Bay. At the time, Hwy 2 was under construction so the only bicycle route across the bay was via Hwy 39. Apparently, once the reconstruction project is finished, Hwy 2 will have an off-road path that can be cycled.	Duluth is a lovely city, well worth the time to visit. The campground is about 10km south of town near the zoo.
Superior to Brule River State Forest	Very few hills. Hwy 2 has a narrow shoulder that is cycle-able but for a better ride, follow the rail trail out of Superior along the shoreline and then take County Rd. Uu to Amnicon Falls State Park . After that choose from quiet and paved county roads to Brule.	Camping in Amnicon Falls State Park and Brule River State Forest.
Brule to Copper Falls State Park, Mellen.	Very few hills. Narrow shoulders on Hwy 2 and 13. Or for peace and quiet, take County Rd. H (or Scenic Dr.) to Delta, County Rd. E through Mason and County Rd. C to Mellen.	Delta Diner in Delta, burgers highly recommended by my Warmshower Hosts in Duluth. Camping and hiking in Copper Falls State Park.
Hwy 77 Mellen to Ironwood, MI.		
Michigan	Forest, low farmland. Before you go, be sure to acquire the excellent Road and Trail Bicycling Guides provided for free from the Michigan Department of Transportation . Three maps will get you across Michigan: Superior Region West, Central, and East . These can also be picked up at Michigan Tourist Centres on route.	
Hwy 2 to Wakefield	Busy but there is a wide paved shoulder	Camping at Eddy Park in Wakefield, beautiful spot on Lake.
Presque Isle Rd. and South Boundary Rd. to and through Porcupine Mountains State Park.	Very quiet, no shoulder but no traffic either. South Boundary Road is very hilly.	Camping at Union bay.
M64 and M38 to Baraga Sate Park	Rolling hills, gentle grades. Very quiet. Wide paved shoulder.	Camping at Baraga Sate Park.
M41 and Iron Ore Multi Use Heritage Trail to Marquette	M41 is relatively quiet until Ishpeming and then you will be sorry if you stay on highway -- paved shoulder until Ishpeming and then no space for a bike on roadway. Take the Iron Ore Multi Use Heritage Trail in Ishpeming to Marquette: Turn right onto Lakeshore Drive in Ishpeming, left onto Canda St. Switch to City Multi Use Trail just past the Walgreens in Marquette if you are going to the municipal campground: left on N. McClellan Ave., right on Coles Dr. to beginning of trail.	Camping at Marquette Tourist Park.
Iron Ore Trail, Lakewood Lane, M28 to Munising.	Iron Ore Multi Use Heritage Trail continues around Marquette Bay east out of town but switch to Lakewood Lane at Green Bay St. And then Hwy 28 which has an excellent shoulder. Quiet all the way.	Camping at Munising Tourist Park on Lake Superior ... lovely walk-in beach sites. 5km before Munising.

H58 to Grand Marais	No shoulder but no traffic either.	Camping at Woodland Park in Grand Marais.
M77 to Seney	Paved narrow shoulder, light traffic. No serices.	I was told by locals in Grand Marais not to take the Truck Road to join CR407. It is unpaved and wash-boarded with mud pits. I was tempted to take it anyway and walk the rough parts but when I realized how prolific the bugs were in this area, I decided it wasn't worth it. I doubted I could out bike the bugs on such a slow road. Perhaps if you have a mountain bike or it is not bug season, this would be a good route.
M28 to Strong's Corner	Wide paved shoulder, light to moderate traffic.	Long stretches with no stores or gas stations... Carry lots of water.
North on Salt Point Rd.	No shoulder, no traffic	
East on Lakeshore Dr.	No shoulder, no traffic	Lighthouse to visit at Iroquois Pt.
West on 6 Mile Rd.		
S. Mackinac Trail to downtown Sault St. Marie	No shoulder, urban traffic.	Worth the time to go downtown to see the locks – can only be seen on American side of St. Mary's River. Campgrounds east of town on East portage Ave.
West Portage Ave. to International Bridge	No shoulder on bridge -- very narrow but traffic is slow.	Unfortunately, no place to stop and enjoy the incredible view. (Small toll for bridge.)
Ontario	Forest and farmland The Ontario Bicycle Touring Atlas may be ordered online from http://www.bikeontours.on.ca/ It has some issues (like it does not indicate whether roads are paved, have shoulders, etc.)	
In Sault St. Marie, take Queen St. To Hwy 17B, left on Bar River Rd.	Light traffic, moderate shoulder.	
Right on Government Rd.	No shoulder, no traffic.	Highway 17 is very busy with very narrow erratic shoulder – best avoided.
Right on Centre Line Rd. to Bruce Mines		
Hwy 17 (Trans Canada) to Massey	Rolling, easy grades.	Busy, narrow intermittent and erratic shoulder.
In Massey, take Imperial St. South, left on Government Rd., cross bridge, left on Lee Valley Rd.	Very, very quiet, no shoulder, no traffic.	
Hwy 6 to South Baymouth	Narrow paved shoulder, low to moderate traffic. Very, very hilly with sometimes steep grades until Manitoulin Island; then rolling.	I had trouble with flat tires on this road: white rocks used on gravel shoulder cut like glass. Excellent camping at South

		Baymouth resort.
Ferry to Tobermory https://www.ontarioferries.com/en/schedules/		Only one or two sailings /day. May to October, no need to reserve for walk-ons.
Hwy 6 to Lions Head	Moderate traffic, paved moderate shoulder.	Municipal campground is lovely.
Hwy 9 to Wiarton		
Hwy 40 & Concession 20 to Kemble	No shoulder, light traffic.	
Hwy 1 to Owen Sound		
Hwy 26 to Meaford		
Georgian Multi-use Trail to Collingwood and Staynor	Mostly gravel but better than the busy highway.	
Centre Line Rd., Concession Rd. 2 & 4, Mt. Hope Rd., Route 50, Nashville Rd. to Kleinburg	No shoulders but quiet. Sometimes hilly.	Visited McMichael Art Collection in Kleinburg.
Rte 25, then Jane St. to the Waterfront Trail www.waterfronttrail.org	Jane St. is very busy. You may want to search out a better route. Waterfront Trail avoids busy traffic along Lake Ontario – except on the approach to Kingston.	Download the detailed maps from the website. Maps are exceptional. This route is well marked for the most part, exceptional beaches and views on route. Favourite campgrounds: Wicklow Beach, UEL Heritage Centre & Park in Adolphustown (no groceries nearby), Glengarry Park Campground.
Quebec http://www.routeverte.com/	Refer to the Route Verte for my route through Quebec. The Route Verte Atlas (purchasable through Amazon) is not detailed enough to be used alone. It must be supplemented by detailed road maps. The maps on website are much better but of course require internet to view – not very useful when you are riding a bike. I missed the outstanding downloadable Ontario Waterfront Trail maps as soon as I crossed the provincial border.	The accommodation listings are meager in the atlas. There are many more campgrounds available than listed.
Route Verte 5 from the Ontario/Quebec border to Montreal	Challenging or easy to follow depending on whether signage is in place at crucial corners.	The route avoids busy traffic and makes getting into downtown Montreal fun – particularly once you are on the lovely LaChine Canal.
Route Verte 1 to Trois Pistoles with side trip into Quebec City		Rail trail sections are very relaxing. Yamnuska National Park is worth a visit. Trail through Granby is exceptional.
Hwy 138, Les Escoumins to Havre Sainte Pierre. The section from Les Escoumins to just past Baie Comeau is Route Verte 5. The Route Verte Atlas provides very little detail for this route.	Heavy traffic from Les Escoumins to Baie Comeau, moderate to Sept Isles, low traffic afterward. Variable shoulder from wide to none. Shoulders disappear and reappear without warning or logic. Some sections are very, very hilly, especially around Baie Comeau.	Many small towns with good grocery supplies. Excellent camping at Les Escoumins, Forestville, Havre Sainte Pierre, with Riviere Pentecote Municipal Camping being our favourite. Godbout is a very pretty town but the camping

	When you need a shoulder, there likely won't be one. (Be very careful around Godbout.) Occasional paved bike routes separate from the highway are a welcome relief from the traffic. Take only the paved bike routes if you have narrow tires... Unpaved routes and roads are deep sand and/or loose gravel. Route feels very wild in places ... worth the effort.	was closed when we were there. Many possibilities for free camping en route.
Ferry from Havre-Sainte-Pierre to Blanc-Sablon http://www.relaisnordik.com/en/home/24.html	2 nights with stops in villages on route.	Must be booked well in advance. Expensive but very comfortable and relaxing ...The food alone is worth it. Bring your own entertainment – especially binoculars for whale watching. You can take your bike out for a spin while in ports but most roads are gravel ... better suited to wide tires. Without a bike, you can register for a bus tour in each village or take a walk on your own.
Labrador	Barrens	
Hwy 510 to L'Anse-Amour, Labrador, from Blanc-Sablon, Quebec	No shoulder, low to moderate traffic, long steep hills down to and out of each village but the views are worth it.	Wild camping near lighthouse at L'Anse Amour; whale watch and tour lighthouse.
Ferry Blanc-Sablon to Saint Barbe, Newfoundland http://www.enjoylabrador.info/labrador-ferry-schedule.php	Whales, dolphins	No need to reserve but check schedule.
Newfoundland	Mix of forest and barrens	
430 to L'Anse aux Meadows National Historic Site	Some hills, no shoulder, low traffic, string of small villages with small grocery stores.	Stayed at St. Brendan's Motel , comfortable and clean. There is a campground at the turnoff to Quirpon.
430 from St. Anthony's to Norris Point	Flat with the occasional hill (particularly hilly as you approach St. Anthony's). Narrow to no shoulder, low and slow traffic until Gros Morne National Park entrance... Insane traffic within the park. Very hilly in the park particularly around Rocky Harbour and Norris Point.	Whale watch in Lighthouse Park in St. Anthony's. Accommodation in short supply in St. Anthony's, campground 10km north of town on 430. We stayed at Trails End Hospitality Home , very friendly owner. Organized campgrounds are rare along 430 but the River of Ponds Campground is excellent. Plenty of campgrounds in the Gros Morne National Park . Gros Morne NP is an outstanding place to visit and deserves extra spending time. Free camping opportunities everywhere outside the park but water sources are often orange

		in color due to the high amount of tannin in the water. (Bring a water filter.) Cozy B&B at Green Island Cove is economical and very comfortable with kitchen facilities. Occasional grocery stores on route with basic supplies. Best grocery supplies at St. Anthony's and Plum Point (at Young's Home Hardware).
Ferry, Norris Point to Bonnie Bay http://www.bontours.ca/boat-tours/bonne-bay-passenger-ferry/		Check schedule in advance; no need to reserve. Beautiful views; entertaining staff.
430 & 431 Bonnie Bay to Deer Lake	Hilly, beautiful, narrow to no shoulder, string of small villages except around Lomond where it is very, very hilly.	Camping at Lomond, Gros Morne National Park Campground . Side trip to Trout River recommended.
Hwy 1, Deer Lake to Channel-Port aux Basques (then ferry to North Sydney, Nova Scotia). http://www.marineatlantic.ca/en/	Wide shoulder, rolling, beautiful scenery with very few people.	Excellent camping at Kinsmen Prince Edward Camping in Cornerbrook, Barachois Pond Provincial Park , and Grand Codroy Camping Park in Doyles. Groceries can only be purchased on Hwy 1 at Deer Lake, Cornerbrook and Channel Port aux Basques. Restaurant at Robinson's Irving on the hwy. near Jefferey's. Other grocery sources are a distance off the highway. Other campgrounds are at Wishingwell , south of Jefferys, and at JT Cheeseman Provincial Park just north of Channel-Portes aux Basques. Limitless free camping possibilities. Deer Lake has an excellent airport but hotel accommodations are limited in town ... book ahead. Deer Lake has a municipal campground and a private RV campground.