



**OK CYCLE &  
ADVENTURE  
TOURS** SINCE 1995

**Canada- Nova Scotia- Cycling the Rum Runners Trail (2025)**

**6 Days/ 5 Nights**

**Individual Self-Guided**



Nova Scotia's gorgeous Atlantic coastline and colourful fishing villages have always offered more than just abundant seafood. During the Prohibition era, smugglers took full advantage of the province's concealed harbours, secluded coves and rugged islands to funnel alcohol into the United States, shipping and transporting barrels of booze by boat and railway between Halifax and Lunenburg. The illicit Rum Runners Trail of the 1920's and 30's exists today as an inspired recreational route, a flat gravel track that appeals to bike enthusiasts of all abilities. Focus on the views, seafood, bridges, lakes and Nova Scotia's legendary hospitality while we shuttle your luggage ahead each day to handpicked B&B's and inns located just minutes off the trail. With ample time to explore the region's highlights by peddle or foot, our flexible self-guided itinerary includes longer detours for cyclists determined to go the extra mile. You'll also be able to scramble on the rocks beneath the iconic lighthouse of Peggy's Cove, and stroll the colourful streets of Old Town Lunenburg, one of only two urban communities in North America to be designated a UNESCO World Heritage Site. Feast guilt-free on lobster and seafood dinners as you work it off on our comfortable bikes, tasting the invigorating sea breeze and chewing on the South Shore's unforgettable scenery.

**OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9**

**[www.okcycletours.com](http://www.okcycletours.com) Toll Free 1-888-621-6818 Local 613-702-5350**

**TICO Ontario Registration No: 50022848**



## **Day by Day**

### **Day 1 Arrive Halifax**

Please make your way to our centrally-located Halifax accommodation (contact information provided with final documents), and spend the rest of your day exploring Nova Scotia's vibrant capital. Highlights include the imposing Halifax Citadel, the Harbour Walk, and a trip to the Maritime Museum to learn about the city's vital role during the Titanic saga. Halifax has the most bars per capita in Canada, so you won't have to look far to find a welcoming watering hole. Experience fine seafood restaurants, great shopping, and if there's time, one of the city's historic walking tours. Overnight B&B. Meals: Nil

### **Day 2 Peggy's Cove and Cycle to Hubbards (approx 24km/15mi; +/-185m/606ft)**

Picking you up at your accommodation, we'll soon get you geared up with a modern performance bicycle, ideally suited for the trail surface ahead. You can't visit the region and miss iconic Peggy's Cove, so we'll shuttle you to this small yet world-famous Atlantic fishing village. Scramble over the smooth, wave-washed boulders beneath Peggy's Point Lighthouse, and feel the great might of the unpredictable Atlantic (but please take care to avoid slipping on any wet black rocks). From here, we'll drive to your trailhead, where you can enjoy lunch, and make any final adjustments before your first forgiving hours on the saddle. Take your time, enjoy the views from raised sections on the trail, or park the bikes to explore a windswept beach. You'll peddle right to your charming inn on the Hubbards Waterfront, where a hot shower and your luggage is waiting. Enjoy a relaxing dinner on the inn's waterfront patio, or call ahead to inquire about reserving a famous Shore Club Lobster supper. Meals: B



### **Day 3 Cycle To Chester (Min. 27km/16.7mi)**

A short distance from the inn are several great breakfast options (detailed in the route notes), or you can arrange with the inn to get you fuelled up bright and early. Today's ride follows the former railway's crush gravel bed through a sheltered forest and provides ample time for an afternoon excursion to the small lobster-fishing and artisan community of Big Tancook Island. Bring your bike onto the small

**OK Cycle & Adventure Tours Inc.** - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9

[www.okcycletours.com](http://www.okcycletours.com) Toll Free 1-888-621-6818 Local 613-702-5350

TICO Ontario Registration No: 50022848



passenger ferry so you can explore the quiet roadways and coastal tracks, adding about 10km/6.2mi (+/- 60m/200ft elevation) to the day's ride. Note there are little to no dining options on Big Tancook Island, so we recommend grabbing a packed lunch in Chester before hopping on the ferry. Alternatively, eager cyclists can extend the day's ride with a loop around the Aspotogan Peninsula, which traces a hilly road with no shoulder. This adds an additional 30km/18.6mi (480m/1575ft elevation) to the day's ride. Re-group at the cozy B&B in Chester and discover a number of fantastic little restaurants in this popular sailing community. Meals: Nil

**Day 4 Cycle to Lunenburg (Minimum 40km/24.8mi; +/-40m/130ft. Add 12km/7.4mi for return optional Blue Rocks excursion)**

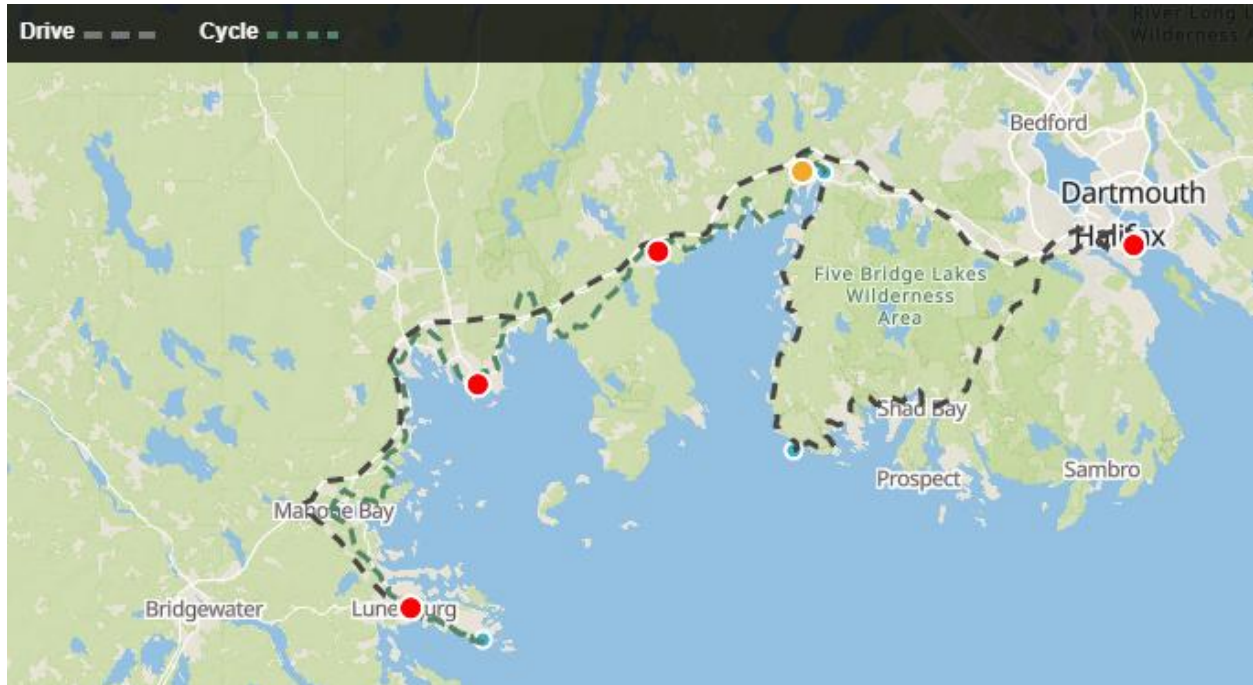
We continue on the trail through tranquil woodland, crossing a fetching trestle bridge over Martin's River as we enter a section known as the Dynamite Trail. Interpretative boards along the route explain the history of the area, including the communal farming lands that were developed for the use of all settlers. You'll pass the sparkling Oakland Lake before reaching picturesque Mahone Bay, with its rich legacy of shipbuilding and forestry. Popular with artists, Mahone Bay is frequently named among Canada's most beautiful communities. Enjoy lunch in a colourful cafe, wash it down with a local craft beer, and if you need any gear, pop in for a complimentary candy at Sweet Rides bike shop. From Mahone Bay, you have the option to bike the scenic yet hilly road route to Lunenburg/Blue Rocks, although bikers should be comfortable riding with traffic. Alternatively, continue along the rail-trail for the remaining few kilometers to the old train station, and your B&B in Old Town Lunenburg. You'll definitely want to walk or peddle around the town, admiring the many colourful heritage buildings, and learning about its UNESCO World Heritage history. We'll enjoy two nights in this famous seaside destination – established as a British colonial settlement in 1753 – allowing plenty of time to explore its attractions. Meals: B

**Day 5 Options from Lunenburg (0km - 12km/7.4mi - 35km/21mi)**

With Lunenburg as a base, you have plenty of options to explore on bike or foot. If you didn't do it yesterday, peddle to the fishing village at Bluerocks (12km/7.4mi round trip) and then take the loop road and ferry to the artsy community of La Have (35km/21mi). Alternatively, enjoy your time discovering Lunenburg's various attractions. Learn all about the region's rum-running history and cod-fishing industry at the excellent Fisheries Museum of the Atlantic, located on the waterfront. There are various historic walking tours available, as well as kayaking excursions, and even an opportunity to sail aboard the striking Bluenose II. Other attractions include the Knaut-Rhuland House, a late 18th century National Historic Site with Victorian-era artifacts, the Ironworks Distillery, and various stores and galleries. Meals: B

**Day 6 Return to Halifax (Drive time approx 2hrs with breaks)** You've got one more glorious morning in Lunenburg, as your pickup will be scheduled for just after lunch (departing at 2pm). Services end upon arrival in Halifax. Additional nights can be added upon request. Meals: B

## Route



The Rum Runners Trail is a converted railway line ('rails to trails'). As such, it is by far the flattest route from place to place (less than 2% grade). The trail is maintained in sections by different communities and some sections are in better condition than others. The majority of the Rum Runners Trail is a crusher dust trail bed ideal for hybrid cycling and riders of all abilities, but please be prepared for some pits and loose gravel in some sections. Cycling to/from accommodations requires some road cycling, but we've kept it to a minimum, by using accommodations within a short ride from the trail. Note, that on these sections, you will share the road with vehicle traffic. Nova Scotia drivers are generally very courteous to cyclists and keep a safe distance on quiet roadways. There are plenty of opportunities to take road routes from one spot to another, to add out-and-back rides or additional loops. If you choose to do so, the level of difficulty increases significantly as roads are quite hilly and rides are often shared with fast-moving traffic. These options are meant only for road-savvy cyclists with good strength and stamina for hills on a hybrid bicycle.

## Departure Dates

Saturdays to Wednesdays June 7 to October 8



**OK CYCLE &  
ADVENTURE  
TOURS** SINCE 1995

## Prices

Price per person in Canadian Dollars- all prices subject to confirmation on booking

- Double Occupancy \$2160- plus tax
- Single Room Supplement \$800 plus tax
- Solo Traveller Supplement \$1630 plus tax
- E-bike rental \$160 plus tax
- Gravel Bike Rental \$45 plus tax
- Airport transfer (one way) \$120 plus tax



## Included

- 4 breakfasts
- 5 nights B&B's and inns at double occupancy with private facilities
- Transfer to trail on day 1 and back to Halifax day 6
- Sightseeing stops at Peggy's Cove
- Luggage transfer service (1 piece)
- Quality performance hybrid bicycle rental with helmet, lock, bike bag, and basic repair kit
- Navigation APP inclusive of detailed route notes and points of interest (available offline while cycling)
- Emergency hotline
- C\$50 per person donation to Trans Canada Trail

**OK Cycle & Adventure Tours Inc.** - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9

[www.okcycletours.com](http://www.okcycletours.com) Toll Free 1-888-621-6818 Local 613-702-5350

TICO Ontario Registration No: 50022848



#### **Not Included**

- Travel to and from start/end of the trip
- Optional electric-assist bicycle upgrade (extra cost, limited quantities)
- Additional gear rental is available at an extra cost (bike trailers, e-bikes, etc). Please inquire.
- Guide (this is a self-guided tour)
- Meals where not specified
- Entrance fees
- Airport pickup
- Unscheduled transfers requested during the trip
- Personal expenses such as laundry and phone calls
- Travel insurance
- Applicable taxes

***This is a partner tour***