

## **2010 RONA MS Bike Tour Windsor to Wolfville Route Description**

### **Windsor to Wolfville Route – 50 km**

#### **0km Windsor Exhibition Grounds (W.E.G.)**

Coming out of the W.E.G., turn right onto Wentworth St.  
Straight through 4-way stop (at O'Brien St.) then turn left at King St.  
Turn right onto Hwy#14  
Turn right on Sangster Bridge Road (at former Martock General Store)  
Across bridge  
Turn right at stop sign on Falmouth Dyke Road

#### **\*\*2 Toilets**

#### **11.1km Rest Stop # 1 – Private Residence 1157/1147 Falmouth Dyke Rd.**

Continue on Falmouth Dyke Rd.  
Turn left at stop sign onto Hwy#1  
Continue on Hwy #1  
Left on Bog Rd.  
Continue onto Main St.

#### **26.5km Rest Stop # 2 – Hantsport Memorial Community Centre**

Continue through town  
At road split, stay right  
Proceed towards Avonport  
Turn right at stop sign (just after crossing over the 101 overpass on to  
Gaspereau River Road  
Continue on Gaspereau River Road

#### **\*\*2 Toilets**

#### **41km Rest Stop # 3 – Melanson Community Hall**

Turn right onto Melanson Road  
Quick turn left  
Cross Gaspereau River, sharp turn and up steep hill  
Turn left onto Ridge Road (*Donna Gilmour Stationed here*)  
Turn right onto Highland Avenue. Go under Hwy 101 overpass  
Continue on Highland Avenue (past the Wolfville Laundromat)  
Turn left in to Wheelock Hall Parking lot

#### **49km Rest Stop # 4 – Acadia**

Lunch at Acadia's Wheelock Dining Hall 11am-2pm

## **Canning Route – 36 km**

### **0km Acadia**

Turn left at bottom of Highland Avenue on to Hwy#1

Hennigers Farm market on left

Turn right at lights by Irving gas station on Hwy#358

Continue through flashing light on Starrs Pt. Road (opposite High Street)

Turn right on Church St.

Turn left on Wellington Dyke Rd.

Turn right at stop sign on Canard St. (Hwy#341)

Turn left on Saxon St.

Turn right on Canning Aboiteau Rd.

Turn left at stop sign on Hwy#221 towards Canning

### **\*\*1 Toilet**

### **19km Rest Stop # 5 – Bruce Spicer Park**

Leave the park turning right on to Hwy#221

Turn right on Canning Aboiteau Rd.

Turn left on Saxon St.

Turn right at stop sign on Canard St. (Hwy#341)

Turn left on Wellington Dyke Rd.

Turn right on Church St.

Turn left on Hwy#358

Turn left at lights by Irving gas station on Hwy#1

Turn right on Highland Av.

Turn right in to Wheelock Hall Parking lot

### **38km Acadia Finish**

**Windsor to Wolfville Route = 49kms**

**Windsor to Wolfville + Canning Route = 87kms**

\*Route **distance** signs (**only distance signs – all other signs stay up!**) on the **Canning Route** are to be removed following Day 1 as they are irrelevant for Day 2.