



CYCLING TIPS AND HOST PLANNING GUIDE

1. Members are strongly encouraged to regularly check the web site calendar for a full description of cycling activities and last minute changes.
2. BPP will post any changes on the calendar up to 2 hours before the onset of an activity. brantpandp.ca
3. If you are considering hosting a cycle trip you must be recently familiar with the trail.

CYCLING LEVELS OF DIFFICULTY

Most of our rides are on designated trails. Occasionally we do some urban rides on less travelled streets or a combination of both street and trail.

1. **EASY** ..paved or stone chip surface , flat (minimal elevation), 12-15 kph, less than 20 kms distance, rest stops approx every half hour or as needed, Example: Sections of the Hamilton/Cambridge rail trail eg..Paris/Glenmorris
2. **EASY TO MODERATE**.. paved or stone chip surface, mostly flat, 15-17 kph (excluding hills), 16-25 kms distance, may have one or two long steady inclines or short steep hills. Examples: Copetown to Hamilton on Hamilton to Cambridge rail trail or Escarpment Rail Trail , Hamilton
3. **MODERATE** .. stone chip or packed dirt surfaces, 16-18 kph (excluding hills), 25-40 km distance, moderate hills, Example: Red Hill Creek Trail, Hamilton

BPP CYCLING REQUIREMENTS

1. Cyclists must wear a bicycle helmet.
2. Bicycles must be properly maintained in roadworthy condition with correct tire pressure, good brakes, have a bell or horn and reflector tape.
3. Cyclists are expected to obey all traffic laws and ride single file on public roadways.
4. Come equipped with adequate water(eco-friendly), snacks spare tube, communication devices, ID.

Have you done a cycle that you would host? You may use this form for planning purposes.
Email or text: CYCLING CO-ORDINATOR: LINDA PENRICE linnie@ican.net, #519-753-0735

