

Journal Newfoundland Pt. 1

Day 1-6

Day 1

Distance: 63.27 km

Total Distance To Date (TDTD): 63.27 km

We started in Cape Spear at the lighthouse which is the most Eastern point in North America. . It was stunning. The first section was hilly but not especially steep. I was comfortable on these hills but Nikki found them long. It was a steep decline into Petty Harbour where we stopped for a snack at a beautiful spot overlooking the ocean. I had to be careful on the decent. It was a steep climb out of Petty Harbour. Extremely steep climb from Bay Bulls. I could not stop on this hill or I would roll backwards. This would be an extremely hard section for wheelchair without power assist. Nikki found the climb really tough. Then there was a 20 km section with rolling hills on really quiet road but rough payment. I had to do a short 3 km stretch on Trans Canada Highway (TCH). The shoulder was wide enough to accommodate my wheelchair. I felt comfortable.

Hazards: Steep climb from Bay Bulls

Difficulty: 5

Safety: 4

Rest Spots: 5

Scenery: 5

Day 2

Distance: 102.96 km

TDTD: 166.23 km

First 85 km of this trip were amazing. The last 15 km were on the Trans Canada Highway which were difficult due to safety concerns. The first section had a lot of climbs and decent but felt safe for a wheelchair. We stopped for a snack in front of a nice waterfall. After the turn in land from Spaniards bay we took a really quiet but rough rode. Bumps gave me AD. We stopped for lunch on this road at a small inland lake. We also stopped in Dildo at a fantastic spot overlooking the ocean and town. The last section was on the Trans Canada Highway which was dangerous for a wheelchair. The rumble strips took up a section of the shoulder and did not allow for a wheelchair. I could not ride on the rumble strips due to spasms and AD so needed to bike in the lane of traffic.

Difficulty: 5

Safety: 2

Rest Spots: 5

Scenery: 5

Day 3

Distance: 54.65 km

TDTD: 220.88 km

First 35 km was beautiful. It was near the ocean and very hilly with no unsafe sections but a few steep climbs. The road had rough sections which forced me to go slow to avoid AD. The last 20 km was on the TCH. I had the same issue with needing to be in the lane of traffic.

Difficulty: 5
Safety: 2
Rest Spots: 3
Scenery: 4

Day 4

Distance: 87.46 km
TDTD: 308.34 km

Entire route was on TCH. A large portion of the route didn't have rumble strips which allowed me to bike entirely on the paved shoulder which felt much safer. To be wheelchair accessible there needs to be 4 feet of paved shoulder to the right of the white line or rumble strips. It was hilly but not steep. There was nice scenery overlooking the ocean. Most places to stop were just on the side of the highway.

Difficulty: 3
Safety: 3
Rest Spots: 1
Scenery: 3

Day 5

Distance: 112.20 km (116.96 km on Nikki's watch, mine stopped)
TDTD: 425.3 km

Wow! Today was a frustrating day. We finished our ride early yesterday because Nikki popped a tire and I forgot to pack spare tubes. She changed the tire last night and I packed tubes for the next day. We started out today and Nikki blew a tire again in the first 2 km and had to change it on the side of the road. We started biking and my Batec unit became detached from my wheelchair while biking which could have been dangerous but luckily I was not hurt. It detached a total of 7 times. I had to get the RV to meet us and switch to my spare unit. The weather went from cold to hot and back again. We were in a rain storm which turned to hail. But we still made it to Gander and did 116 km! The route was entirely on the TCH. It was hilly with some really long climbs. One was 1.5 km. Nothing extremely steep. The shoulder was good today. There were sections with no rumble strips and enough pavement and other sections with rumble strips and enough pavement to the inside. I need at least 4 feet but 5 is safer. I only needed to go in traffic occasionally.

Difficulty: 3
Safety: 3
Rest Spots: 1
Scenery: 2

Day 6

Rest day today. We woke up and it was 1 degrees and snowing with a crazy wind. My shoulders needed a brake. My body is feeling great. I am having really great sleeps which is not normal for me. I am having really regular huge bowel movements. I also find I am not getting dizzy after I eat. We spent the day in the trailer catching up with emails.