

# Nova Scotia Journal Articles

## Day 16 - 21

North Sydney to Caribou

### Day 16

Distance: 7.06 km

TDTD: 1025.02 km

We got off the ferry and biked to the campsite we are staying at in Sydney. Really short ride. My second Batec unit started having Electrical issues. We went to get RV repairs and service. Luckily I was able to talk to Reg and Matt from 49 BeSpoke who with the help Frameworks Cycle in Sydney I was able to fix the docking bar issue on my first unit. Unfortunately my spare set of wheelchair wheels seized so I only have 1 working set. But I can bike tomorrow.

Difficulty: 1

Safety: 5

Rest Spots: 2

Scenery: 2

### Day 17

Distance: 89.28 km

TDTD: 1114.30 km

Day of Detours. So today was only supposed to be 60 km. We started off and Komoot directed us back towards the ferry. It was saying the same thing on both our phones. I realized after 4 km so we started out with a 8 km detour. The first part of the route was really beautiful along the shore on a quiet road. After 25 km we took a gravel road which was part of our planned route. Google maps showed it as a road which connected and was the preferred bike route. The first 7 km was beautiful with a nice drinking spring. Then the road got worse Nikki needed to push me for sections. And worse, and worse. It basically ended as a dried up creek bed and we were forced to turn around. Ended adding 20 km. NOT ACCESSIBLE. After we got out of fuck you gravel road we got back on the TCH. We climbed Kelly's mountain which rises 240m in 7 km. Nikki said it was easy compared to pushing me. We made it to our campsite.

Difficulty: 4

Safety: 1

Rest Spots: 4

Scenery: 5

### Day 18

Distance: 116.33 km

TDTD: 1230.63 km

Long day today. The first bit of the Route was on the TCH. We left the TCH for over 70 km but the pavement was really rough. We had a 6 km gravel section. Gave me spasms and AD. We crossed the causeway to leave Cape Breton and cross in to mainland Nova Scotia. The causeway was a little tight with traffic. The route was longer than expected.

Difficulty: 2

Safety: 2

Rest Spots: 3

Scenery: 3

### Day 19

Distance: 40.56 km

TDTD: 1271.19 km

Shorter ride today. Linwood to Antigonish. Mostly back country roads with a small section on the TCH. Pavement was good. 5 km gravel section which was ok. The town of Antigonish was really nice.

Difficulty: 2

Safety: 3

Rest Spots: 2

Scenery: 2

### **Day 20**

Distance: 86.68 km

TDTD: 1357.87 km

Today was amazing. First sunny day. The ride from Antigonish to Pictou is really beautiful. Definitely recommend. Most of the ride was on highway 4 which was really quiet and reminded me of the hills of Kentucky in The Red River Gorge where I used to climb. Lots of rivers and creeks and a natural spring where we filled our water bottles. Nikki was having issues with her gears on her bike so we stopped at Pictou County Cycle shop who did repairs and got us back on the road. Thanks! It was really pretty crossing over the causeway and seeing Pictou. Saw 3 bald eagles and the Lilacs were blooming. We are staying at Harbour Light Campground. They didn't have accessible showers so they gave us the site for free and bought us Pizza. Such a nice place. Site over the ocean.

Difficulty: 3

Safety: 4

Rest Spots: 4

Scenery: 5

### **Day 21**

Full rest day. Read my book while the girls went for a walk on the beach. Biked into town for dinner. My Body needed it. We did do some bike maintenance., Nikki fixed her derailleur!