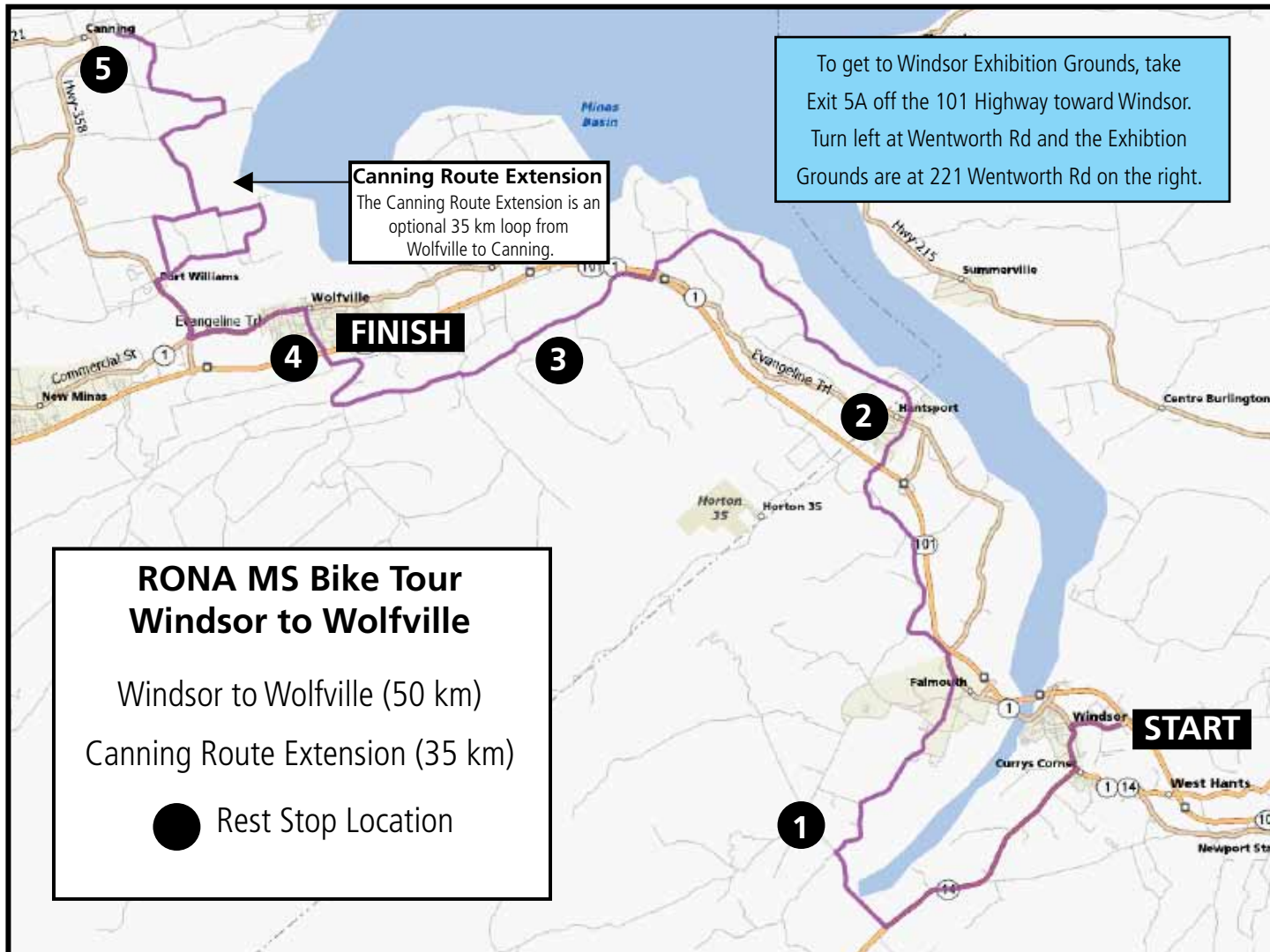


# Route Map & Directions



## RONA MS Bike Tour Windsor to Wolfville

Windsor to Wolfville (50 km)

Canning Route Extension (35 km)

● Rest Stop Location

### Rest Stop Guide

Rest Stop # 1	11 km	Private Residence Falmouth Dyke Rd.
Rest Stop # 2	26 km	Hantsport Memorial Community Centre
Rest Stop # 3	41 km	Melanson Community Hall
Rest Stop # 4	49 km	Lunch
Finish (Regular)		Acadia University
Route Extension	68 km	Bruce Spicer Park (Village of Canning)
Challenge Finish	85 km	Acadia University

### Along the route you will find...

- ✓ Rest stops stocked with water, juice, granola bars, fruit, cheese and helpful volunteers!
- ✓ On route mechanical support provided by Cyclesmith
- ✓ First aid provided by the Canadian Ski Patrol
- ✓ Healthy and filling lunches to help fuel your body for the ride of your life!
- ✓ Enthusiastic volunteers to cheer you along the way!