PEDAL & SEA adventures

NOVA SCOTIA'S BEST OF BOTH COASTS TOUR PACKAGE

As you prepare for your cycling tour in Nova Scotia, here is some important information about your vacation with Pedal & Sea Adventures.

NOVA SCOTIA'S BEST OF BOTH COASTS
PRE & POST TOUR IMPORTANT INFORMATION

AIRPORTS

Halifax Stanfield International Airport (YHZ)

Halifax Stanfield International Airport is about 30 minutes from Downtown Halifax. On the first day of your cycling tour, our shuttle offers morning pick up at both the airport and Westin Hotel.

ACCOMMODATIONS

DOWNTOWN HALIFAX HOTELS

- The Westin Hotel - **Tour pick-up location** (click here)
- **Use promo code E3851 for a discount at The Westin**
- The Lord Nelson Hotel (click here)
- Muir (click here)
- Sutton Place Hotel (click here)
- Prince George Hotel (click here)
- Homewood Suites (click here)

TRANSPORTATION IN HALIFAX

Taxi

Halifax has a flat rate on taxis traveling from Halifax Stanfield International Airport to the peninsula/downtown area @ $68.00. Prices are subject to change. Halifax Stanfield International Airport - Taxi's & Limos (click here)

Uber

Uber is available in Halifax. Late night and early morning airport arrivals/departures may find limited Uber availability, resulting in higher prices.

Public Transit

Public transit - the Halifax airport has a bus service that will take you to the downtown Halifax area at $4.25 per person. Halifax Transit (click here)

Private Shuttles

- Adam's Taxi And Limo (click here)
- Premier Car Service (click here)
- Aurora Taxi Service (click here)

IMPORTANT INFORMATION

Tour Pick-up

- Halifax Stanfield International Airport (YHZ): approximately 9:00 am
- Downtown Halifax (Westin Nova Scotian Hotel): approximately 9:30 am

Tour Drop-off

- Halifax Stanfield International Airport (YHZ): approximately 2:30 pm
- Downtown Halifax (Westin Nova Scotian Hotel): approximately 3:00 pm

Weather

The weather in Nova Scotia is generally sunny and dry in the summer with an average temperature of 24 °C (76 °F). Nights can be cooler generally ranging from 10-15 °C (50-59 °F). Afternoon showers are not uncommon in the area, so bringing appropriate rain gear is important. You may also encounter costal fog and misty conditions.

Suggested Apps To Install:

We use WhatsApp — Download the app for free:

- Apple App Store
- Google Play Store

We use Ride With GPS — Download the app for free:

- Apple App Store
- Google Play Store

Laundry

Guests looking for laundry services have some options in Halifax and Prince Edward Island.

Halifax Laundromats:

- Halifax Laundry Co. (click here)
- Olympic Laundromat & Dry Cleaning (click here)

MEDICAL & ALLERGIES

Guests with any medical issues, medications or allergies that we ought to be aware of, must inform our guides when they check-in. GUESTS WHO CARRY AN EPIPEN: Please tell the guides at check-in where you keep it so they can assist if necessary.

- If you have any cardiac, pulmonary, breathing issues or recent surgeries, we urge you to inform our guides at check-in so we can assist in the best manner possible.
- In the event of an incident, Guides will make the best decisions in consultation with each guest and their respective partners/designates. Guests agree to understand this to be the case.
- ALLERGIES: We must be informed of any allergies you have, whether food or substance so we can make every to provide a safe environment.
- DIETARY: Please confirm any dietary requirements with your guides.

Nearby hospitals and health care centres

Halifax, NS: QEII Halifax Infirmary - 1799 Robie Street, Halifax

Lunenburg, NS: Fishermen's Memorial Hospital - 314 High Street, Lunenburg

Liverpool, NS: Queens General Hospital - 175 School Street, Liverpool

Kentville, NHi S: Valley Regional Hospital - 150 Exhibition Street, Kentville

ADDITIONAL INFORMATION

What we provide:

- small bike bag (it is recommended that you bring a lightweight backpack just in case)
- bike light
- snacks (if you have dietary restrictions or allergies you may wish to bring your own snacks)
- cold drinks
- bicycle rental
- helmet - you can bring your own, or we can provide one. Helmets are mandatory.
- reusable water bottle
- gps navigation
- universal phone mount for bike

Roads & Traffic

Nova Scotia roads use kilometers (km) for distance and speed limits

Banking and shopping

- Banks are open Monday-Friday and closed on Saturday & Sundays
- Shopping is generally open Monday to Saturday and shortened hours on Sunday
- Alcohol can only be purchased at Nova Scotia Liquor Commission (NSLC) authorized outlets.

Tipping Your Guides

While tipping is always at the discretion of our guests, we are often asked what guidance we can provide regarding tipping. Here is what we suggest: $35-40 per day – per guest – per guide – as a general amount. Should you believe more or less is warranted, feel free to adjust accordingly.

CHECKLIST

Items We Suggest You Bring

- [ ] Official travel documents
- [ ] Airline tickets
- [ ] Passport or government ID
- [ ] Mobile phone and charger
- [ ] Luggage: 1-2 carry-on sized suitcases per person (if possible)
- [ ] One personal bag: if your tour has a hiking portion, a knapsack to carry items
- [ ] Cycling jerseys (2 or 3 - short sleeve and long sleeve)
- [ ] Cycling shorts (1-3 pairs)
- [ ] Arm warmers
- [ ] Cycling rain gear (jacket, waterproof/breathable pants)
- [ ] Cycling shoes
- [ ] Cycling gloves
- [ ] Helmet: if you wish to bring your own, otherwise one will be provided at no additional cost
- [ ] Comfortable walking shoes
- [ ] Sweater, light jacket or windbreaker for after dinner
- [ ] Bring a few lightweight, easily washable items for city wear (dinner and sightseeing)
- [ ] Fleece / Lycra sweater / long sleeves
- [ ] Sun hat or visor
- [ ] Swimsuit
- [ ] Sunglasses
- [ ] Sunscreen/bug spray
- [ ] Any medical or nutritional items you deem necessary
- [ ] Gel seat cover, or your own saddle (do not bring the post)
- [ ] Rear view mirror, if desired.
- [ ] Extra water bottle, if desired.
- [ ] Chamois cream
- [ ] Sandals for beach
- [ ] Pedals: If you want to clip in, bring your own pedals and cycling shoes. Our guides will put your pedals on your bike. This does not apply to e-bikes.

POINTS OF INTEREST

WHAT TO SEE AND DO

CITADEL HILL

In the heart of downtown Halifax, this strategic hilltop fort offers a commanding view of Halifax Harbour. Step back to 1869 and immerse yourself in the social and military history of Halifax with the 78th Highlanders and the 3rd Brigade Royal Artillery. Learn about the changing roles of the fort and visit the Army Museum. Halifax Citadel National Historic Site (click here)

PIER 21 MUSEUM OF IMMIGRATION

The Canadian Museum of Immigration at Pier 21 is Canada's sixth national museum. Our mission is to share the ongoing story of immigration to Canada—past to present and coast to coast to coast. The Museum is located in the Pier 21 national historic site at the Halifax seaport where nearly one million immigrants landed in Canada from 1928 to 1971. Canadian Museum of Immigration at Pier 21 (click here)

HALIFAX WATERFRONT

There's a magnetic pull that draws both visitors and locals to the heart of the city, where the waterfront buzzes with energy. Surrounded by sparkling ocean, a working port, local artisans, seasonal vendors, and year-round businesses, a walk along the Halifax waterfront is an iconic Nova Scotian experience. Halifax Waterfront - Discover Halifax (click here)

PEGGY'S COVE

Most prominently, this region is known for its namesake, the famous Peggy's Point Lighthouse, one of the most photographed lighthouses in the world. Peggy's Cove is an iconic Canadian landmark and an attraction well worth the short drive from downtown Halifax. Peggy's Cove Coastal Region - Discover Halifax (click here)

A NOTE TO OUR GUESTS:

We are excited to have you as part of our tour! I trust this tour package answers many questions and provides insights about your upcoming trip. It's our role to provide you with a great cycling adventure. Please ask our guides for anything you may need.

Have a great trip and have lots of fun!

My best,

Michael

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