



Where is Todd?

Todd will be traveling around Colchester County!
Make sure to follow him along on our Colchester County Recreation Facebook page.

Daily posts will be added.

If you can figure out Todd's location for each day make sure to send an email to recreation@colchester.ca for a chance to win a prize!

PHOTO CONTEST

As you venture out remember to grab a snap of your favorite bike trail!

Send your photos to recreation@colchester.ca by June 9th for a chance to win a prize!

CAPTURE YOUR ADVENTURES!!



BIKES 4 KIDS

Help kids be all they can be!

Give kids, ages 2 to 18, the ability to play with their friends, travel safely, and lead an active life this summer.

- Donate a gently used bike and/ or new helmet
- Volunteer to clean, tune up, or distribute bikes for children in your community
- Spread the word!

If your child would benefit from this program, or if you would like to volunteer, please contact Laura at the United Way of Colchester office.

uwcprograms@gmail.com
902.895.9313



United Way
Colchester County
unitedwaycolchester.ca
Facebook Instagram Twitter @uwcolchester

BIKE WEEK SUPPORTERS



Colchester
Bike Week

June 3rd - 11th

FREE EVENTS



Follow us:
Colchester County Recreation

Sunday, May 28

Sunday Street Roll Ride

9:15 AM

Join Living Earth Council on a 12 km easy-paced ride (with 7 km shorter option), starting from Cougar Dome in Truro, and going out East Prince Street and back via Salmon River Road. Stop and Chat spot will be the Riverfront Park (by Stanfields), then back to the Cougar Dome for an optional post-ride social time/coffee stop. Rides are done in groups of around 6 to 8, with leads and sweeps. These rides are aimed at adults with access to a bike or e-bike, who are looking for the comfort of a small group to help get more comfortable riding on the road. (Rain Date- June 4th)

Saturday, June 3



10:00 AM- 11:30 AM

Get on your pedal bikes and ride to the Truro Police Service Bike Rodeo! Develop your riding skills by learning new techniques, proper helmet fitting, and participating in drills, and traffic simulations. Space is limited. Register by visiting: <https://www.truro.ca/bike-rodeo.html>. Located at 14 Lorne Street.

Bike Parade

12:00 PM- 1:00 PM

Join Truro Police for a guided Bike Parade through downtown Truro! The parade will depart the Colchester Legion Stadium, and then back to the parking lot of the Stadium. Don't forget your bike and helmet!

International Trails Day Cobequid Trail Ride

6:00 PM

Join Hub Cycle on a Trail Day Bike Ride on the Cobequid Trail. Leaving from 202 Willow Street Cobequid Trail entrance at 6:00 PM.

Rath Eastlink Community Centre

Space is limited

Pre registration required

(902)-893-2224 or Visit the RECC Welcome Desk

Fitness

Sunday, June 4 - Spin & Strength w/ Robyn @ 10:00 AM

Tuesday, June 6 - Spin & Strength w/ Heather @ 10:30 AM

- Spin w/ Robyn @ 5:15 PM

Wednesday, June 7 - Spin & Core w/ Sue @ 5:15 PM

Thursday, June 8 - Spin w/ Sue @ 12:15 PM

- Spin & Strength w/ Robyn @ 5:15 PM

Sunday, June 11 - Spin & Strength w/ Robyn @ 10:00 AM

Aquatic: Hydro Riders

(30 Minute Classes)

Monday, June 5 @ 8:15 AM

Tuesday, June 6 @ 7:20 PM

Wednesday, June 7 @ 8:15 AM

Monday, June 5

WoW Bike Ride

6:30 PM

Join the Woman on Wheels group for a wonderful relaxed pace evening bike ride. They venture on the Cobequid Trail, leaving from 202 Willow Street, (Cobequid Trail Entrance). Follow them on Facebook at Women on Wheels Truro.

Wednesday, June 7

Monkey Ride

6:30 PM

Join Bike Monkey leaving from the Bible Hill Fire Hall, 69 Pictou Road for a ride to Fundy Scoops. Once you have arrived enjoy an ice cream compliments of Colchester Bike Week and Fundy Scoops.

Wednesday, June 7

Mountain Bike Ride

6:30 PM

Explore Victoria Park trails with this multi-skilled mountain bike ride. Hosted by Hub Cycle at the Skills Park, 627 Young Street, Truro.

Thursday, June 8

Ride to the Market

6:30 PM

A 32-km return trip, road ride to Masstown Market. Ice cream treat at the market! Relaxed pace suitable for intermediate riders. Those 18 & under must be accompanied by an adult. Participants must be comfortable and skilled riding with traffic. Meet at Central Colchester Junior High School, 61 Onslow Road, Onslow. For a shorter ride (5-km return), meet at Chiganois Elementary at 7:00 pm and pedal with us to the market. Hosted by Hub Cycle.

Friday, June 9

Brookfield Bike Festival

6:30 PM

Join Colchester Recreation at the Don Henderson Memorial Sportsplex, 55 Carter Road for some biking fun! Don't forget to bring your bike and helmet.

Railyard Ride

6:30 PM

Join the MTB Association for a beginner/intermediate guided ride at the Railyard Mountain Bike Park, 627 Young Street, Truro.

Ladies Mountain Bike Railyard Ride

6:30 PM

Join Bike Monkey and friends for a Mountain bike ride at the Railyard Mountain Bike Park, Meeting at the Skills Park Parking lot, 645 Young Street, Truro.