

Saturday, June 4

Bike Week Video

Follow us on the Colchester Recreation Facebook page for lots of fun things, like our Bike Week Video!

International Trails Day: Cobequid Trail Bike Ride

Join Hub Cycle on a Trail Day Bike Ride on our very own Cobequid Trail. Leaving from 202 Willow Street Cobequid Trail Entrance at 6:00pm.

International Trails Day: Tatamagouche Trail Bike Ride

Join Tatamagouche Area Trails Association on a guided tour of the western section of the rail trail, approximately 26 km return. Meet at the Tatamagouche trailhead at 24 Station Road. Bring your water bottle. Register at the trailhead shelter for a 10:00 a.m. departure..

Inspection Challenge

Before heading out on your bike, what is your go to practice in preparation for your ride. Submit your answers to recreation@colchester.ca

Sunday, June 5

Safety Tips with Truro Police

Check in on our Facebook Page for some quick bike week safety tips with Truro Police.

Design Your Biking Checklist

Create your own bike checklist to use each time before you head out on your adventures. Submit your list to recreation@colchester.ca

Pre-ride Inspection Video

Are you stumped? For some inspiration, refer to the pre-ride inspection video on our Facebook page.

Strava Challenge

Want to track your progress throughout bike week? Download Strava and submit your associated email to recchallenge@colchester.ca and someone from our team will send you a friend request! At the end of the week, we will tally up your stats and give away some prizes!

Bike Week Craft Kits

Take home craft kits for Colchester Bike Week, sponsored by Colchester-East Hants Public Library.

Pick up locations:

1 Church Street - Colchester Recreation Office
40 Douglas St - Truro Recreation Office

Question and Answers

Test your knowledge ALL week on bike safety tips with these virtual trivia questions!

Monday, June 6

Safety Tips with Hub Cycle - Helmet

Helmets are essential to bike safety! Learn how to properly wear a bike helmet from the experts at Hub Cycle

WOW Bike Ride

Join the Woman On Wheels group with a wonderful evening bike ride. They venture on the Cobequid Trail, leaving from 202 Willow Street Cobequid Trail entrance at 6:30pm

Tuesday, June 7

Safety Video - Henry the Bike Horn

Henry has some safety tips for you!

ICE CREAM Ride with Bike Monkey

Starting at 6:30pm, Bike Monkey will be leaving from the Bible Hill Fire Hall, 69 Pictou Road, for a ride towards Fundy Scoops. Once you have arrived, enjoy a cold ice cream compliments of Colchester Bike Week and Big Brothers Big Sisters of Colchester.

Wednesday, June 8

Mountain Bike Ride

Explore Victoria Park Trails with this multi skilled mountain bike ride. Hosted by Hub Cycle, this event will take place in the Skills Park, 627 Young Street.

Safety Tips with Hub Cycle - Seat Height

Finding your knees are too high or you can't reach your petals? Learn how to adjust your seat with this helpful video from Hub Cycle.

Thursday, June 9

Bike to Masstown Market with Hub Cycle

Enjoy the fantastic views on this ride to Masstown Market. Hub Cycle leaves from Central Colchester Jr. High School, 61 Onslow Road, at 6:30PM for a full loop. For a shorter ride., start at Chiganois Elementary, 11145 Hwy 2.

Safety Tips with Hub Cycle - Start and Stop

Still pedaling? Learn how to put those feet down with this instructional video provided by Hub Cycle.

Friday, June 10

Brookfield Bike Festival

Join us at the Don Henderson's Memorial Sportsplex, 55 Carter Road, for some biking fun at 6:30PM! Don't forget to bring your own bike and helmet.

Dal AC Bike Safety Video

Enjoy Dal ACs video on the basics of biking!

Saturday, June 11

Adventure Out

Go on your own adventure! While on your weekend ride, submit a photo of yourself or family to recreation@colchester.ca for a chance to win a prize.

Inspection View Challenge

With all the information you have gathered over bike week, send us an a comment to recreation@colchester.ca on how your ride preparation may look different.

Sunday, June 12

I Spy Bike Ride

Here's a challenge for you: while you are out biking on the final day of Bike Week, take 4 pictures of things you see on your rides. Submit your photos to recreation@colchester.ca for a chance to win a prize!

Trivia Time

Learn some bizarre and fun facts that will enlighten your biking knowledge with these Trivia questions!

Strava Update

Congratulations! Our team, with help from Strava, has totalled all of your biking this past week. The time has come to give away some prizes to those who have travelled the farthest, climbed the highest, and rode the longest.



Bike Rack Photo Contest

Can you figure out where each bike rack is located in Colchester County? Send in your locations each day for a chance to win a prize!

Deadline: Monday, June 13th @4:30pm

Submit entries to: recreation@colchester.ca

