

# THE SAND DUNES OF PEI AND THE CABOT TRAIL

CCCTS TOUR JULY 19 TO AUGUST 2, 2025  
WITH PEDAL AND SEA

**LEADER: DANIELLE AMERONGEN**

---

**CO-LEAD: AUDREY SONNENBERG**

---



Please meet our two gracious and dedicated professionals, Dale McClare and Coady Lee, who represented our Tour Operator Pedal and Sea with the utmost professionalism and expertise. They were an integral part of the tour and their knowledge assisted in making the tour a success. They were a lot of fun too!



## Sunday, July 20

After having a pizza meet and greet the prior evening, our group of 14 boarded two Pedal and Sea Adventures vans at the Halifax Westin hotel to transport us to the start of our 2 week cycle tour of Prince Edward Island and the Cabot Trail. The 4 hour drive was highlighted by crossing the 13 km long Confederation Bridge, the world's longest bridge over ice-covered water.

Once we arrived at the new Mill River Resort, bikes were quickly adjusted and we undertook the introductory 30 km ride testing our mettle against strong head winds and, for a few of us heavy rain, at the trip's end.



Our Pedal and Sea guides, Dale and Coady, treated us all to an excellent dinner - including raw oysters- at the resort. They were delicious and a great beginning to the seafood we would enjoy for the rest of the trip. Danielle ended Day 1 by outlining the next day's plan which looks to be fun even though a few showers are forecast. All agreed that Day 1 was a great launch of our tour.

Monday, July 21

## First Day on the Bikes

After a lovely breakfast at the Mill River Resort we left the hotel at 9:00 am and began our 80 km ride along the North Cape Coastal drive. The wind was at our back and the sun peaked through occasionally. The potato blossoms were beautiful and fragrant. We had a brief stop at Tyne Valley Teahouse for refreshments. Shortly afterwards we were dumped on by a shower, but it didn't last too long, just enough to get everything wet. We ended our ride at The Knot, a lovely bar and grill on the beach in Summerside. We arrived in good time to meet the Pedal and Sea crew, Coady and Dale, who shuttled us to Kindred Spirits, a beautiful house and hotel with cottages in Cavendish. Nearby was the National Site for Anne of Green Gables, and it was not only interesting to visit, but informative in that her life and history of the family was available at the site.

I believe we'll be okay, and have a lot of fun on the ride! Great swag Pedal and Sea!



Some friends Craig met on his journey....actually we all met them, but they only spoke to him. Good job Craig!! These finds attest to the colorful and varied scenes and art we discovered along the way. Creative, amusing, but always designed to catch the eye. The landscape here is not only beautiful, but reflects the personality of the people who live here.

Tuesday, July 22

## Pedal and Sea Socks Day

A fabulous day start to finish. Our day began with a continental breakfast at the quaint Kindred Spirits Inn with the smell of caramel apple sauce wafting through the dining room, that led to the promise of a beautiful, sunny day with no rain forecasted with winds no more than 27kph. These conditions indicated a marvelous opportunity to prepare for the Cabot Trail ride. We enjoyed the 60 km ride north out of Summerside towards Malpeque Bay and the Gulf of the St. Lawrence. Our destination was Cavendish, a small hamlet of about 100 residents.





At about the 6 km point we stopped to visit the Melpague Iron Works where we saw lots of creative and interesting art forms made from iron. While there, we took a group picture with our Pedal and Sea Socks and Hats! They had a very large Norwegian Forest cat named Henry for those of us who are fond of cats.

PEI is the land of Anne of Green Gables and the National Interpretive Centre was a block away from our hotel. Some of our group could not get enough of her. Coady really got into character. None of us could keep a straight face.

Our ride today was the "true" PEI experience! Field after field of flowering potatoes plants, small villages with beautiful old houses, manicured lawns and pots of flowers. The French River on our left and further away the Gulf of St Lawrence. Climbing the rolling hills allowed for spectacular unobstructed views of the PEI landscape. It is no surprise we are all hooked on cycle touring.



We rode on to a fabulous lunch at Sou'West Bar and Grill covered by CCCTS. The food was excellent and the service very fast, therefore, we were on our way in no time. Everyone arrived back safely for our second night at Kindred Spirits! Most of the group relaxed or walked until dinner at La Rose's Bistro which was fantastic. Our Pedal and Sea hosts Coady and Dale sure know how to select great restaurants!





## Wednesday, July 23

Sometimes the soul needs a leisurely (cycling) stroll. P.E.I. understands. It doesn't get any better than cycling 46 km by the sea on a two-way bicycle trail. Accessed through the P.E.I. National Park we took our bikes for a walk across the road and swam or lounged on more than a dozen beaches through PEI National Park. Most of us stayed dry and curious, oogling at the red cliffs merging with endless sand and ocean sandscapes along Orby Head and Cape Turner. Dismount and yee-haw. Explore the quirky, maritime art & crafts shops, pottery at The Dunes Art Gallery and Coffee Shop. The Great Canadian Soap Co. also offered many choices of hand- made soaps from nearby ingredients and the store smelled heavenly. Some of us chose to chow down with the freshest, "bestest" lobster roll at "Richards" at Brackley. Where did we rest our noggins? Dalvay-by-the-Sea, an iconic "summer house" built in the late 1800's in the architectural style known



as Queen Anne Revival. She was a grand old lady. As all things historic, it has a past of family strife and fortune. But before we slumber, the CCCTS riders dined on locally caught seafood, and enjoyed the local beers to be had.

## Thursday, July 24

We gathered at the Dalvay for a good breakfast at 7:30, and were ready to mount bikes and ride by 9:30. Our 58 km route today took us to St. Peter's Bay, back through PEI National Park, battling headwinds gusting up to 40 km/hr. It was bliss to get a row of trees blocking the wind on the exposed parts, even if they were dead trees from Hurricane Fiona. We arrived at Fin Folk Restaurant and the fish tacos and burgers were fantastic, but the best part was the ice cream at Harry's Dairy Bar where soft serve was coated in Belgian chocolate flavoured in salted caramel, milk chocolate, mint, and dark chocolate flavours. Delicious!

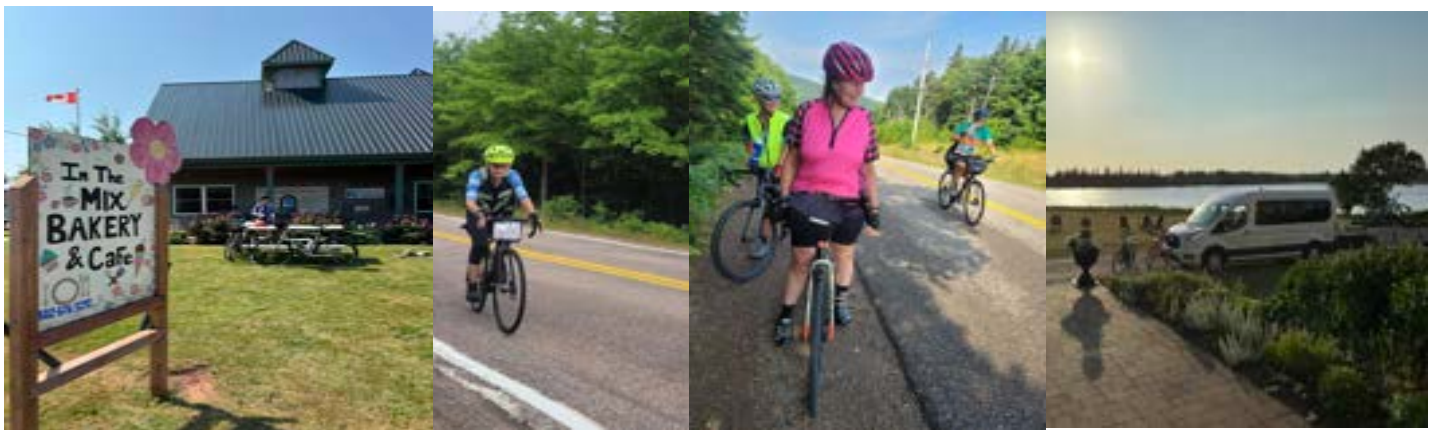


We headed back to the hotel - the wind she was a-blowin' after lunch and arrived back at 2 p.m. for free time thereafter. Some of us trotted across the road on foot to see Dalvay Beach. It was absolutely lovely - a very unusual texture to the sand near the tide line made it feel like a foot massage walking on it with bare feet.

## Friday, July 25

We must ride and transfer today as we regrettably must leave the Dalvay Hotel and move to Charlottetown. Before our transfer by van, we have 56 kms to cover with most it on the Confederation Trail. A delightful fine gravel trail that meanders through PEI's most rural countryside with scents of rosemary, apple, flanked by raspberry bushes and marshes filled with bird song. Still searching for the elusive PEI fox as locals regale us with tales of silver foxes who were raised in captivity and released once the fur trade died, having interbred with the native red fox, that now leave descendants with spectacular coloring of red, silver, and black points to ears, face and tail. The shops are filled with these iconic PEI species.

There are few successful rides without the delightful bakery and coffee stops that offer the best of what the local community has to offer. So enjoyable, and it is lovely to sit and bask in the sun wile squares, cookies and scones are available.



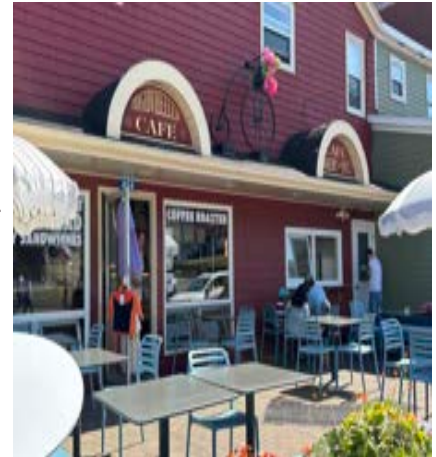
Confederation Centre of the Arts. The hotel, The Great George was so beautiful with historic architecture, a happy hour, and amazing breakfast that made us sad to leave.

## Saturday, July 26

After a quick 45 minutes to the ferry, we left on a 85 minute cruise from PEI to New Brunswick, then, a 2 ½ hour ride to and over the causeway into Cape Breton Island and the beautiful Bras D'Or Lakes. We arrived at the Telegraph House Inn, and the small town of Badec became our new home for the next two days. Unfortunately, there was a power outage, which all inhabitants referred to as occurring often in this area. Island life at its best.

This town, of Badec is the home of Alexander Graham Bell, who invented the first telephone, while establishing the methodology of assisting the deaf to speak and communicate. He was also seriously involved in the first flight, and air and water travel. An inventor first and foremost, but also a humanitarian who developed the tools and systematic education of those who were deaf.

Across the street is the amazing coffee shop that not only provided breakfast, snacks, and lunch, but had the most amazing oat cakes with peanut butter and chocolate.



## Sunday, July 27

### A Rest Day

We have enjoyed our stay at the quaint Telegraph House Motel, as it was filled with enjoyable peculiarities. It was quiet and comfortable, with an excellent restaurant on the main floor. Many of us headed to the Alexander Graham Bell Museum, and upon finishing our tour, headed down to the docks where restaurants could be found, but also time to dabble our toes in the ocean. Happy Hours by now, are firmly established, and provide time for us to get to know each other, as well as share the details of the upcoming day and events. It was so nice to chat, share stories, and find out about each others' lives. A great opportunity to become more acquainted with the reasons we go on these tours. Good job everyone!





A lovely morning that saw the temperatures rise to 27 degrees with a slight breeze. Cyclists not only did laundry, but also kayaked, visited the Alexander Graham Bell Museum, and relaxed by strolling the town, and shopping in the boutiques.

## Monday, July 28

Wow, eager beavers we were today! Anxious to get going on our 58 km ride and 400 metres of elevation. Now we are moving toward more challenging terrain as we test our legs, as most of us left before the pre- arranged start time.



Up and away we cycled - quite a few fun ups and downs (right Kit?). Gravel roads didn't seem to hinder us, as most of us flew up Hunters Mountain in the Margaree Valley to be rewarded with a very fun downhill. Lunch at the Dancing Goat was a welcome rest stop with great food. It was getting hot! The three lakes were beautiful (as you can see by the picture taken by Jill). Many little cabins sprinkled along the route. I suspect most are summer fishing cabins. A few more ups and downs and we reach Normaway. Old time cabins nestled amongst the trees on a working farm. A quick check in and we were back on the bikes to the swimming hole past the fish hatchery. Sweet spot- cool water, but refreshing! What a good day for our first foray on the Cabot Trail.

## Tuesday, July 29

We left Normaway after a phenomenal breakfast. French Toast made with porridge bread was a particular hit. Still in the Margaree Valley, the journey to Cheticamp included some quiet backroads with pastoral views. Along the way we stopped to look at the fanciful artwork in the Mona Lisa Gallery. Most of the paintings featured cows or bananas. Some had both cows and bananas!

Back on the Cabot Trail, it was a short and scenic ride with plenty of coastal views. We finished the day with a drive up French Mountain and



a hike to a spectacular viewpoint on the Skyline Trail. Then, onward to the Silver Lining Inn and Motel for the night.



### Wednesday, July 30 The BIG CLIMB!

Today's route promised to be the most challenging ride of the Cabot Trail. There was a strange quietness at breakfast as everyone contemplated the challenges of the day. Mountains, 14% grade, 76 Kms, signs warning of bear and moose! The overnight rain cooled the air to 15 degrees at the start with overcast skies. Perfect cycling conditions.

Climb, climb, climb and climb up French Mountain, and climb some more! Grueling uphill with breathtaking views. Ascending into the cloud layer as we approached MacKenzie Mountain, followed by a screaming descent to our lunch stop at the Rusty Anchor.



The cloud cover and tail wind were arranged by our pseudo guides, Dale and Coady, for the climb up North Mountain. The descent from North Mountain Summit made your Sphincter pucker! And finally, rolling hills as we approached the Markland Resort.





Thursday, July 31

Dingwall to Ingonish

We started with a group photo after breakfast where some even managed to hoist their bikes overhead for the occasion (after decanting the water bottles and bags). It rained heavily overnight, but the day was dry, albeit a bit cooler when we left Markland Resort.

The first 10 kms were easy, riding along the glassy-still Dingwall Harbour with amazing views then after a short stint on the main road we turned off on White Point Road. This followed the coast with more expansive views and was relatively quiet which was fortunate as the grades of some of the hills were easier to navigate sidwinding. We have no idea how Henry made it up some of them in his "gear of the day" (see below\*)



After a steep descent into White Point we hiked out to the end, accompanied at the start by the sound of the foghorn. Many pictures were snapped here of the amazing vistas then half of us hitched a ride back in the van to the top and half rode up to rejoin the main highway. After many more undulations, lots of spectacular views, a short stint in a construction zone uphill on gravel in the full sun (our least favourite moments) and several lovely (and tiny) fishing communities later, we arrived at Ingonish. Most elected to eat in the outskirts at the Periwinkle café, then a short ride later arrived at Ingonish Beach after one last hill. Forty-five minutes later we were back at the Markland Resort!

\*It was an interesting exercise, bringing a 40 year old mountain bike, converted to single speed. Although the gears could be changed by removing the rear wheel and moving the chain, the result was often less than optimal. Thank you for your patience everyone.



## Friday, August 1

Heading Home! First, a 46-56 km ride and 450 metres of elevation. English town was our final destination. We all met at the Clucking Hen Café and Bakery. And now, back to Halifax and the Marriot Hotel, and our last Group Dinner at the "Little Fish" restaurant. So sad to hand our bikes back to our two pedal heads who made our lives fun and fantastic over the last 12 days. We will miss their humour, and their knowledge....



**Thanks to all of you who submitted wonderful pictures to the App. Such a supportive team effort in making our trip a memorable one in pictures and video. It was a rewarding experience for Danielle and myself to watch you enjoy the scenic beauty of PEI and Cape Breton. You are an amazing group of cyclists and support team, and it was our pleasure to share it with you.**