

**Auto Theft Explained**

**Favourite Foods in Every Province**

**Cycling Tips for Families**

**2021**  
MOST TRUSTED BRAND IN CANADA  
MARQUE DE CONFIANCE AU CANADA  
GUSTAVSON SCHOOL OF BUSINESS  
UNIVERSITY OF VICTORIA

# CAA MAGAZINE

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## READY, SET, CAMP!

**Tips for an outdoor adventure this summer, plus how to roast the perfect marshmallow**

SUMMER 2021



ATL | PM40065459

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# The Long and Winding Road

As you begin riding together as a family, start off with a medium-distance ride before going for longer ones. The Atlantic provinces are home to several scenic trails that are blissfully free of cars, making them ideal for a family-friendly activity. (For a challenging excursion, try biking Newfoundland's Great Northern Peninsula with its extensive stretches of wilderness.) Gary Conrod, whose company, Atlantic Canada Cycling, has been leading rides for 33 years, says a two-wheeled road trip is a great way to instill a love of the outdoors in kids. "You're going to see things on the trails that you're not going to see from a road," Conrod says. With that in mind, here are some trails to explore.



## RUM RUNNERS TRAIL

This 119-kilometre trail in Nova Scotia, which runs along a decommissioned railbed, connects Halifax with Lunenburg, a colourful fishing village and a UNESCO World Heritage site. If you're looking for a shorter excursion, you can choose a different starting point along the route, which boasts sweeping ocean views and picturesque towns, Conrod says.



## VÉLOROUTE TRAIL

This burgeoning network of dedicated cycling paths in New Brunswick connects towns and villages across the French-speaking Acadian Peninsula. There are more than 600 kilometres of trails to choose from, but Conrod recommends concentrating on the areas around the historic towns of Caraquet and Shippagan.



## CONFEDERATION TRAIL

Prince Edward Island is a haven for cyclists, with some 449 kilometres of criss-crossing trails. For families, Conrod recommends P.E.I. National Park, where a paved bike path skirts red sand beaches and the Gulf of St. Lawrence.

## CAA TWO-WHEELED ASSISTANCE

Need more tips to teach your kids—or educate yourself—about bike safety? Visit [atlantic.caa.ca/bike](http://atlantic.caa.ca/bike) for more resources on how to share the road, riding skills and tips, as well as a quiz to put your knowledge to the test.

If you find yourself stranded with your bike or you have a broken chain or a flat tire, give CAA a call. **CAA Bike Assist™** provides roadside assistance for your bike and is available to all Members as a permanent benefit.

If your bike can't be fixed on-site, CAA can transport it to a location of your choice. For more information about CAA Bike Assist\*, call 1-800-222-4357 or visit [atlantic.caa.ca/automotive/bike-assist](http://atlantic.caa.ca/automotive/bike-assist). **CAA**

\*Bike Assist is currently only available in Halifax, Saint John, Moncton and Fredericton.

