



# Biking the Maritimes

## Table of Rides in New Brunswick

Ride Name	Distance (ks / miles)	Highlights / Description	Page
<b>St. John River Valley</b>			
Link from Edmunston to Grand Falls	64 / 40	Road paralleling St. John River; short section on Trans-Canada Hwy.	27
Limestone Loop	34 / 21	Short loop on quiet roads along the river from Grand Falls; trail option	30
Plaster Rock Loop	110 / 69 or 121 / 76	One- or two-day ride through rolling countryside, along rivers; through Indian reserve, rail trail options, scenic, moderately challenging	32
Link from Perth-Andover to Florenceville	41 / 26	Scenic, mostly easy ride along the St. John River that can be done either on quiet road or on rail trail	38
Woodstock-Centreville Loop	82 / 51	Ride through beautiful, rolling farmland, interesting small towns, and along St. John River; rail trail options	40
Link from Woodstock to Nackawic	46 / 29	Quiet section of Route 105 along river, no services	44
Mactaquac-Millville Loop	90 / 56	Challenging ride through hilly, scenic countryside and along river	45
Link from Mactaquac to Fredericton	44 / 28	Ride to NB's historic capital city; hills at first, then level trail along river	50
Link from Fredericton to Gagetown	70 / 44	From Fredericton to picturesque old riverfront town, along trail and on quiet, flat riverfront road; one of easiest rides in this guide	54
Jemseg-Cambridge Narrows Loop	52 / 33	Ride often follows lake and river shores with good swimming holes, some moderate hills	60
Link from Gagetown to Evandale	31 / 19	Exceptionally pretty riverside ride on quiet paved road	64
Shorter Evandale Loop	21 / 13	Two ferry crossings and only one tough hill on a short, scenic loop	65
Longer Evandale Loop	62 / 39	Beautiful ride along river and lake, also high above them, good swimming, a few challenging hills	67
Upper Kingston Peninsula Loop	27 / 17 or 55 / 34	Hilly loop with spectacular views based at an exceptional B&B; quiet roads in a little-known, superb area for cycling	70
Lower Kingston Peninsula Loop	65 / 41	Another hilly ride with more spectacular water views; access to St. John via Millidgeville ferry	74
Millidgeville Ferry to Rockwood Park	6.5 / 4	Best way to reach centre of St. John via downtown park with camping; a short connection, but hilly	78
<b>Lower Fundy Region</b>			
St. Andrews Loop	55 / 34	Loop including side trips from one of the most beautifully preserved and popular towns in province	84
St. George Loop	28 / 18	Short loop connects with the Deer Island ferry; side trip to lighthouse	90
Blacks Harbour Loop	27 / 17	Another short loop, more scenic, connects with ferry to Grand Manan	92
Lepreau Loop	47 / 29	Favorite of the "fishing village loops" with several scenic side trips	95
Deer Island	16 / 10	Short but gorgeous ride the length of Deer Island, smallest of the Fundy Isles. Connects Blacks Harbour ferry to Grand Manan ferry.	100
Campobello Island	73 / 46	Cycling on beautiful island, summer home of FDR and site of Roosevelt-Campobello International Peace Park; two days suggested	101
Grand Manan Island	75 / 47	Rides on the most remote and rugged of the Fundy Isles; two days suggested	106
<b>Upper Fundy Region</b>			
PEI-Cap Jourmain to Port Elgin and Sackville	34 / 21	Cycling from Confederation Bridge/PEI to start of Upper Fundy rides; also connects from Acadian Coast routes.	113
Nova Scotia to Port Elgin	10 / 6	Best way to cycle into New Brunswick from Nova Scotia	114





## Biking the Maritimes

Waterfowl Park and Marsh Ride	64 / 40	From superb Waterfowl Park nature area across the Tantramar Marsh on rail trail; very easy.	118
Sackville-Dorchester Loops	42 / 34 to 68 / 43	Moderately hilly and very scenic loops, Sackville to Shepody Bay and back. Longer loop including dirt roads passes shorebird sanctuary.	122
Day 1, Sackville-to-Sussex Tour Sackville to Hillsborough	79 / 49	Cycle along Memramcook and Petitcodiac Rivers, passing Moncton on rail trail; very beautiful ride, hilliest near beginning and end	128
Day 2, Hillsborough to Riverside-Albert	36 / 21	Short distance allows time to walk on ocean floor at Hopewell Rocks.	132
Day 3, Shepody Marsh & Mary's Point	32 / 20	Day for riding on marsh and visiting remarkable shorebird sanctuary	136
Day 4, Cape Enrage & Fundy Park	29 / 18 or 42 / 26	Ride with views from high above Bay of Fundy ending at Fundy National Park; Cape Enrage Option is beautiful by very difficult.	139
Day 5, Fundy Park to Sussex	60 / 38	Climb out of Fundy National Park is most difficult of tour; otherwise rolling countryside, some lakes and long views the along way.	144
Church Avenue Loop	20 / 13	First of three loops from Sussex, moderately hilly, scenic; combines with Covered Bridges Loop for longer day.	151
Covered Bridges Loop	21 / 13	Rolling hills, two covered bridges, and great views on this ride.	153
Scrap Yard Loop	37 / 23	Scrap yard is fun but incidental; this is a rural ride though beautiful dairy country with some hills and fine views.	155
Sussex to St. Martins	54 / 32	First leg, through sparsely settled countryside, of a route from Sussex to St. John. St. Martins is picturesque seaside village.	161
Fundy Trail	38 / 24	A day for cycling a challenging and beautiful National Park road	164
St. Martins to St. John, coastal	41 / 26 or 54 / 34	Hilly ride along coast with many grand views, some side trips. Shorter distance is to airport; longer is to city centre.	166
St. Martins to St. John, inland	64 / 40 or 72 / 45	Hilly ride through unspoiled countryside, quiet river valleys, villages. Makes loop with coastal route. Distances are to airport or downtown.	169
Sussex to St. John via Kingston Peninsula	113 / 77	Connection to Kingston Peninsula, which is an exceptional cycling area with easiest entry, via ferry, to St. John.	172
Sussex to St. John via Hampton	72 / 45	Shortest, most direct route to St. John, busier roads but often scenic	174
<b>The Acadian Coast</b>			
Bouctouche to Rexton	47 / 30	Quiet roads, easy terrain, often near the water; passes Bouctouche Dune, stops at an unspoiled beach.	179
Rexton to Kouchibouguac	34 / 21	Out-and-back ride to Kouchibouguac National Park, a wonderful beachside park with marshes, trails, shorebirds; worth a few days' stay.	183
Rexton to Bouctouche	45 / 28	Inland ride, first through unsettled back country, then more scenic along Bouctouche River. Moderately hills.	185
Bouctouche to Cap Jourmain	125 / 78	Coastal ride through popular Shediac to Cap Jourmain and bridge to PEI. Two days recommended. Connects with Upper Fundy rides.	186





# Welcome to New Brunswick

## Welcome to New Brunswick

While staying at a B&B in New Brunswick, we met a couple who had lived all their lives in central Maine. They were in New Brunswick to search for a retirement home. We expressed surprise that someone from the frigid interior of Maine would move even farther north to retire. Why not seek the warmth of the south? Oh, the Maine couple explained, they wanted to move north for warmth — the warmth of New Brunswick's people, who they said very different from those south of the border.

It didn't take us long to discover what they meant. Cycling around New Brunswick, we found it hard to keep a tight schedule. Stopping for a cup of coffee, buying groceries, or just filling a water bottle would usually result in a half-hour of conversation with a friendly New Brunswicker. Even teenagers seem to be consistently friendly and polite. Imagine that!



*Farming country, Upper St. John River Valley*

Perhaps people are unusually friendly in New Brunswick because there are so few of them. New Brunswick could hold within its borders all of Connecticut, Massachusetts, and New Hampshire, with enough room left over for most of Vermont. It is nearly 30% larger than Nova Scotia and over 12 times the size of Prince Edward Island, yet the population in 2006 was just under 750,000. Most of New Brunswick is covered with forest, and the interior is barely inhabited. Over a third of the population is concentrated around three relatively small cities, and the rest is mostly spread out in villages and towns along the coast and in the St. John River Valley.



*"Even teenagers seem to be consistently friendly and polite. Imagine that!"*

New Brunswick is bounded by Quebec and Chaleur Bay on the north, the Gulf of St. Lawrence and Northumberland Strait on the east, the Bay of Fundy on the south, and Maine and Quebec on the west. The most important urban areas are St. John, Moncton, and Fredericton. St. John is one of Canada's busiest ports, and it has a good deal of heavy industry — especially oil refineries and pulp and paper mills. Moncton is a centre of transportation and retail, with some successful communications technology firms. Fredericton is the capital and is also the home of the province's oldest and largest university. In rural areas, economic activity is based on the three Fs: forestry, fishing, and farming. Mining has grown in importance in a few areas of the province.

Among New Brunswick's earliest inhabitants were the Maliseet, Mi'kmaq, and Passamaquoddy Indian Nations. New Brunswick's first



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*Fishing boats at St. Martins harbour*

European settlers were from France, but most of them were expelled by the British in 1755, during the French and Indian War. The descendants of the French settlers – some of whom remained in New Brunswick or eventually returned from other parts of Canada and the United States. – are today's Acadian people. Many of today's English-speaking New Brunswickers are descendants of Loyalists who moved north during the American Revolution.

Today New Brunswick is the only province in Canada that is officially bilingual. Quebec has only one official language – French – and in the other Canadian provinces, English is the official language. Only in friendly New Brunswick are Canada's two principal languages given equal treatment by government. French is spoken in

about one third of New Brunswick homes. So many francophones are bilingual that language is never a problem for the visitor.

New Brunswick, bordering Maine and Quebec, is the province in which visitors to the Maritimes first arrive from the U.S. or from Upper Canada. However, most tourists seem to rush through New Brunswick on their way to better-known Prince Edward Island and Nova Scotia. Tourism thrives in a few areas of New Brunswick, but it is still

not as important as in the other two Maritime Provinces. This is puzzling. New Brunswick is remarkably diverse and just as beautiful as its neighbors. There are the headlands, harbours and islands of the Bay of Fundy, the warm sandy beaches of Northumberland Strait, and the rolling hills, forests and farms of the interior. New Brunswick has two great national parks – Fundy and Kouchibouguac. The St. John River Valley is, we believe, one of the finest areas for an extended bicycle tour in eastern North America, and there is any number of wonderful rides along the coasts. Except in a few resorts in peak season, notably the Shediac area on Northumberland Strait and the St. Andrews area on the Bay of Fundy, there are seldom crowds of tourists in New Brunswick. Perhaps we cyclists should simply be grateful that New Brunswick is not as well known as it deserves to be.



*Yard ornaments at fisherman's home*

## Rides in this Guide

The rides described in this guide are grouped in four areas, presented in this order:

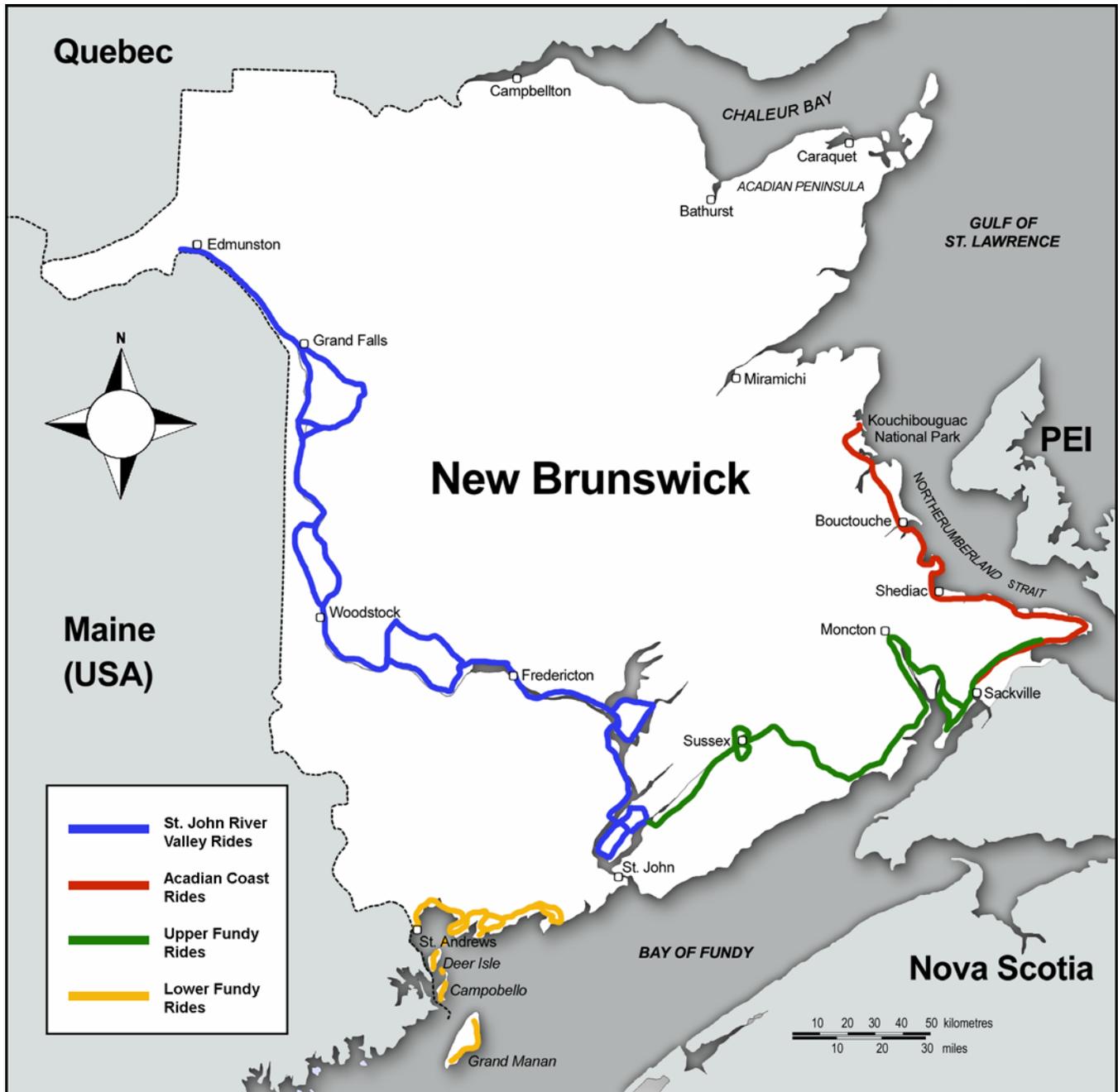
- The St. John River Valley;
- The Lower Fundy region around St. Andrews and the Fundy Isles;





# Welcome to New Brunswick

- The Upper Fundy region, from northeast of Sackville to Sussex and St. John;
- The southern part of the Acadian Coast, from Cap Jourimain to Kouchibouguac National Park.





# Welcome to New Brunswick

## Linear Tours

The major tours in this guide differ in an important way from those in the companion guides, ***Biking Prince Edward Island*** and ***Biking Nova Scotia***. In both of the companion guides, most of the longer tours were multi-day loops. The major tours in ***Biking New Brunswick*** are linear – that is, they start in one place and end somewhere else, sometimes quite far away. The St. John River Valley Tour is the most striking example. The linear nature of these tours results from the concentration of good cycling along the coasts and the river valleys, together with the generally undeveloped nature of New Brunswick's vast interior.



*Hopewell Rocks, on the Bay of Fundy*

Fortunately there is an easy way to enjoy the linear tours. Buses run by the Acadian Line connect most major points in the province. They will carry bikes in boxes or bags, and many of the bus agencies have inexpensive bike boxes or bags for sale. Alternatively, bike shops will usually box your bike for a reasonable charge, especially if you call ahead to let them know when you are coming. Thus, you can arrive at one end of a linear tour, ride for days or weeks, and then return by bus to the start in a matter of hours. See the Appendix for more information on Acadian Bus Lines and New Brunswick bicycle shops.

## New Brunswick Trails

New Brunswick has a huge network of multi-use trails, many of them along abandoned rail lines. In this guide we use them only occasionally, even though there are often trails more or less parallel to the roads on which we ride. As with all things that have not been coated with asphalt or concrete, the condition of trails varies with the season, recent weather, maintenance, and usage. Also, trails that follow the longer routes are often intermittent. The New Brunswick Trail System is impressive, but it is a work in progress. Depending on your personal taste and the type of bike you ride, you may wish to use trails more often than we do, or perhaps not at all. Fortunately, there are usually opportunities to switch back and forth between the trails and the roads, as conditions or your mood dictate. In fact, we often switch back and forth for no reason other than a change of pace. See the Appendix for New Brunswick Trail System contact information.



*Summer on Campobello Island*

