



FARM CYCLE TOUR



*Julia Painschaud, Treasurer
Comox Valley Cycling Coalition*

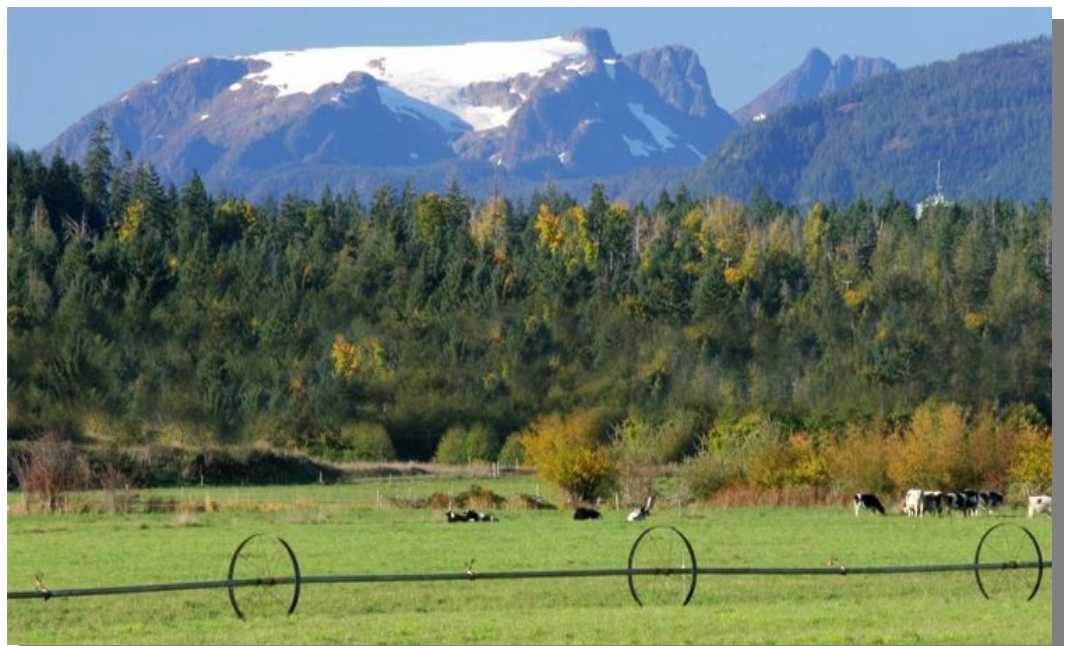
I have been involved with the farm cycle tour as a volunteer and a participant since its inception. It is always great getting out on the road and cycling with other people and families who are enjoying the beautiful views and bounty that the valley has to offer. The last few years has seen more out of town participants which is great especially when you have a chance to talk with them and see where they are from and be a ambassador for the Valley. Biking to the various farms gives you a chance to see where a lot

Finding your way to the barn door has never been easier. The 6th Annual Comox Valley Farm Cycle Tour allows cyclists of all skill levels and ages to experience the countryside of our region. They will discover the incredible array of progressive farms, producers and growers who proudly open their businesses to share best practices and showcase their products.

The tour is a self-guided journey through many of the unique agri-tourism destinations. Participants will pick up their guide maps at the morning check-in located at the Comox Valley Exhibition Grounds, select their routes and stops and head out for a day of discovery. Cyclists will delight in stunning countryside that is filled with unique agricultural experiences. It will stimulate your senses and connect you with our friendly people and their agricultural roots. You can explore berry farms, find out all about the workings of a dairy farm and shop for 'fresh and local' food at the many farm-gates and at Farm and Country Markets. A shuttle service to transport any purchases is available for a nominal fee.

It is not surprising that each year, since its inception, the tour has evolved and grown. The Comox Valley boasts over 400 farms and some of the most stunning and abundant agricultural lands in the Province. It is even more impressive when you explore it on two wheels.

On line registration and more information about participating farms and establishments can be found at <http://discovercomoxvalley.com/cvfarmcycletour>



of the farmer's market vendors are located and gives you a good appreciation for all their hard work (and pride). Sometimes there are samples or products to buy - yum. And of course you can't forget the local wineries on the tour, the beautiful vistas and relaxing settings they have to offer. It is always fun to sample some of the wines - but not too much, of course, as I am biking!!!



Tyler Johns has enjoyed the Cycle Farm Tour since its inception

Farm Cycle Tour 2016

September 25, 2016

10 am – 4 pm

Adult Early Bird Rate Until September \$10

Regular rate \$15

Children ages 15 and under are Free

On Line Registration

<http://www.discovercomoxvalley.com/cvfarmcycletour>

Check-in Location – Rain or Shine

Comox Valley Exhibition Grounds

4839 Headquarters Road, Courtenay

Registration from 10:00 am - 12:00 noon

*Cyclists will sign a waiver at the start location and be given their Farm Cycle Tour Map!

Shopping Shuttle

Shop at the farms, wineries, or breweries without worrying about carrying the extra weight on your bike. Ambassador Shuttle will provide Transportation for your purchases for only \$5 per person! Details and times will be found on your map.

