



2023

GRAN FONDO PEI RIDE GUIDE

Welcome to the ride guide for Gran Fondo PEI. Contained here are route descriptions for all the rides.

Please enjoy your visit to Prince Edward Island and what our pedal culture offers. Above all, travel and ride safely!



 On route call / text 902-xxx-xxxx

 granfondo-pei.ca

Emergency: 911 

admin@granfondo-pei.ca 

Friday Ride Options

All Friday rides are guided by local cyclist ambassadors and begin and end at the Fondo Village. The Fondo Village is located at the Eastlink Centre at 58 Kensington Rd, Charlottetown and accessed via the entry doors of Red Shores Race Track & Casino.

A delightful lunch will follow at **Salvador Dali Cafe**, located at 155 Kent St. Bike racks will be located at Kings Square on Kent Stand will be monitored by Gran Fondo Volunteers.

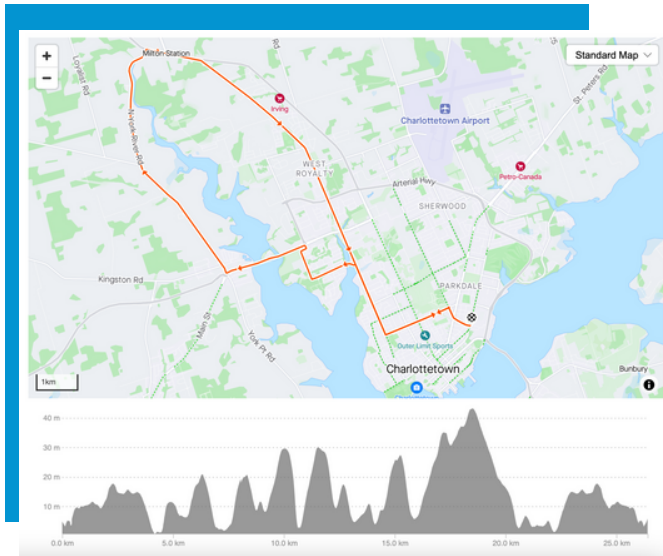
Cyclists are then welcome to return to the Fondo Village to store their bicycle for the evening.



Fondo Village Map

58 Kensington Rd, Charlottetown

Friday Ride Options



Easy Short Route: Deep Roots Distillery

Distance: 26.4 km inland loop

Terrain: Mild rolling hills

Est. climbing: 211m

Departure time: 10:30 am

STRAVA Route:

<https://www.strava.com/routes/3126898764287874492>



This delightful Gran Fondo ride takes cyclists on a journey to [Deep Roots Distillery](#) - a Canadian award winning distillery nestled in the rolling hills of Warren Grove.

Sample award winning spirits, such as the gold medal winning Absinthe, the silver medal winning High Tide Moonshine or the deliciously bronze winning Apple Brandy.

Cyclists will have the opportunity to shop around and have purchased products returned to the Fondo Village for pick up.

Friday Ride Options

Moderate Intermediate Route: Farm & Cottage

Distance: 58 km inland and rural seaside loop

Terrain: Gentle rolling hills

Est. climbing: 503 m

Departure time:

9:15 AM Start #1 (32+ km/hr)

9:30 AM Start #2 (28 - 31 km/hr)

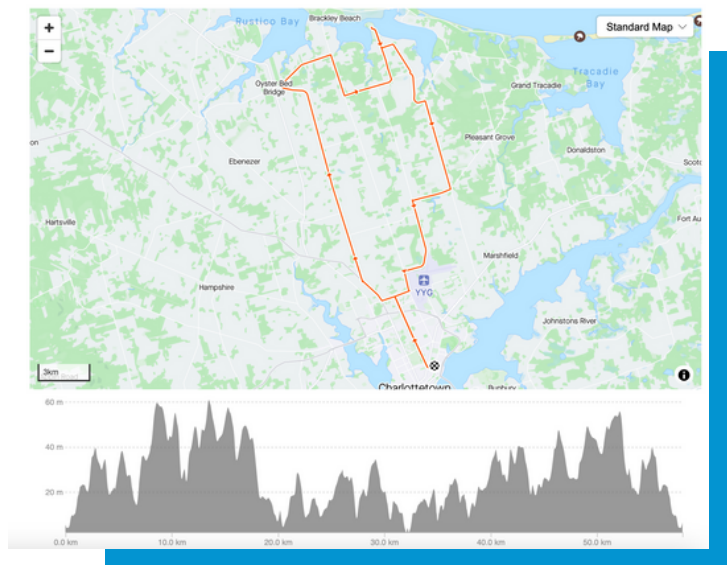
9:45 AM Start #3 (24 - 27 km/hr)

10:00 AM Start #4 (20 - 23 km/hr)

10:15 AM Start #5 (to 20 km/hr)

STRAVA Route:

<https://www.strava.com/routes/3126898764287874492>



Difficult Advanced Route: Victoria by the Sea

Distance: 94 km shore side out and back

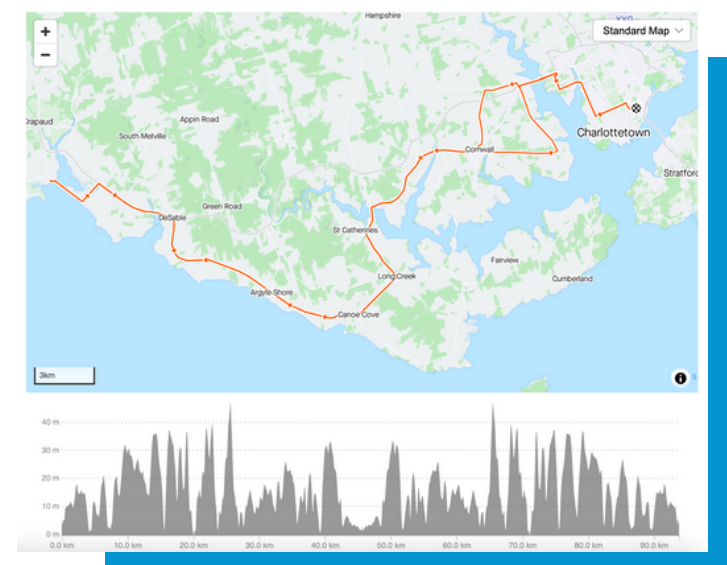
Terrain: Hilly

Est. climbing: 870 m

Departure time: 8:00 am

Strava Route:

<https://www.strava.com/routes/3126890806078683354>



This challenging route boasts beautiful views of the Northumberland Strait and iconic red cliffs of Prince Edward Island. This ride turns around in the Seaside community of Victoria by the Sea, where riders will have the opportunity to quickly visit local shops such as the famous Island Chocolates before returning to Charlottetown for lunch.

Saturday Medio Fondo

Route: Medio Fondo

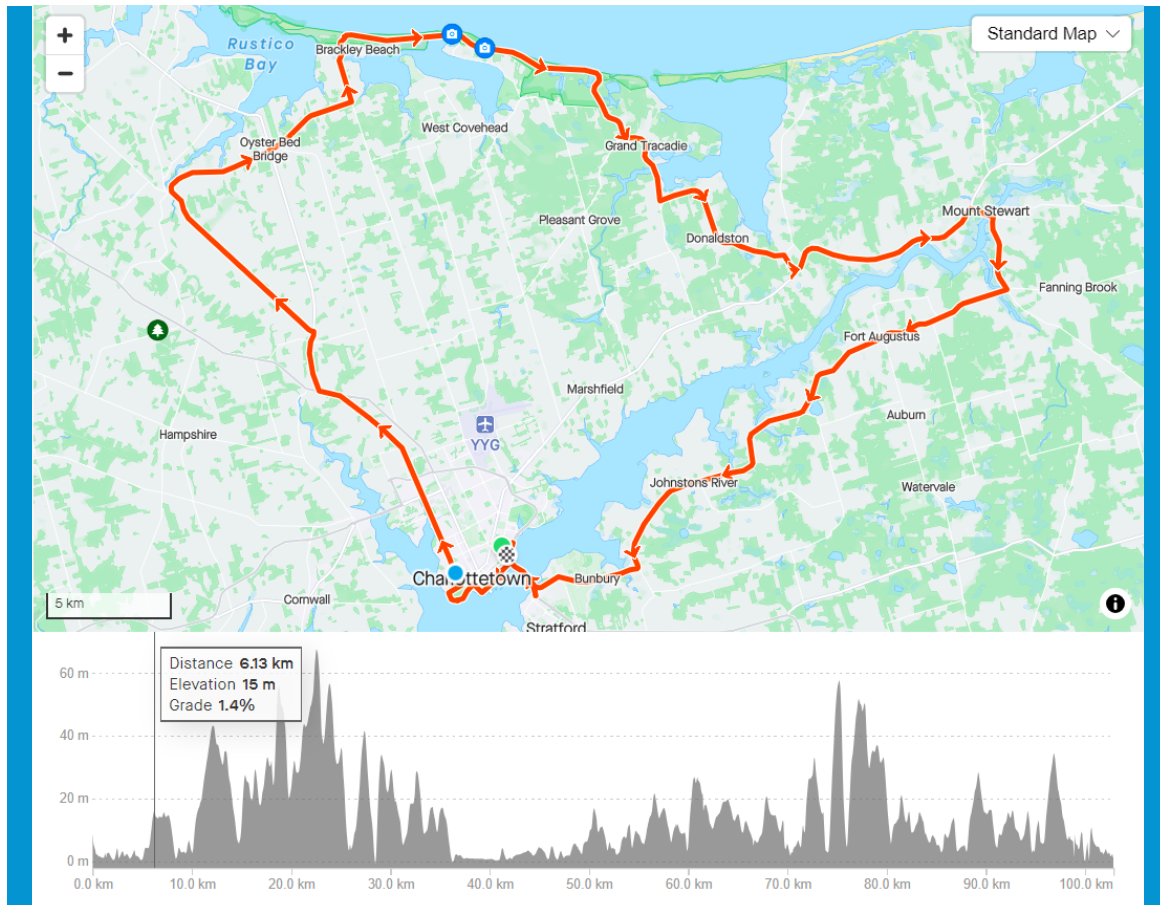
Distance: 102 km loop

Terrain: Sections of difficult hills, breathtaking coastal views, mixed with flat recovery zones

Est. climbing: 780 m

Departure time: 8:00 am

STRAVA Route: <https://www.strava.com/routes/3224080664972767408>



Both the Medio and Gran Fondo rides are chip timed. These routes include nutrition zones with basic washroom facilities and a lunch stop at th Tracadie Community Center (**61 km on Medio Fondo Route**). Challenge yourself with the KOM/QOM and the xxx Consulting Sprint Challenge!

Saturday Gran Fondo

Route: Gran Fondo

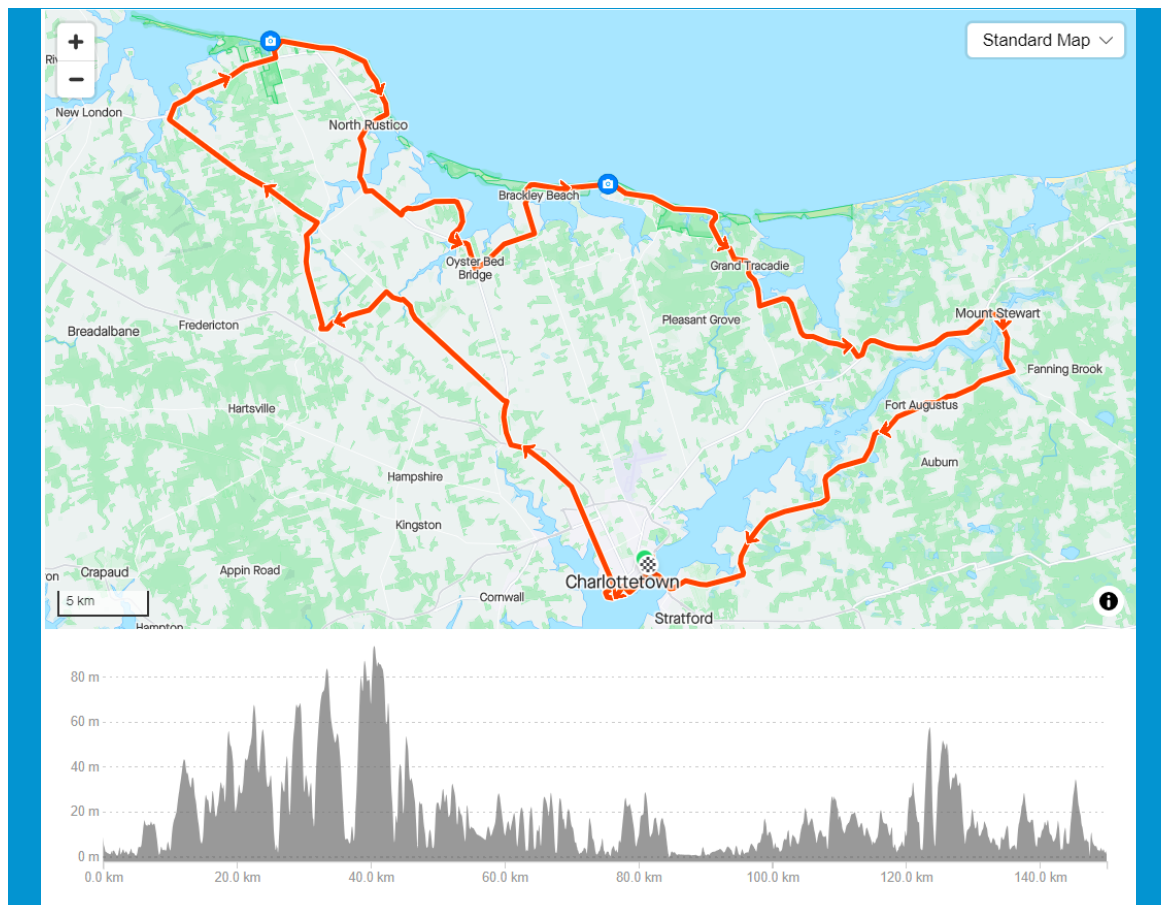
Distance: 150 km loop

Terrain: Sections of difficult hills, breathtaking coastal views, mixed with flat recovery zones

Est. climbing: 1378 m

Departure time: 8:00 am

STRAVA Route: <https://www.strava.com/routes/3224088612678780080>



Both the Medio and Gran Fondo rides are time chipped. These routes include nutrition zones with basic washroom facilities and a lunch stop at the Tracadie Community Center **at 110 km for Gran Fondo**. Challenge yourself with the KOM/QOM and the xxx Consulting Sprint Challenge!

Sunday Recovery Ride

China Point Group Ride

Distance: 58 km inland and rural seaside loop

Terrain: Flat areas mixed with rolling hills

Est. climbing: 396 m

Departure time:

9:15 AM Start #1 (32+ km/hr)

9:30 AM Start #2 (28 - 31 km/hr)

9:45 AM Start #3 (24 - 27 km/hr)

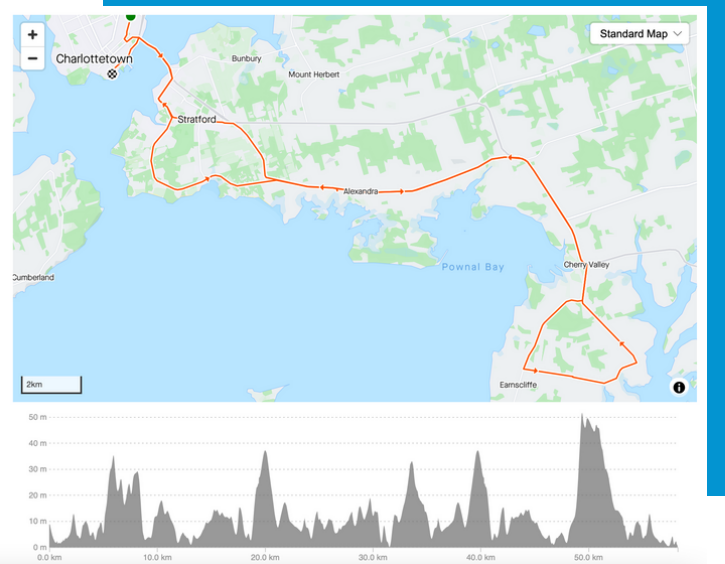
10:00 AM Start #4 (20 - 23 km/hr)

10:15 AM Start #5 (to 20 km/hr)

STRAVA Route:

<https://www.strava.com/routes/3126898>

[764287874492](https://www.strava.com/routes/764287874492)



Sunday's ride is guided by local cycling ambassadors. It begins at the Fondo Village and ends at the final lunch stop, **Salt & Sol** at 2 Pownal St, where riders will enjoy their final Fondo Meal over looking the Charlottetown Harbour.

There will be bike racks available onsite and will be monitored by Gran Fondo Volunteers.



Thank You!

Thank you for participating in this year's Gran Fondo PEI and for supporting Cycling PEI youth development programs and cycling safety. We hope you enjoy your time riding through Prince Edward Island and relish in the scenic views, the delicious food and the friendly company on and off the bike.

See you next year!



 On route call / text 902-xxx-xxxx

 granfondo-peii.ca

Emergency: 911 

admin@granfondo-peii.ca 