

Realtor cycles across Quebec border

Dave Procter

Special to the Record

I slept in a bit this morning so was not on the road until 8 a.m. The weather was perfect with few scattered clouds and plenty of blue sky.

The temperature was in the mid-20s and the humidity early in the day was not too bad.

I followed the St. Lawrence River and the road remained fairly flat head-

RAISING FUNDS FOR CANCER

ing east. The scenery in this part of the country is so wonderful with a new stunning view every few minutes.

The roads in southern Ontario are much better than what you will find in the northern part of the province. I found today all roads that took me to Quebec had good paved shoulders and were very

comfortable to ride.

The ride from Cornwall to the Quebec border is only 41 kilometres, so I was into Quebec by 10:30 a.m. The minute I crossed into Quebec I was on Hwy. 338 or La Route Verte.

This is a 4,100 kilometre series of trails through the province that makes cycling this area the best one will ever find. I found my first day on the route to be excellent with good trails, both well-marked and easy to follow.

The route today followed some old canal routes with paved paths, along the way you have rest stops with bathrooms and picnic tables to have a break. I passed an old flour mill on the canal that was set up to harness the water energy to make flour at an earlier time.

The interesting thing was how many people of all ages were taking advantage of the route. It is something I wish we had on Vancouver Island. I found the people very friendly and helpful as I needed some directions to our campsite in Saint-Lazare. It is off the Route Verte so I had to take a few side roads to get there.

I was at the campsite just before 1 p.m. and we have a wonderful spot for the night. We toured

the town and had lunch at Planete St-Lazare. The owner Ray McLellan came over and talked to us and it turned out his brother lives in Comox. A great place to eat if you in the area.

I'll be arriving back home Sept. 3, riding to the Comox Centre Mall at 3 p.m.

Comox Valley real estate agent Dave Procter is cycling across Canada to raise funds for breast cancer research.

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KELLY FORBES PREPARES a cappuccino at Cardero's as part of a Coffee for Cancer fundraiser. Five downtown Courtenay venues took part. To date, more than \$27,000 has been raised by Kim's Angels, who will be in Vancouver this weekend for an End Breast Cancer walk. *PHOTO SUBMITTED*

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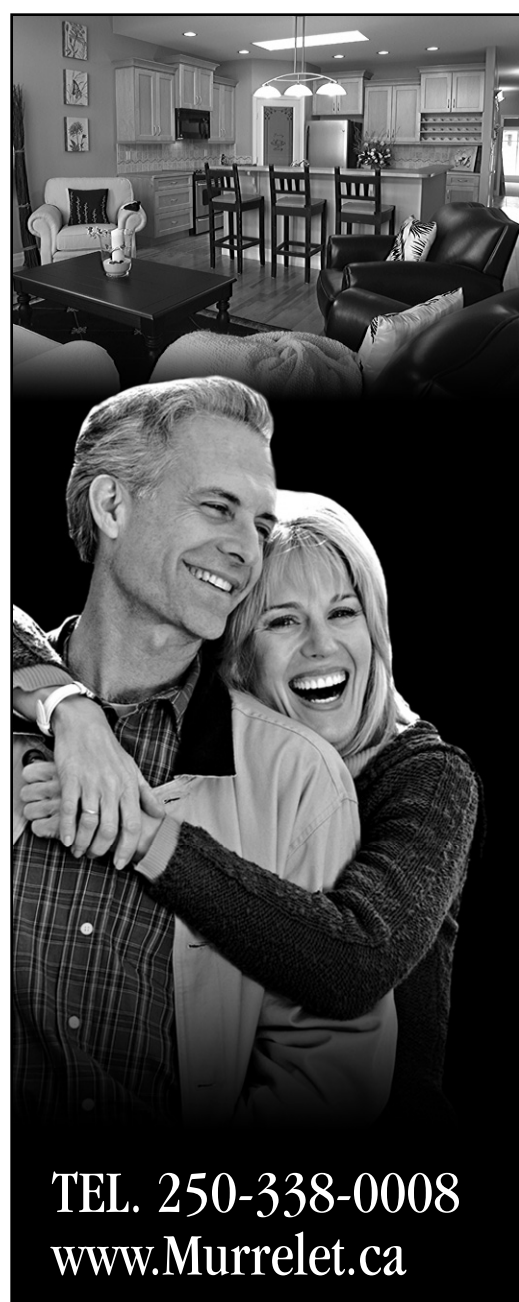

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