

General Information

British Columbia, Canada's most westerly province, is situated between the Rocky Mountains on the east and the Pacific Ocean on the west. It is bordered to the south by the USA (Washington and Idaho) and to the north by the Northwest and Yukon territories.







The combination of sea and mountains and the ragged coastline with hundreds of islands and inlets offers plenty of natural attractions and recreational opportunities. It is especially attractive to cyclists because of its great outdoors and good infrastructure of ferries, charter boats, trains and well-maintained roads. The combination of all these attributes makes access to wilderness spots in British Columbia easy and convenient.

The provincial capital is the city of Victoria, situated on the southern tip of Vancouver Island, although the largest and most populated city of British Columbia is Vancouver.

British Columbia's cycling landscape can be divided into three major regions, each defined by significant geographic features: The South Coast including Vancouver Island, the Interior, and the Rocky Mountains.

Cycle beside some of Canada's most beautiful garden landscape, man-made or natural in the South Coastal Region, or head for the Rocky Mountains to challenge your climbing skills and enjoy spectacular views. If you enjoy wine tasting, visit the interior for the wine country that has become a favorite spot for cyclists.

Total # of Rides Listed: 3

-  Easy Rides: 1
-  Moderate Rides: 1
-  Difficult Rides: 1
-  Very Difficult Rides: 0
-  Loop Rides: 1
-  Out & Back Rides: 2



When to Visit

The best time to visit British Columbia for cycling is from spring to mid autumn. The coastal areas in the south and Vancouver Island are best to visit between late June and mid-September.

The Rockies can get hot in the summer, but in higher elevations temperatures between late June and early September are comfortable, whereas the lower elevation of the southern interior can get hot in the summer.

How to Get There

If you are traveling by air, you will most likely arrive at Vancouver International Airport. From the airport you have several transportation options to get where you are going. The airport is about 8 miles (13 km) south of downtown Vancouver.

There are a number of bus services running between the airport, the city centre and other Alberta destinations. Public bus #98 B connects the airport to Downtown Vancouver and leaves from the Airport Station Bus Terminal near the Delta Hotel. The station is connected to the airport by bus #424. The Airporter provides a regular service to downtown hotels, the Canada Place cruise ship terminal, the bus depot and train station (C\$12). There are also scheduled bus services to the resorts of Whistler, Vancouver Island and destinations in nearby Washington State. Taxi cabs are available outside the airport terminals.

If you are traveling by car and plan to stay at one location from which you will engage in your cycling activities, check our [DESTINATION RIDES](#) cycling pages for local routes.

Climate and Weather

BC's climate is varied due to its diverse topography. The coastal region has a mild winter climate with lots of rainfall. November and February are the wettest months, while May and September are the best times to visit the coast.

Vancouver enjoys a maritime climate, which means mild winters and warm summers. Although winters can be very rainy, there are often long periods of continuous sunshine in the summertime. Snowfall is rare in the city, but it is more than adequate for ski slopes on the Coast Mountains to the north.

The interior to the east of the Coast Mountains has a drier climate with warm summers and cool winters.

The Rockies usually have a warm to hot summer from May to September and heavy snowfalls during winter. The northern part of the province has generally much colder winters and cooler summers than the rest of BC.

Summer months (June – August) enjoy the least amount of precipitation, while the early spring and winter months have the most.

The Roads

Roads in British Columbia are cyclist-friendly. Most British Columbia's motorists are very tolerant of cyclists. Of course, it is always recommended you ride defensively and obey all traffic rules.

The surfaces of British Columbia roads are generally in good condition. However, on some of the mountain roads (especially in the Rockies), you may encounter an occasional road hazard in the form of cracked pavement, pothole, gravel or sand.

Paved shoulders on rural roads and in the mountains are minimal or non-existent and some have rumble strips (grooves ground into the pavement to alert swerving drivers), which can be very dangerous for a cyclist.

British Columbia Road Rides (1-3 of 3)

The Rides

[Vancouver Island - Victoria: Victoria's Coastline](#)
32 mi/50 km (*Loop*)



[Vancouver Island - Victoria: Galloping Goose Trail](#)
25 mi/40 km (*Out & Back Total: 50 mi/80 km*)



[Vancouver Island - Sooke to Port Renfrew](#)
42 mi/67 km (*Out & Back Total: 84 mi/134 km*)

