



Rail Bed Trail to Head of St. Margaret's Bay

(32 to 55 km each way, 4 to 6 hrs)

Route options:

- **I Heart Bikes to Bike & Bean**
32.1 km (~ 2hrs each way)
- **Bike & Bean to Queensland Beach**
22 km (+ 1.25 hrs each way)
- **Queensland Beach to Trellis Cafe**
4.4 km (+ 15 min each way)

This trail known as the "BLT" (Beechville, Lakeside, Timberlea) is constructed out of an old rail bed making for a very flat riding surface without the hassle of motor traffic. This trail is also commonly referred to as the "Rum Runners Trail" connecting riders to the towns of Chester, Mahone Bay, and Lunenburg.

Depending on where you start your trip you may need to ride along urban traffic until reaching Joseph Howe Drive where the trail starts. These route notes will take you from I Heart Bikes (Starting Point) through Downtown Halifax, to the Windsor Street Bike Connector, arriving to the trailhead via Chebucto Road. Getting to the trail head requires riding on road alongside vehicular traffic. There are no bike lanes during this portion of the ride.

Most riders make an afternoon or day trip by taking the trail out to the head of St. Margaret's Bay. There are numerous beaches in the area including, Queensland, a popular and supervised beach at the far end of the head of St. Margaret's Bay. A good destination for cyclists looking to make this a trip a full day destination.

More adventurous riders can continue down the trail for a multiday trip as this trail continues out to Chester, Mahone Bay, and Lunenburg.

Tips // What to Bring:

- Tube Replacement Kit
- Make sure tires are pumped!
- Bike Lock
- Pack a picnic and/or bring some snacks
- Lots of drinking water
- Sunscreen
- Towel & Swimsuit
- Charged cell phone
- Make sure to plan for enough time to return before sunset, the trail is not lit.

Things to Do:

- Pack a Picnic and stop along the trail or at Queensland Beach for lunch by the sea
- Grab a coffee at the Bike and Bean
- Have Lunch at the Trellis Cafe
- Go swimming

Notes // Safety Tips:

- On road riding is required in order to reach the trailhead. We advise riders to be extra cautious during this section. At any time you may choose to hop off your bike and use the sidewalk.
- On road riding is required for this route. Please ride with care and don't be afraid to hop off your bike and walk if you feel nervous. You can always hop back on. **Riders ride at their own risk.**
- When leaving your bike unattended please make sure it is securely locked and in a visible, high traffic area. You are responsible for any equipment rented from I Heart Bikes.
- Riders should carry a tube replacement kit. If you are unfamiliar with changing a flat don't worry. Under our FAQs page on our website you can view a Youtube video or give us a call. We will walk you through the process.



Route Notes:

Getting to the Trail Head from I Heart Bikes (5.8 km):

- Departing from I Heart Bikes TURN LEFT so that the water is on the left hand side.
- CONTINUE down the Boardwalk
- Once the wooden boardwalk comes to an end you will bike through an archway and TURN RIGHT exiting the walkway and onto MARGINAL ROAD.
- Shortly after turning right on Marginal Road you will reach a STOP SIGN
- TURN LEFT
- You will reach a 2nd STOP SIGN, TURN LEFT here onto BARRINGTON STREET
- CONTINUE along Barrington street staying right, the road will turn slightly right, stay right (road becomes INGLIS STREET)
- You will reach a 3rd STOP SIGN TURN RIGHT onto SOUTH PARK
- Continue STRAIGHT through 2 SETS of LIGHTS
- Once you pass through the 2nd SET of LIGHTS you will continue straight until reaching a 3rd set of lights and major intersection.
- Here we recommend hoping of your bike to cross the street.
- If you choose to ride through the intersection , you will ride straight through and take your very first and sudden RIGHT street, WINDSOR STREET.



- Once you are on WINDSOR you will take your 1st LEFT STREET, ALLEN STREET
- Stay on ALLEN Street until you reach OXFORD. Use the crosswalk to cross. You must walk across if you choose to use the CROSSWALK.
- CONTINUE DOWN OAK STREET for 5 Blocks.
- Once you reach CONNAUGHT AVE TURN RIGHT and continue until you reach another major intersection.
- Here you choose to TURN LEFT onto CHEBUCTO by hopping off your bike and using the crosswalks or ride LEFT if you are comfortable.
- Once you are on CHEBUCTO you will continue until you reach the ROTARY.
- Once you have reached the ROTARY you will TAKE YOUR VERY 1ST RIGHT onto JOSEPH HOWE DRIVE.
- STAY on JOSEPH HOWE DRIVE until you reach your 5th LEFT STREET RETREAT AVE
- Once you are on RETREAT AVE ride until the end and turn left onto the trail
- You are now on the BLT or Rum Runner's Trail.

Trail to Bike n' Bean (26.3 km from Trailhead):

- Once you are on the trail you will be riding straight (make sure when you enter the trail you turn LEFT onto the trail)
- The trail does break at numerous point causing riders to cross active road ways. Please make sure to cross with caution and watch for traffic.
- Depending on your final destination you will stay on this trail for:
 - Bike and Bean (23.6 km from Trailhead)
 - Queensland Beach (+ 22 km from Bike and Bean)
 - Trellis Cafe (+ 4.4 km from Queensland)



Bike and Bean (23.6 km from Trailhead):

- Arriving to the Bike and Bean Train Station Cafe is easy to spot. Being an old Railway Station the trail arrives directly to the cafe where you can easily park your bikes and stop for a coffee or light lunch.

Queensland Beach (+ 22 km from Bike and Bean):

- TURN LEFT onto Queensland Lane
- TURN RIGHT ONTO ST. MARGARETS BAY ROAD
- You will see Queensland Beach on your LEFT.

Trellis Cafe (+ 4.4 km from Queensland):

- Turn around and return to the trail by head back along ST. MARGARETS BAY ROAD and TURNING LEFT ONTO QUEENSLAND LANE
- TURN LEFT to continue heading down the trail
- TURN LEFT onto STATION ROAD
- TURN RIGHT onto ST. MARGARETS BAY ROAD
- In 450 meters you will see the TRELIS CAFE on your right.

Returning to I HEART BIKES:

- Depending on where you got of the trail you will need to return to that exit and TURN RIGHT putting you back in the direction of Halifax
- Once you arrive back to the Trailhead in Halifax you will turn right to exit and make another RIGHT to put you on back on JOSEPH HOWE
- JOSEPH HOWE will take you to the roundabout. Hop off your bike and use the crosswalks versus riding through the rotary.
- You will want to EXIT the rotary onto CONNAUGHT STREET.
- CONNAUGHT is a busy street especially during rush hour traffic and the first portion is quite steep.
- Take CONNAUGHT until you reach the WINDSOR STREET intersection (4th intersection with lights).
- CONTINUE STRAIGHT through this intersection and the next. You will ride past the commons (the large park on your right) and come to small roundabout. Exit your FIRST RIGHT keeping the park on your right hand



side.

- You will reach another roundabout. TAKE YOUR 2nd EXIT onto TROLLOPE Street. Again keeping the Park on your right hand side.
- Once you reach a set of lights TURN LEFT onto BELL ROAD. (The Halifax Citadel will be on your Left)
- At the NEXT TWO SETS OF LIGHT CONTINUE STRAIGHT.
- At the 3rd set of lights TURN LEFT ONTO MORRIS STREET.
- You will take this street back to the waterfront.
- When the street comes to an end, TURN LEFT ONTO LOWER WATER. You will see the boardwalk on your right. You can either turn right onto the Boardwalk here or further down the road.

Suggestions? We are always looking to improve our riders experience. Let us know what we missed.

Last updated March 2019