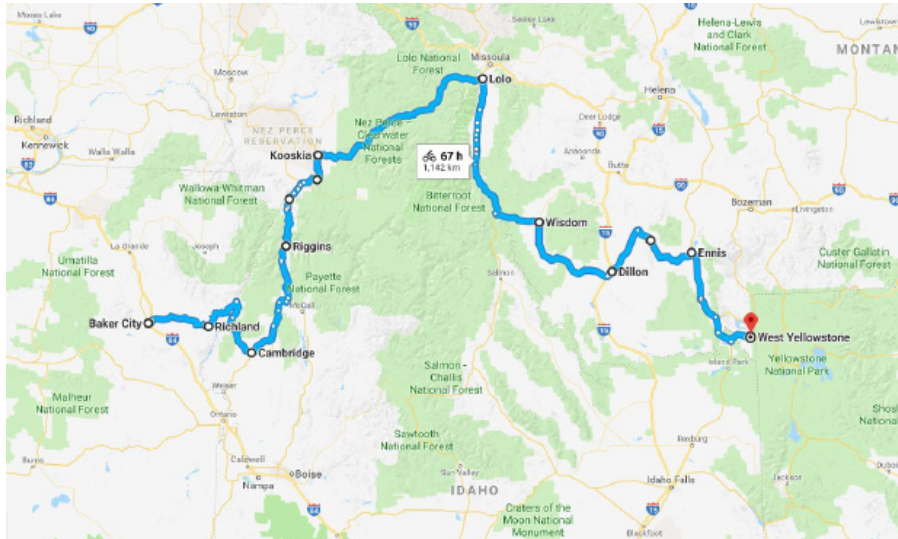


Cycle of Hope

The 2019 Cycle of Hope will start in Baker City, Oregon; head north along the Payette National Forest in Idaho, continue northeast along the scenic Lochsa River where the cyclist will be challenged by the longest gradual ascent on the TransAmerica trail, pass through Lolo National Forest into Montana and conclude their cycling adventure in Yellowstone National Park Wyoming.



Route is subject to change

Registration

Join us for an amazing adventure this summer!

Space is limited (maximum 40 cyclists)

Registration: \$ 650

Minimum fundraising: \$3,000

COH-0002

Contact: (204) 235-2181 or COH@habitat.mb.ca



Cycle of Hope

2019 - 2023

Trans-American Trail

Total distance	6,730 km
Total days	92
Total travel days	26
Total rest days	6
Total riding days	60
Avg daily distance	112 km
Total elevation gain	16,527 m (climb Mt Everest twice)
Total elevation loss	16,523 m

2018

Astoria, Oregon to Baker City, Oregon

Distance	1,041 km
Travel	5 days
Rest	1 day
Ride	9 days
Average	115 km/day
Elevation gain	8,929 m

2019

Baker City, Oregon to Yellowstone, Montana

Distance	1,254 km
Travel	4 days
Rest	1 day
Ride	10 days
Average	104 km/day
Elevation gain	10,658 m

2020

Yellowstone, Montana to Sugar City, Colorado

Distance	1,283 km
Travel	4 days
Rest	1 day
Ride	11 days
Average	116.6 km/day
Elevation gain	2,822 m

2021

Sugar City, Colorado to Eminence, Missouri

Distance	1,289 km
Travel	4 days
Rest	1 day
Ride	11 days
Average	117.2 km/day
Elevation gain	1,357 m

2022

Eminence, Missouri to Elkhorn City, Kentucky

Distance	1,205 km
Travel	5 days
Rest	1 day
Ride	11 days
Average	109.6 km/day
Elevation gain	3,638 m

2023

Elkhorn City, Kentucky to Norfolk, Virginia

Distance	899 km
Travel	5 days
Rest	1 day
Ride	9 days
Average	100 km/day
Elevation gain	2,823 m

Meet & Greet Dates

January 19	Overview & Expectations
February 23	Fundraising Tips & Training
March 23	Social Media & Jersey Fitting
April 27	Life on the Road & Packing
May 25	Training & Tour du Habitat Homes
June 22	Being a Habitat Ambassador
June 27	Mandatory Meeting
July 6	Saturday departure
July 20	Saturday return

dates subject to change