

# HopOn a Ride Across Canada!



CYCLING  
CYCLISME  
CANADA



# LAND ACKNOWLEDGEMENT

Cycling Canada respectfully acknowledges the long history of First Nations, Inuit, and Métis Peoples and show respect to the Indigenous communities.

We are making the acknowledgement to further demonstrate our commitment to work together as a community in laying the foundation for reconciliation through sport.



**PRODUCED BY CYCLING CANADA**  
with collaboration from **JEN MILLIGAN**

**WRITTEN BY PEGGY COLLINS and GRAYSEN MARACLE**  
**ILLUSTRATION and DESIGN by PEGGY COLLINS**

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CYCLING  
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**HopOn** is a games-based cycling program that teaches school-aged kids (6-16) across Canada the joy of cycling safely. Programs start by teaching a skill and then quickly progressing to a game to consolidate the new learning. It is overseen by Cycling Canada and administered by your local provincial or territorial cycling association. **HopOn** programs are delivered in schools or your local community.



For more information about HopOn  
[www.hoponcanada.ca](http://www.hoponcanada.ca)  
or contact [hopon@cyclingcanada.ca](mailto:hopon@cyclingcanada.ca).

The **HopOn** program is delivered by National Coaching Certification Program (NCCP) trained instructors. Instructors are trained through Cycling Canada's Community Pathway. The training takes ~30 hours to complete, which involves online, virtual and in person courses.



The **My First Bicycle Foundation** provides bicycles to youth in financially disadvantaged households across Canada. The package includes a bicycle, helmet and lock. The charity encourages physical and mental well-being through outdoor activities and exercise.

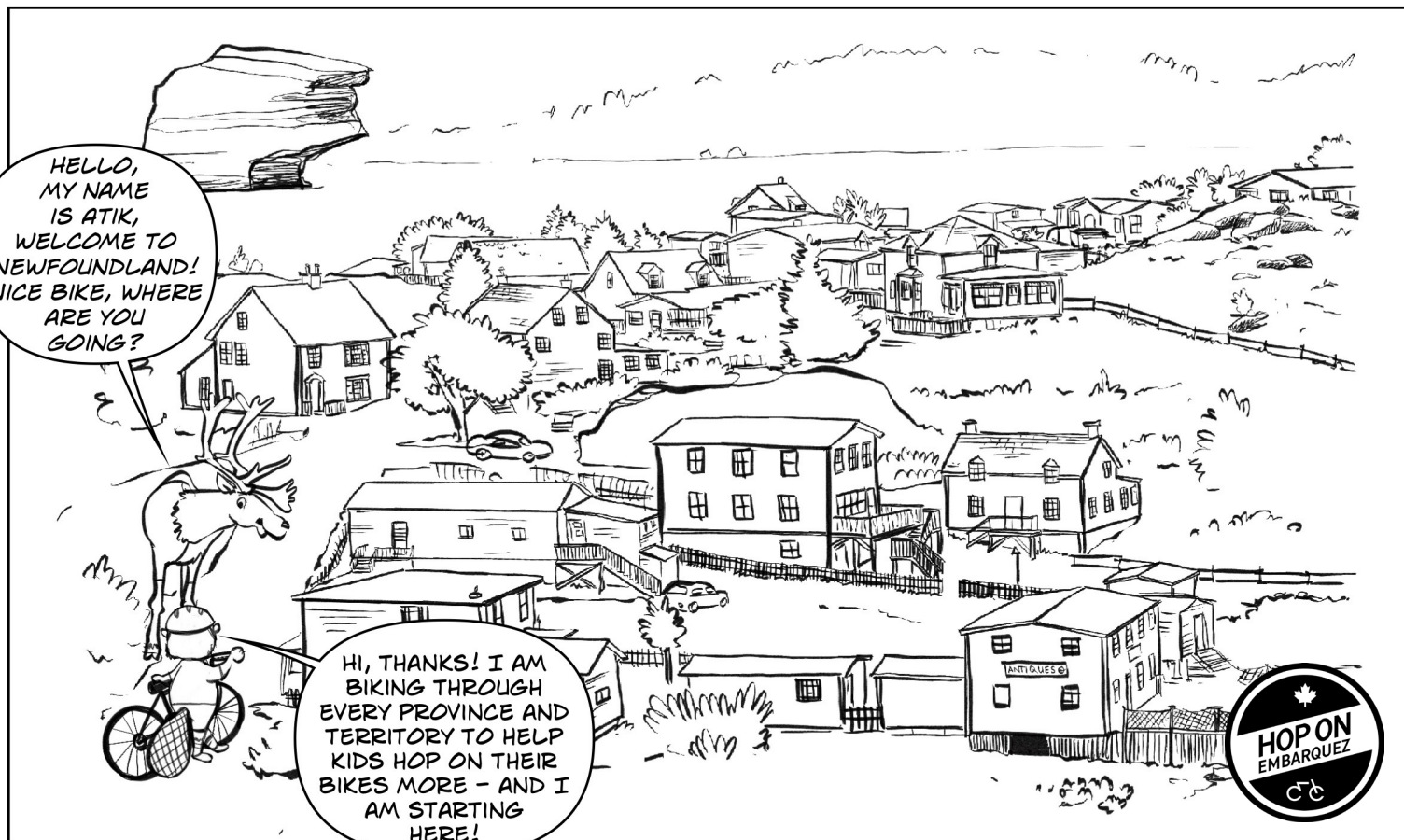
Children between the ages of 6 and 16 from Canadian low-income households are eligible to receive a cycling package (bicycle, helmet, lock, tools) donated by the **My First Bicycle Foundation**.



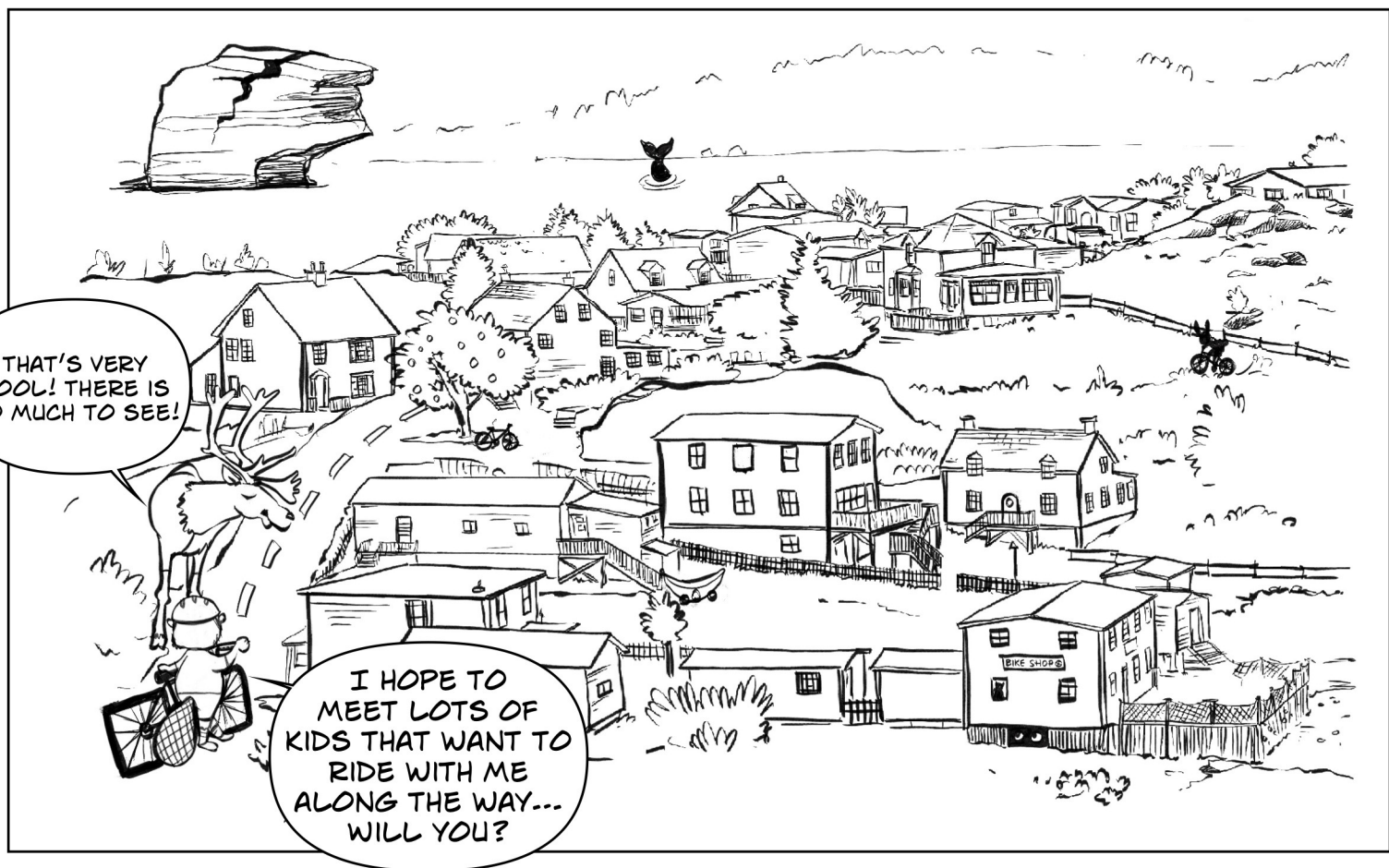
For more information about My First Bicycle  
[www.myfirstbicycle.ca](http://www.myfirstbicycle.ca)



Meet our new **HopOn** mascot the **beaver** who will be biking across Canada to help more kids hop on their bikes, come along for the adventure!



## SPOT the DIFFERENCES in NEWFOUNDLAND & LABRADOR!



# NOVA SCOTIA

## word scramble

ABCOT

-----

KBIE

-----

ERABKS

-----

COEAN

-----

IDLAT

-----

RPAK

-----

RDOA

-----

LEMHTE

-----



RIDING BIKES WITH  
FRIENDS IS THE BEST, EH IMUJ?

YOU ARE REALLY FAST, THANKS FOR  
STAYING WITH ME, I APPRECIATE IT.

NOVA SCOTIA IS SUCH A BEAUTIFUL  
PROVINCE, AND SEEING IT ON A BIKE  
IS SO DIFFERENT THAN DRIVING!

I AM GOING TO  
NEED TO STOP FOR  
WATER SOON, MY  
TONGUE GETS SO  
DRIED OUT WHEN I RIDE  
FOR TOO LONG, BUT  
I'M HAVING SO MUCH  
FUN!





# PRINCE EDWARD ISLAND

Down:

1. The capital city of Prince Edward Island. (9 letters)
2. The famous house where Anne lived. (11 letters)
3. This bridge connects PEI to the mainland. (17 letters)
4. You can relax and play here by the water. (7 letters)
8. The main industry on the island. (10 letters)
9. A tall structure with a light to guide ships. (10 letters)

Across:

5. The famous crop grown in abundance on PEI. (8 letters)
6. The imaginative girl who lives at Green Gables. (4 letters)
7. A popular tourist destination known for its beaches. (9 letters)
9. A delicious seafood often found in PEI waters. (7 letters)

HELLO!  
I AM RIDING  
ACROSS THE ENTIRE  
COUNTRY TO HELP  
KIDS LEARN TO RIDE  
AND HOW TO STAY  
SAFE AND BE  
HEALTHY!

HEY, WISKOKSIT,  
DO YOU SEE THAT  
BEAVER UP ON THE  
BRIDGE?

I WONDER WHAT THEY'RE  
DOING? THEY'RE ON A  
BIKE...

I'D LIKE TO LEARN TO  
RIDE A BIKE SO I CAN  
GO ON ADVENTURES  
ONE DAY!

HI BEAVER!  
WHERE ARE YOU  
HEADED? THAT'S A  
LONG BRIDGE, HOW  
IS THE VIEW?



# NEW BRUNSWICK



BAY OF FUNDY



CAN YOU HELP  
MY FRIEND J'GI'GES THE  
CHICKADEE TO FIND ME?

FOLLOW THE FLIGHT TRAIL TO HELP  
HIM LAND ON MY TAIL AND COME FOR A  
RIDE. YOU SHOULD COME FOR A RIDE  
TOO!

AREN'T THOSE ROCKS  
INCREDIBLE?



# QUÉBEC

HOW MANY **WHEELS**  
CAN YOU FIND?

BONJOUR, BIENVENUE A  
MONTREAL! OÙ VAS-TU?  
TU VAS VITE!

I LOVE THE CYCLING  
LANES IN MONTREAL, QC. IT  
MAKES GETTING AROUND THE CITY SO  
MUCH EASIER. I'VE NOTICED A LOT  
MORE PEOPLE RIDE BIKES HERE, I'LL  
BET IT'S BECAUSE SO MANY THINGS ARE  
BUILT FOR CYCLISTS!

YOU CAN EVEN RENT BIKES ALL  
OVER THE CITY!

How many wheels  
did you find?

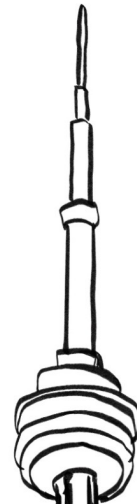




# OUTSTANDING ONTARIO

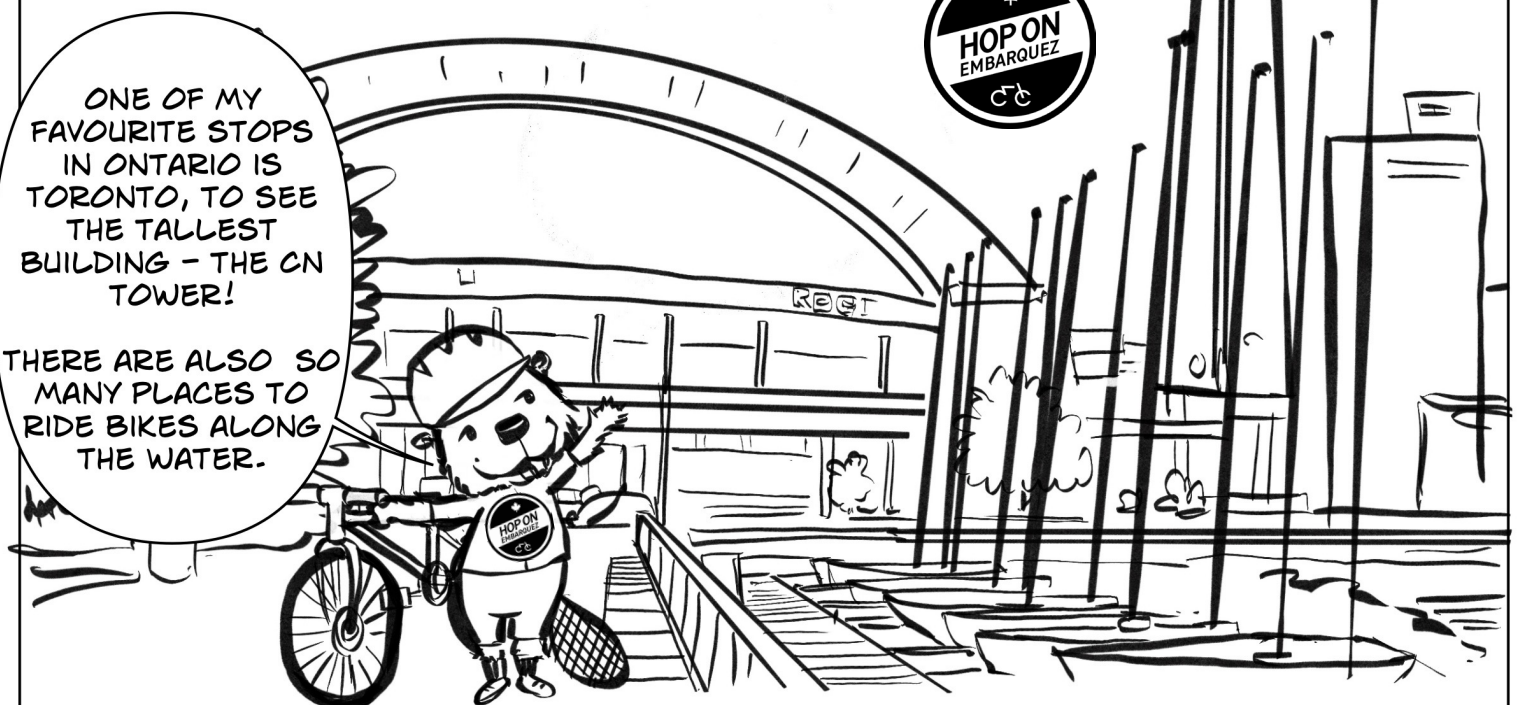
TRAILS  
BMX  
CANADIAN SHIELD  
KANADARIO  
CAMPING  
APPLES  
SPOKES  
NIAGARA  
BUTTER TARTS  
CAMPFIRE  
CN TOWER  
OTTAWA  
PEDALS  
TRAINS  
GREAT LAKES  
DISCOVER  
COTTAGE  
BRAKES  
BIKE  
HELMET

L W A O Q I E G S D S P O K E S D U Q Q  
D T L P N R E P J R B Z J K T F U O C H  
T B Y H O O R I F K M Q T I U V C G C H  
E R I X U D K K T P B Z I Z B H E Z V O  
C O A P H C N T O W E R U U X F Q Z V T  
O U N I K Z F L C Y J C A M P I N G B B  
T J I Y L K C J U A W A Y F G V U J R J  
T H A B G S N A S E M E F H E G D O R Y  
A L G U R G G K N O T P A R M F Y J Z T  
G T A T E E E H X A J V F V B S N K X R  
E G R T A N D E Y Q D Q Q I O R R O X A  
M T A E T K I L J W U I D W R B A I Z I  
Z Q A R L A S M L E A O A E C E I K G N  
M H P T A N C E N R P W T N K X K K E S  
D Q E A K A O T L V P Y Y T S J V X E S  
A S D R E D V K S D L L W O A H H N E Z  
I M A T S A E O P I E Y S C O W I H I R  
N E L S C R R K D U S I P V S R A E B B  
T Z S I O I B J M G A Z P S B M X J L I  
S A T K A O G L H C G N W E H M S C E D



ONE OF MY  
FAVOURITE STOPS  
IN ONTARIO IS  
TORONTO, TO SEE  
THE TALLEST  
BUILDING - THE CN  
TOWER!

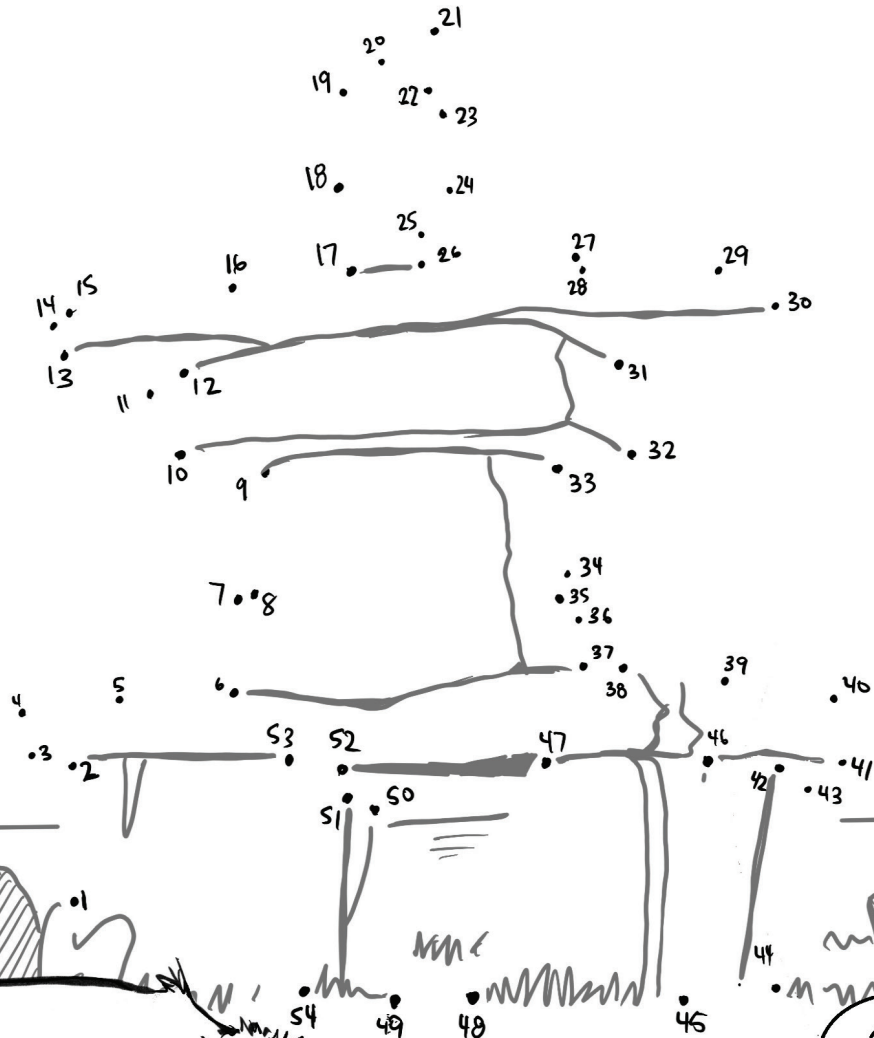
THERE ARE ALSO SO  
MANY PLACES TO  
RIDE BIKES ALONG  
THE WATER.



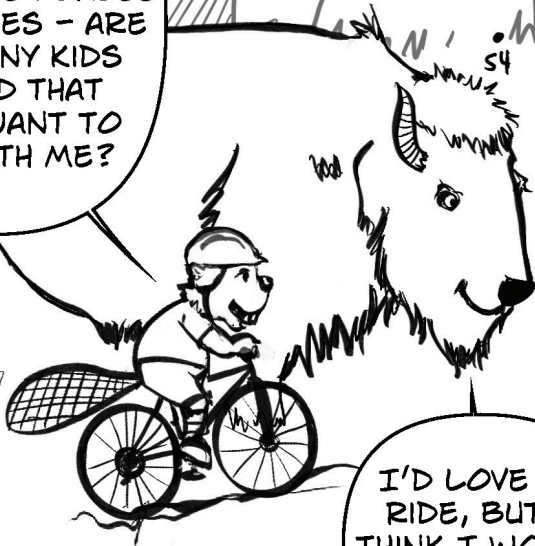


# MANITOBA

## DOT to DOT



WOW,  
MANITOBA SURE  
HAS SOME  
INCREDIBLE PLACES  
AND SPACES - ARE  
THERE ANY KIDS  
AROUND THAT  
MIGHT WANT TO  
RIDE WITH ME?



I'D LOVE TO  
RIDE, BUT I  
THINK I WOULD  
NEED A BIGGER  
BIKE!



CAN YOU  
FIND THE  
INUKSHUK?



# SASKATCHEWAN

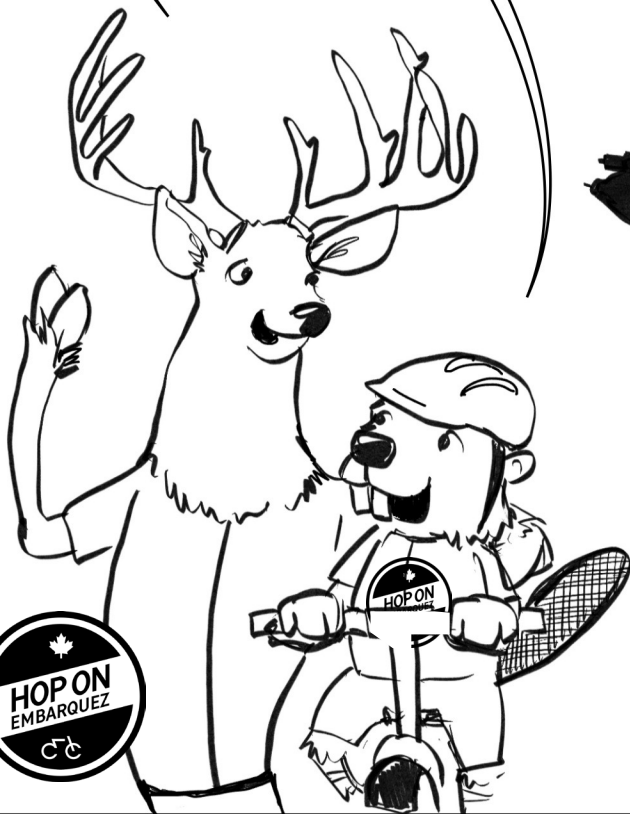
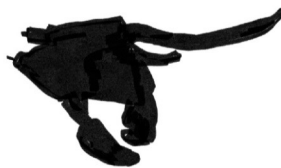
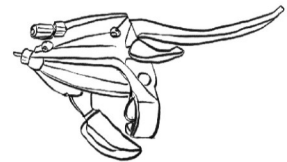
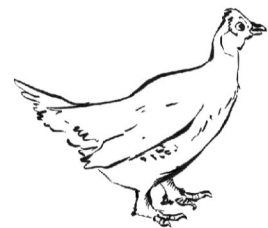
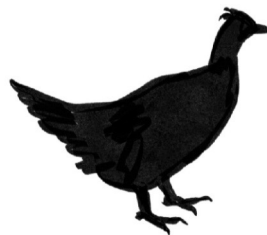
## Shadow Matching

I'M WÂPÂYÔS! A WHITE  
TAILED DEER, I LOVE RIDING  
AND RUNNING FAST... JUMPING IS  
MY SPECIALTY.

WELCOME TO SASKATCHEWAN, CAN  
YOU MATCH THE SILHOUETTES WITH  
THE PLANT, ANIMAL OR BIKE PART?

GOOD LUCK, I AM GOING TO HIT  
SOME GNARLY TRAILS WITH SOME  
LOCAL KIDS, WANNA COME WITH  
US?

I WOULD LOVE TO!  
LET'S RIP IT UP,  
LEAD THE WAY  
WAPAYOS!



# ALBERTA

## FILL IN THE BLANKS

Calling all young cyclists! Alberta is the ultimate place for \_\_\_\_\_ bike adventures. Hop on your \_\_\_\_\_ and explore the \_\_\_\_\_ trails surrounded by \_\_\_\_\_. Don't forget to wear your \_\_\_\_\_ helmet for a safe and \_\_\_\_\_ ride. Pedal through the \_\_\_\_\_ landscapes, and you might discover hidden \_\_\_\_\_. Alberta is waiting for you with open arms and endless \_\_\_\_\_ for the coolest cycling experience ever!



# NUNAVUT

## DECODER

|   |    |   |    |   |   |   |    |    |   |    |    |    |
|---|----|---|----|---|---|---|----|----|---|----|----|----|
| A | B  | C | D  | E | F | G | H  | I  | J | K  | L  | M  |
| 7 | 15 | 5 | 18 | 2 | 4 | 8 | 23 | 24 | 6 | 17 | 20 | 12 |

|    |    |    |   |    |   |    |    |    |    |    |   |    |
|----|----|----|---|----|---|----|----|----|----|----|---|----|
| N  | O  | P  | Q | R  | S | T  | U  | V  | W  | X  | Y | Z  |
| 22 | 13 | 16 | 9 | 19 | 3 | 14 | 10 | 11 | 21 | 25 | 1 | 26 |

23 13 16 13 22      1 13 10 19

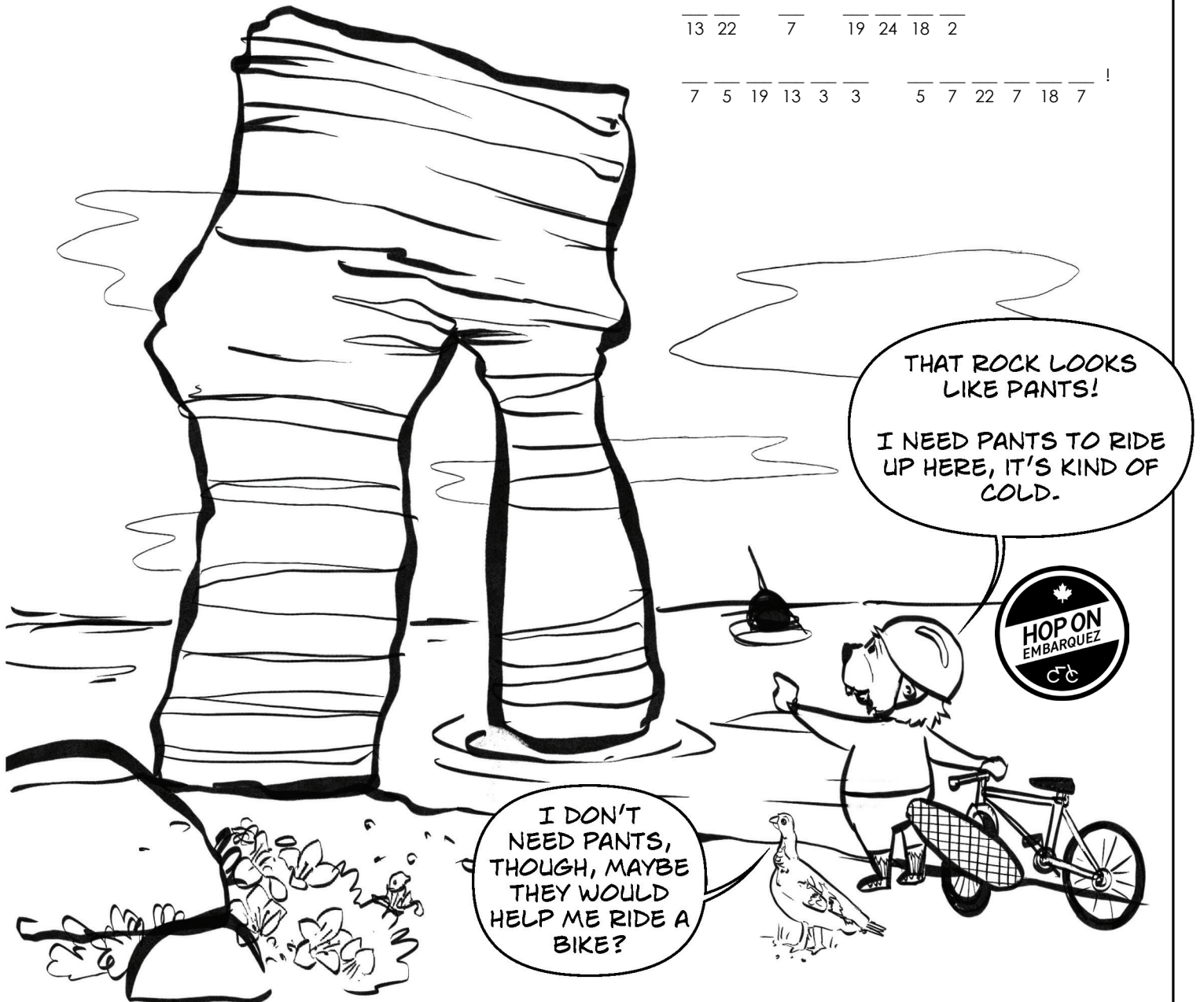
15 24 5 1 5 20 2      7 22 18

6 13 24 22      15 2 7 11 2 19

7 22 18      4 19 24 2 22 18 3

13 22      7      19 24 18 2

7 5 19 13 3 3      5 7 22 7 18 7 !





# NORTHWEST TERRITORIES

## COLOUR BY NUMBER



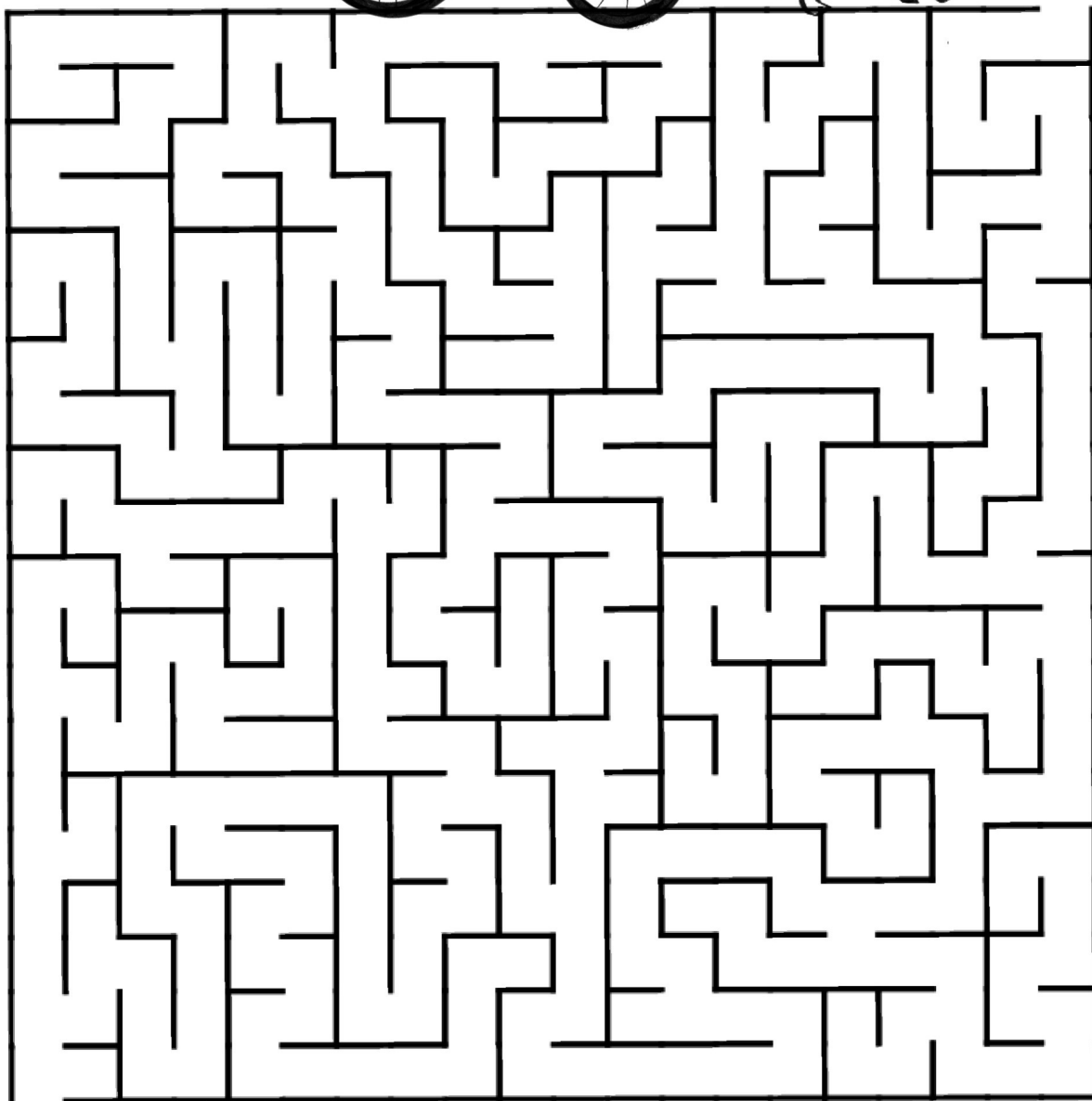
# A-MAZING YUKON



QIMMIK, YOU ARE MAKING  
THIS SO MUCH EASIER.  
CYCLING IN THE SNOW IS SO  
SLOW USUALLY, BUT WITH YOU, IT  
IS SO FAST!

THANK YOU!

THANKS!  
IT'S SO MUCH  
FUN TO PULL  
BIKES AND  
SLEDS!



# BRITISH COLUMBIA

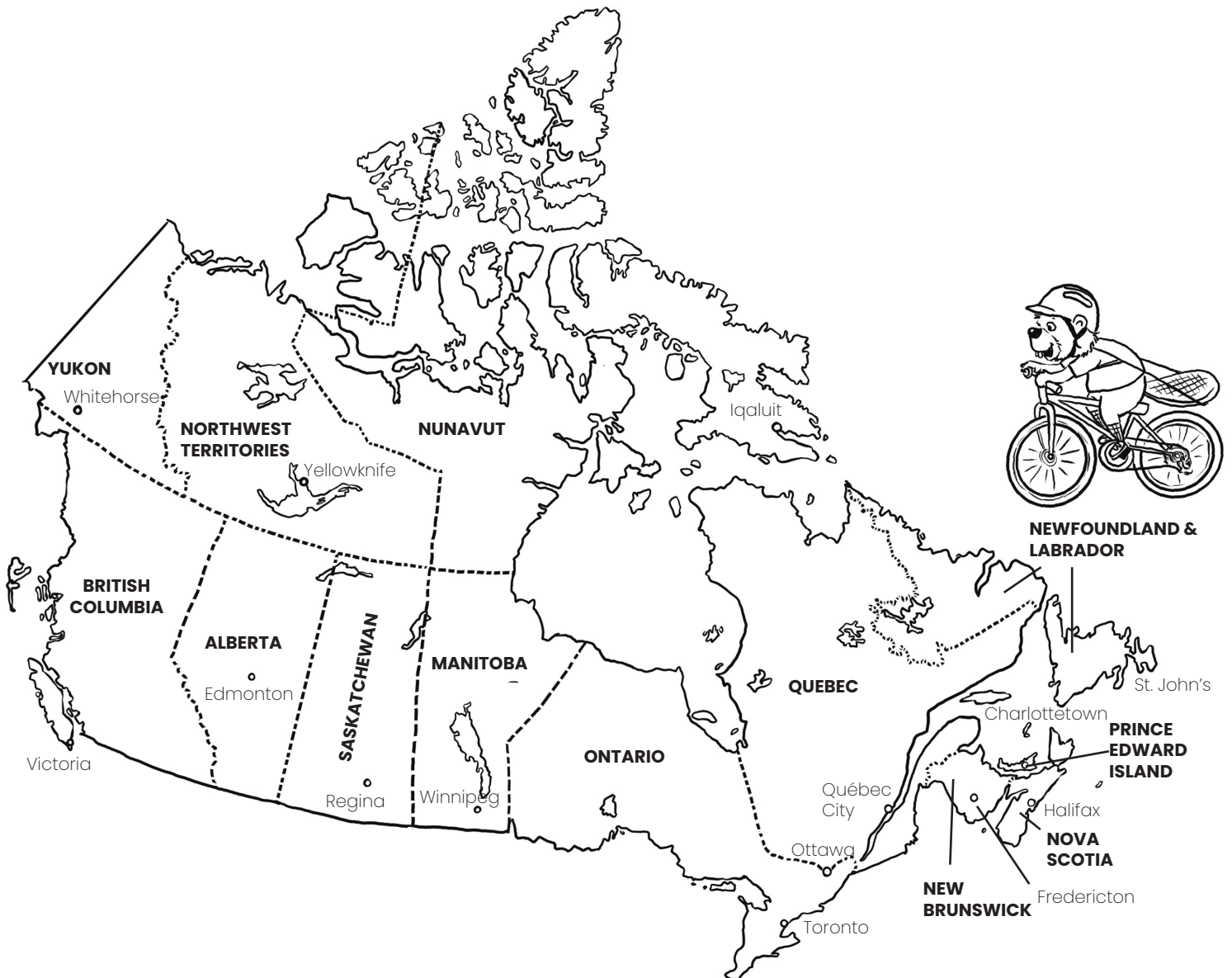
## DOT to DOT



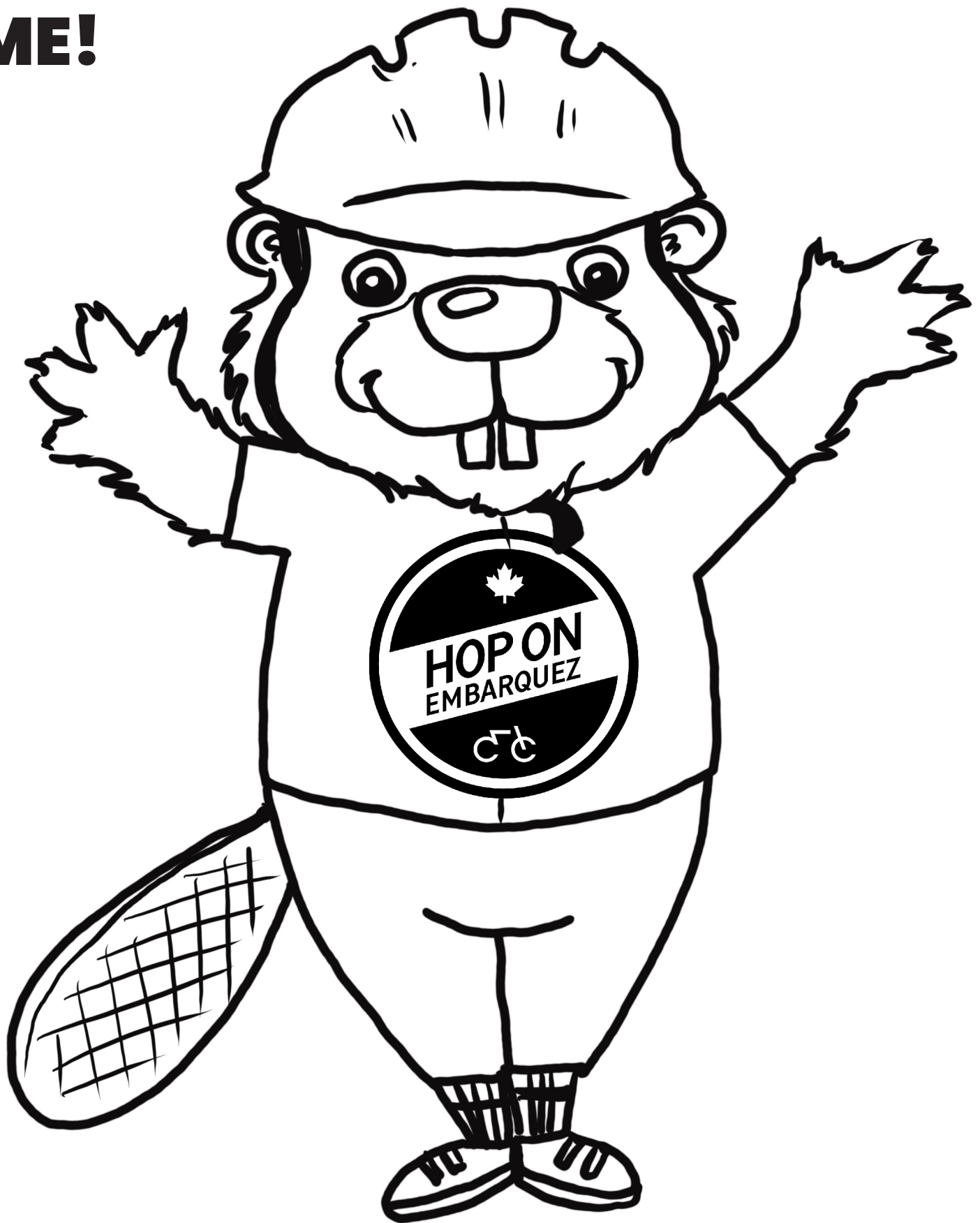


# RIDE **ACROSS** CANADA

Can you find and mark in all the  
places you have gotten to ride?



**COLOUR  
ME!**



# Thank You!

**Send a thank you to your  
instructor or organization  
and we will pass it on!**

**email:**

[hopon@cyclingcanada.ca](mailto:hopon@cyclingcanada.ca)

**or mail it to:**

Cycling Canada  
c/o HopOn Programs  
307A Gilmour Street  
Ottawa, ON  
K2P 0P7





Draw a picture of you enjoying your bike for a chance to be profiled on the **HopOn** website, social media or newsletter.

# GLOSSARY of Animal Names

Newfoundland and Labrador – **Atik** (CARIBOU) – INNU

New Brunswick – **J'GI'GES** (CHICKADEE) – MI'KMAQ, SIMIK

Nova Scotia – **IMU'J** (DOG) – MI'KMAQ, SIMIK

PEI – **WISKOKSIT** (REDFOX) – MI'KMAQ, SIMIK

Québec – **Yo'hko** (OWL) – HURON WENDAT

Manitoba – **PTÉ** (BISON) – LAKOTA

Saskatchewan – **WÂPÂYÔS** (WHITE TAILED DEER) – CREE Y DIALECT

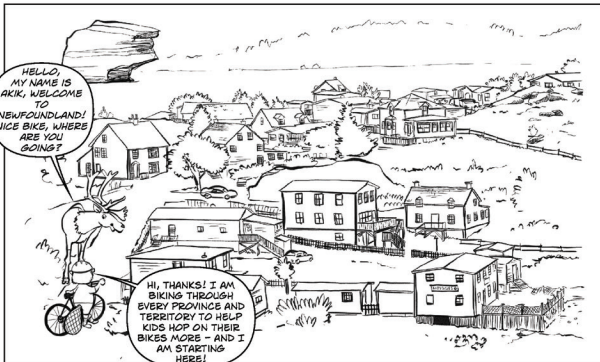
Alberta – **Mâyatihkwak** (BIGHORN SHEEP) – CREE

Yukon – **Qimmik** (INUIT DOG) – INUKTITUT

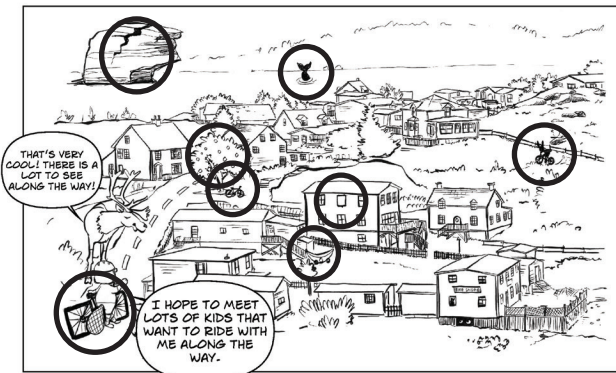
British Columbia – **Moskgm'ol** (SPIRIT BEAR) – KITASOO/XAI'XAIS



# ANSWER KEYS

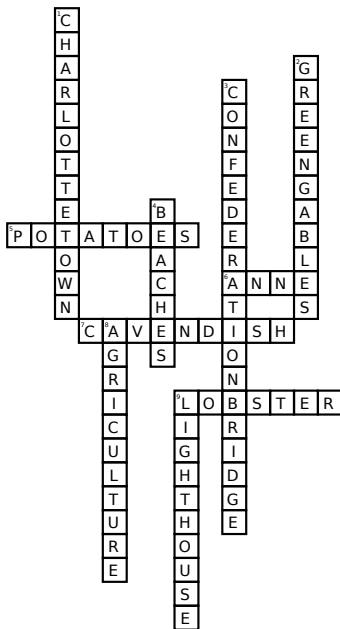


**SPOT the DIFFERENCES in NEWFOUNDLAND!**



## PRINCE EDWARD ISLAND

puzzle built at [www.education.com](http://www.education.com)



## NOVA SCOTIA

ABCOT

KBIE

ERABKS

COEAN

IDLAT

RPAK

RDOA

LEMHTE

CABOT

BIKE

BRAKES

OCEAN

TIDAL

PARK

ROAD

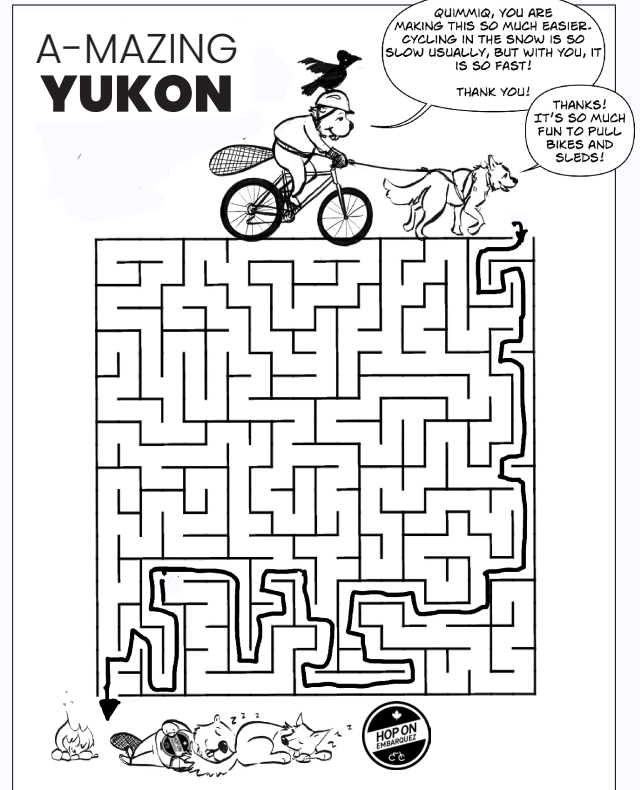
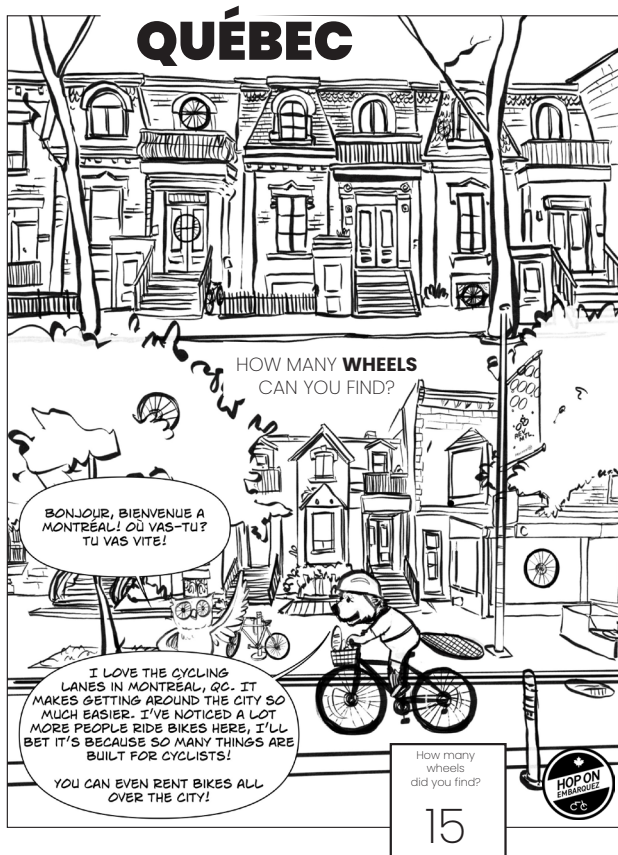
HELMET

## OUTSTANDING ONTARIO

puzzle built at [www.education.com](http://www.education.com)







SOLUTION

## Ride in Nunavut

| A | B  | C | D  | E | F | G | H  | I  | J | K  | L  | M  |
|---|----|---|----|---|---|---|----|----|---|----|----|----|
| 7 | 15 | 5 | 18 | 2 | 4 | 8 | 23 | 24 | 6 | 17 | 20 | 12 |

| N  | O  | P  | Q | R  | S | T  | U  | V  | W  | X  | Y | Z  |
|----|----|----|---|----|---|----|----|----|----|----|---|----|
| 22 | 13 | 16 | 9 | 19 | 3 | 14 | 10 | 11 | 21 | 25 | 1 | 26 |

H O P O N Y O U R  
23 13 16 13 22 1 13 10 19

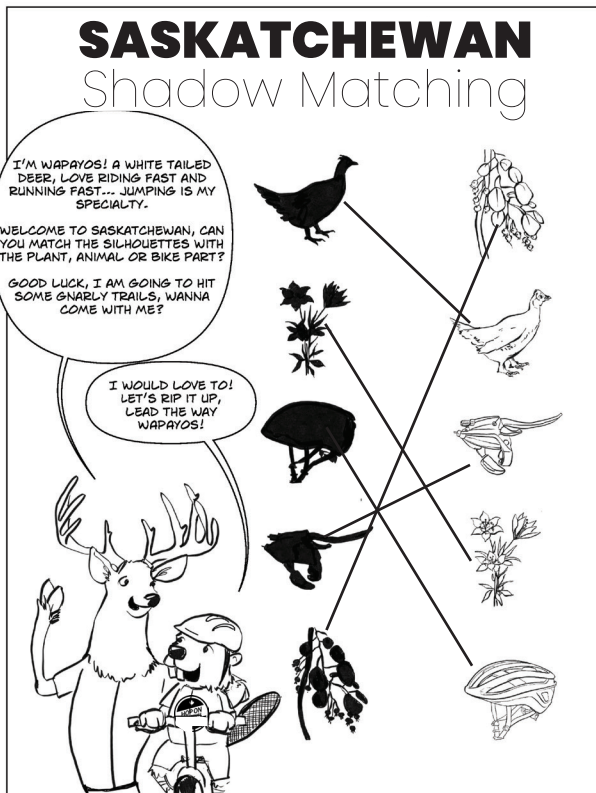
B I C Y C L E A N D  
15 24 5 1 5 20 2 7 22 18

J O I N B E A V E R  
6 13 24 22 15 2 7 11 2 19

A N D E R I E N D S  
7 22 18 4 19 24 2 22 18 3

Q N A R I D E  
13 22 7 19 24 18 2

A C R O S S C A N A D A !  
7 5 19 13 3 3 5 7 22 7 18 7



PROUDLY SUPPORTED BY:

Canada 



PROVINCIAL/TERRITORIAL CYCLING ASSOCIATIONS:



[www.HopOnCanada.ca](http://www.HopOnCanada.ca)