



Ottawa cyclists stop for a picnic lunch at a World Heritage windmill sits between Gouda and Rotterdam in the Netherlands.

PHOTO COURTESY OF MANNY AGULNIK



MANNY AGULNIK, THE OTTAWA CITIZEN

"None of the tours are races," says Manny Agulnik, who is leading five cycling trips this summer.

Easy rider

Ottawa real estate broker's cycling hobby takes him from Maine to the Netherlands

BY DANIEL DROLET

Manny Agulnik has been physically active all his life, and this summer he expects to put at least 3,000 kilometres on his bicycle.

Not bad for someone who at 67 — he'll be 68 in May — has a day job as a commercial real estate broker.

In fact, Agulnik has turned his

hobby into a sideline by organizing bicycle trips. This summer he's got five cycling excursions planned — two gruelling treks from Ottawa to Maine, two much easier trips in Europe, and one leisurely weekend in Prince Edward County.

And he is already planning a three-country European excursion for 2011.

Agulnik got hooked on cycling expeditions 15 years ago when a friend

asked him to join a small group going from Ottawa to Kennebunkport, Maine.

He enjoyed the expedition, and when there was talk of doing it again the following year, he took over organizing it — discovering in the process that he had a knack for logistics.

He kept on doing the organizing and over the years the Kennebunkport trip became his signature excursion, drawing upwards of 60 people a year.

The trip runs 614 kilometres over four days. Cyclists travel up to 170 kilometres a day and there are plenty of hills to climb in Vermont and New Hampshire.

In response to requests from people who weren't looking for such challenging expeditions, Agulnik also started leading trips in the Netherlands and Denmark — both of which are relatively flat — and to

Cycling trips

Denmark: Agulnik's trip runs Aug. 6 to 13 and costs \$1,733 per person. The price includes seven nights' accommodation, breakfasts, bike rental and one evening meal.

The Netherlands: The trip runs Aug. 14 to 21 and the cost of \$1,436 covers pretty much the same things.

Prince Edward County: "The 'wine country' trip runs the weekend of May 7 and 8 and includes two nights' accommodation, breakfast and supper, and costs \$260 per person. You don't bike to Prince Edward County:

Cyclists are expected to get there on their own (probably by car), and enjoy leisurely outings from a home base there.

Two Kennebunkport expeditions: June 3 to 7 and Aug. 26 to 30. The June trip costs \$811 per person; the August one is \$802 if booked by June 30. Both include accommodation, some meals and a return to Ottawa by bus.

For information e-mail magulnik@gmail.com or call 613-230-2100, ext. 5209.

Prince Edward County.

Organizing and leading the trips is fun, he says, adding that good camaraderie develops among the riders. He notes proudly that a few couples have met on those trips, and

that many of the Kennebunkport riders are people who have done the trip more than once.

"None of the tours are races," he adds, explaining that riders go at their own pace.

2011 TOUR SCHEDULE

- 🚲 May 6 & 7 – Picton, Ontario
- 🚲 June 2 – 6
Ottawa to Kennebunkport, Maine
Spring Tour
- 🚲 July 14 – 21
Tri-Country Tour
(France/Luxembourg/Germany)
Information available shortly
- 🚲 July 22 – 28
Denmark Leisure Tour
- 🚲 July 30 – August 5
Netherlands Leisure Tour
- 🚲 August 25 – 29
Ottawa to Kennebunkport, Maine
Late Summer Tour

For information on any of the above tours, please contact Manny Agulnik at magulnik@gmail.com