More from Andrew Dickson as he cycles unsupported across Canada

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Edinburgh cyclist Andrew Dickson continues to make new friends in Canada and he has finally encountered a moose and a 'bear.'

The former Lothian and Borders Police officer is cycling, unsupported across Canada to raise money for the Craig Gowans Memorial Fund, FACE (Fighting Against Cancer Edinburgh) and the Friends of the Sick Kids Foundation.

To donate to these worthy causes click here.

This is Andrew's story in his own words:

"Think it's fair to say Western Ontario is undulating compared to the Prairies. Lots of beautiful lakes, both open and secluded and surrounded by forest. Some of the roadside verges are a riot of colour with the wild flowers. I can't understand why some folk say there's nothing too see out here.

"Met Don & Eileen Macdonald in the lovely park by the lake in Vermillion Bay. They offered me coffee with water boiled in a Kelly kettle which I helped stoke. Now that's how coffee/tea should be made. Picked up supplies in Dryden before camping in a lake side picnic area to east of Dinorwic.

"Have met several touring cyclists over the last few days. French speaking guy from Quebec Provence, Zak from Niagara Falls, Brian from NZ, Al (photo) from Niagara Falls, Evan from Ontario, Rieteke from Montreal (photo of Evan & Rieteke) and Sheri (photo) from BC. Five were cycling west against the generally accepted prevailing wind direction. 71 year young Rieteke, tours in Canada and Australia on her Raleigh/Falcon

purchased In London in 1986.

"On Wednesday I was luckily in Ignace tourist office with Rieteke and Evan when a lightning storm struck. One bolt struck a mobile unit in the local RV park and knocked out the town's power supply. Big thank you to Chantelle for the magically providing the big box of chicken wings, legs and sauces for dinner. The three of us were delighted.

"Thursday was a bit special. Started off ordinary from Ignace in the rain. Then 20 miles out of town I saw my first ever pair of real, live, wild wolves. Both crossed the highway just ahead of me. One hung about for a few minutes but ran off when I stopped to take out the camera. I know it just looks like a photo of a road sign but there's a pair of eyes looking out from that undergrowth.

"Camped at the historic Savanne Portage site which is also the spot on Hwy 17 where 'Central' time (6pm) changes to 'Eastern' time (7pm). It was a pest constantly changing my watch as I went back and forth from the picnic bench (Central) to my tent (Eastern). Should have pitched next to the bench and saved myself lots of hassle. This location is just at the bottom of the red line in the orange area (Ontario).

"The two plaques about Sir Sandford Fleming (born Kirkcaldy, 1827) who first proposed the system of world time zones, are worth reading.

"Friday was a public holiday for Canada Day but the Wildwoode Variety cafe/shop/service station on Hwy 102 to Thunder Bay was open. This is another great rural family run café, serving really nice, wholesome food and great coffee. New owners Jenna & Tyler and kids Maddison & Phoebe who were very welcoming, hope to keep this community asset viable. "Good luck guys".



"Couldn't cycle on the Freeway out of Thunder Bay but the

parallel service road (probably the original highway) was excellent and gave the first view of Lake Superior. Camped in the grounds of Shuniah Fire & Emergency Services Station and sat by the banks of Lake Superior in the evening.

"On Saturday received a donation from Lisa & Doug Fertile, their kids Shayne, Mason & Autumn and Ruby the lab. "Thank you folks. The charities involved are very grateful".

"At Nipigon I said farewell to Rieteke who was using Hwy 11 on her route home to Montreal, being relatively flat and with a tailwind,

"Monday ended up being a 100 mile day. My third so far on this trip.

"Called in at White River which lays claim to being at the origins of the Winnie the Pooh stories. A military officer bought a little orphaned bear cub in the town and called it Winnie after his home town of Winnipeg. He later donated the little creature to London Zoo where it became a very popular attraction. The author AA Milne apparently visited the zoo several times and realised the potential for a book. Also had my first sighting of the flag of Nova Scotia in White River. Looks familiar.

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"Camped at the Depew River rest/picnic area. While I really want to see a beaver close up at some point on this trip, I was thankful one didn't appear in the night and continue gnawing on this tree!!!!!

"Reached Wawa at noon on Tuesday and had a rest day Wednesday staying with Colleen and Sasha. The introduction had been made by my friends Mary & Frank from Selkirk. To Colleen, "Thanks for the invitation, the great meals and all the rest you did for me over the 2 days. It was lovely and I really enjoyed my stay. Take care".

"Picked up Hwy 101 out of Wawa on Thursday and managed to reach Chapleau by evening and camped in town by the river.

"Think it's fair to say Friday was a wet day. Started heavily at 8am and went on until about 3pm. Still, there was no wind and it was warm, so things were OK. Was dry by the time I got to Opishing River rest/picnic area on Hwy 101 where I camped. The real down side about the rain meant it was perfect mosquito conditions, so I was forced to cover every centimetre of skin. Waterproof leggings, jacket, buff, hat, trousers tucked into socks, head net and latex gloves. That sure makes me sweat though.

"Saturday morning started like Friday evening. Fully clothed for the mosquitoes. Thankfully it all comes off when I'm cycling. Was heading towards Timmins when I had my first ever, real, live, wild moose moment. I know it looks pretty far away but it is a moose. Think it's a female. So that's another 'must see' ticked."