

# LM May 1000 (#5606) Canyon Des Lacs

May 16, 2026, 6 a.m.

Organizer: Barry Monaghan

At km	Turn	Dir	Onto / Route Description	Then go km
0.0			<b>START: Breka Bakery 3750 West 4th Avenue</b>	0.0
0.0	L	W	West 4th Ave	0.1
0.1	R	N	Highbury Street	0.4
0.5	R	E	Point Grey Road	1.6
2.1	BR	S	Stephens St	0.2
2.2	L	E	West 1st Avenue	1.8
4.1	R	S	Fir Street	0.1
4.2	L	E	West 2nd Avenue	0.7
4.9	CO	E	Lamey's Mill Road	0.4
5.3	R	E	Charleson	0.5
5.8	L	N	Moberly Road	0.2
6.0	R	E	Commodore Road	0.3
6.3	CO	E	West 1st Avenue	0.5
6.8	L	N	Columbia Street	0.1
6.9	R	E	At roundabout, take exit 1 onto Athletes Way	0.4
7.2	CO	E	At roundabout continue straight to bike path	0.0
7.3	L	N	Bike path after roundabout	0.1
7.3	R	E	Seaside Bike Route	0.3
7.6	R/L	N	Continue under Skytrain, through parking lot	0.2
7.8	R/L	N	Quebec St at traffic light	0.2
8.0	R	N	to stay on Quebec Street	0.1
8.1	R	E	Union Street	1.7
9.8	L	N	Vernon Drive	0.0
9.8	R	E	Adanac Street	4.0
13.9	BR	E	X Boundary Rd to Union St	0.4
14.2	L	N	Ingleton Avenue	0.2
14.4	R	E	Frances Street	3.1
17.6	CO	E	Follow path, keeping baseball pitch on your left	0.2
17.8	R	E	Trans Canada Trail	0.1

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17.9	CO	E	Hammarskjold Drive	0.2
18.1	CO	E	X Kensington Ave to Union St	1.2
19.3	L	N	Duthie Avenue	0.6
20.0	L	W	At roundabout, take exit 3 onto Ridge Drive	0.2
20.2	R	N	Inlet Drive/Barnet Rd (hwy 7A)	8.2
28.3	L	E	Clarke St	1.2
29.5	R	S	Moody Street	0.1
29.7	L	E	Saint Johns Street	1.6
31.2	R	E	Dewdney Trunk Road	3.2
34.5	R	S	Westwood Street	0.3
34.8	L	E	Kingsway Avenue	4.1
38.9	L	E	Mary Hill Bypass	0.1
39.0	CO	E	Mary Hill Bypass Bike Path/Holland Ave/Perkins St	1.1
40.1	L	E	Kingsway Avenue	0.1
40.2	R	E	Kingsway to POCO Trail	0.0
40.2	L	E	POCO Trail	0.1
40.3	BR	E	Poco Trail/TCT, under Pitt River Bridge	0.3
40.6	L	S	X Belfast St	0.0
40.6	L	E	Ramp to Pitt River Bridge	1.1
41.7	BL	E	Old Dewdney Trunk Frontage Road	0.2
41.9	L	E	Old Dewdney Trunk Road	2.1
44.0	R	S	Harris Road	0.2
44.2	L	E	Old Dewdney Trunk Road	2.5
46.6	R	S	203 Street	2.3
49.0	L	E	Dewdney Trunk Road	0.7
49.6	R	S	207 Street	0.8
50.4	L	E	River Road	3.6
54.0	BR	E	Haney Bypass	1.8
55.8	BR	S	Lougheed Highway	0.3
56.0	R	W	River Road/240 Ave	3.0
59.1	R	E	Lougheed Highway	40.1
99.2	R	E	to stay on Lougheed Highway	27.3
126.5	BR	E	to stay on Lougheed Hwy	1.6
128.1	BL	E	to stay on Lougheed Highway to Hope	30.1
158.2	BL	N	Hwy 1 to Hope	0.1
158.3	L	S	Trans-Canada Highway	1.9

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160.1	BL	S	Fraser Avenue	0.9
161.0	R	W	Hudson Bay Street	0.1
161.1			<b>CONTROL Hope: Chevron or your choice</b>	0.0
161.1	R	N	Trans-Canada Highway	2.6
163.7	CO	N	Hwy 1 to Lytton	15.3
179.0			Hope River General Store	47.9
226.9			Fas Gas convenience store	42.3
269.2	L	N	Main Street (Hwy 12) Lytton	1.4
270.5	L	N	Lytton-Lillooet Highway	0.7
271.2			G'wsep Gas and Food	59.8
331.0	L	W	Duffey Lake Road	1.3
332.3	R	N	Seton Lake Rd	0.8
333.1	R	N	Main Street	0.1
333.2			A&W 5:30 AM to midnight Manny's Corner 8 AM–9:30 PM	0.4
333.6	L	W	8th Avenue	0.1
333.7			<b>CONTROL Lillooet Four Pines Motel</b>	0.0
333.7	U	E	8 Ave	0.0
333.7	R	S	Russell St	0.1
333.8	L	E	9th Avenue	0.1
333.9	R	S	Main Street	0.4
334.3	L	E	Seton Lake Road	0.8
335.1	L	E	Duffey Lake Rd	1.3
336.4	L	N	Hwy 99 north	13.2
349.6			Fountain Flats Trading Post 8 AM–9 PM	33.9
383.5			Marble Canyon Provincial Park: Toilets, water (not verified)	27.5
411.0	L	N	Cariboo Highway (Hwy 97)	28.9
439.9			<b>CONTROL Clinton: Canco gas station supermarket</b>	0.0

At km	Turn	Dir	Onto / Route Description	Then go km
439.9	U	S	Hwy 97 South to Cache Creek	39.6
479.5			A&W and Convenience Stores open 24 hrs Next 24 hour services in Hope	0.4
479.9	L	E	Trans-Canada Highway	19.3
499.1	R	S	Juniper Beach Park Road	1.6
500.7			<b>CONTROL Juniper Beach Provincial Park Information Control</b>	0.0
500.7			Water and Toilets at Juniper Beach Provincial Park	1.6
502.3	L	W	Trans-Canada Highway	19.2
521.6	BL	S	to Hwy 1 south	4.2
525.8	L	E	Highway 97C to Ashcroft	6.4
532.1	R	S	Railway Avenue	0.1
532.2	R	W	2nd Street	0.1
532.3			<b>CONTROL Ashcroft: Chevron or your choice</b>	0.0
532.3	R	N	Brink Street	0.1
532.4	L	W	Highway 97C	0.3
532.7	L	S	Cornwall Road to Spences Bridge	4.8
537.5			Services: Esso	0.1
537.5	L	S	Trans-Canada Highway	37.2
574.7			Services in Spences Bridge Log Cabin Pub or The Packing House	79.7
654.4			<b>CONTROL Boston Bar: FasGas or your choice</b>	63.0
717.4	BL	S	Keep left to stay on Hwy 1 to Hope	1.9
719.3	BL	S	Fraser Avenue	0.2
719.5	L	E	Coquihalla Street	0.7
720.2	R	S	6th Avenue	1.1
721.3	L	E	Kawkawa Lake Road	0.2
721.5	R	S	7th Avenue	0.4
721.9	L	E	into 7-Eleven	0.1
722.0			<b>CONTROL Hope: 7-Eleven</b>	0.0

At km	Turn	Dir	Onto / Route Description	Then go km
722.0	R	W	Old Hope-Princeton Way	0.9
722.9	R	N	3rd Avenue	1.2
724.1	L	W	King Street	0.1
724.2	R	N	Fraser Avenue	0.1
724.3	BR	N	Trans-Canada Highway	1.7
726.0	BR	N	Keep right to Hwy 7 West toward Agassiz	27.7
753.7	BR	S	Lougheed Highway (7)	0.5
754.2	CO	W	Keep right on Hwy 7	2.0
756.2	BL	S	Evergreen Drive, X tracks	0.1
756.3	L	E	Pioneer Avenue	0.3
756.6	R	S	Park Street	1.7
758.4	BR	S	Merge onto Agassiz-Rosedale Highway	4.9
763.3	R	W	At roundabout, take exit 1 onto Yale Road	0.1
763.4			<b>CONTROL: Tim Hortons or Esso</b>	0.0
763.4	L	E	Yale Road	0.1
763.5	L	N	At roundabout, take exit 3 onto Agassiz-Rosedale Highway	1.9
765.4	BR	N	Rosedale Ferry Rd/Ferry Rd/Camp Rd	11.1
776.5	L	S	Hope River Road	4.3
780.7	L	W	Young Road	1.3
782.1	BR	S	Yale Road	2.8
784.9	CO	S	Vedder Road	4.8
789.7			<b>CONTROL Vedder Rd &amp; Thomas Rd A&amp;W, Vedder River Inn or your choice</b>	1.0
790.7	CO	W	At roundabout, take exit 1 onto Vedder Mountain Road	0.8
791.5	L	S	At roundabout, take exit 2 onto Cultus Lake Road	2.9
794.4	CO	E	At roundabout, take exit 2 onto Columbia Valley Highway	11.3
805.7	R	W	Iverson Road	4.8
810.5			<b>CONTROL: 101 Iverson Rd Information control</b>	0.2

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810.7	L	E	Henderson Rd	2.2
812.9	BL	E	Maple Falls Road	2.6
815.4	L	N	Kosikar Road	1.1
816.5	R	E	Columbia Valley Road	14.0
830.5	L	W	At roundabout, take exit 2 onto Vedder Mountain Road/Yarrow Central Rd	8.4
838.9	L	S	Boundary Road	2.7
841.6	BR	W	Towne Road	1.7
843.3	BR	W	Campbell Road	1.2
844.5	L	S	Interprovincial Highway	1.7
846.2	BR	W	Wells Line Road	1.0
847.3	L	S	Powerhouse Road	1.6
848.9	BR	W	Vye Road	0.7
849.6	L	S	Marion Road/Old Yale Rd/Maher Rd	5.5
855.1	R	N	Lamson Road	0.8
855.9	L	W	Vye Road	1.6
857.6	L	S	Whatcom Road	2.0
859.6	R	W	Boundary Rd	2.5
862.1	R	N	B Street	0.2
862.3	L	W	4th Avenue	0.6
862.9	BR	N	Riverside Road	0.4
863.3	L	W	Farmer Road	1.6
864.9	R	N	McCallum Road	0.8
865.7	L	W	Huntingdon Road	4.8
870.6	L	S	Townline Road	1.6
872.2	R	W	0 Ave	9.2
881.4	BL	W	0 Avenue Bike Path	0.1
881.5	R	W	X 264 Diversion to stay on 0 Ave Bike Path. Do NOT follow road into the Customs area.	10.3
891.8	R	N	216 Street	0.8
892.6	L	W	4 Avenue	2.4
895.0	R	N	204 St	0.8
895.8	L	W	8 Ave	7.7
903.5	R	N	At roundabout, take exit 1 onto King George Blvd	3.0
906.5	L	W	20 Avenue	6.1

At km	Turn	Dir	Onto / Route Description	Then go km
912.6	R	N	128 Street	1.6
914.2			<b>CONTROL 128 St &amp; Crescent Rd: Chevron</b>	0.0
914.2	L	N	128 Street	0.0
914.2	R	E	At roundabout, take exit 1 onto Crescent Road	4.1
918.3	L	N	King George Boulevard	3.0
921.2	BR	N	King George Boulevard Frontage East to Colebrook Road	0.5
921.7	L	W	Colebrook Road	0.1
921.8	R/L	N	X tracks, then left to stay on Colebrook	4.2
926.0	L	W	Colebrook Road	0.7
926.8	R	N	Delta South Surrey Greenway	1.6
928.4	R/L	W	Old Highway 10, through underpass	0.3
928.7	BR	S	Highway 10	4.8
933.5	R	N	96 Street	0.0
933.5	L	W	to Tim Hortons	0.0
933.5			<b>CONTROL: Tim Hortons or your choice</b>	0.1
933.6	R	W	<b>Ladner Trunk Road. Keep left at fork - don't go onto Hwy 99!</b>	5.0
938.6	L	S	72 Street	2.4
941.0	R	W	36 Avenue	1.6
942.6	L	S	64 Street	0.3
942.9	R	W	34B Avenue	2.3
945.2	L	S	Arthur Dr/53 Street	1.3
946.5	L	E	28 Avenue	0.0
946.5			<b>CONTROL 53 St &amp; 28 Av Information Control</b>	0.6

At km	Turn	Dir	Onto / Route Description	Then go km
947.0	R	S	56 St	1.2
948.3	L	E	Highway 17	1.5
949.8	BR	N	Highway 17A to 28 Ave Bike Path	0.1
949.9	R	E	28 Avenue Bike Path	0.8
950.6	L	N	64 Street	5.5
956.1	L	W	Follow bike path through tunnel	0.4
956.5	L	N	to stay on 64 St	0.9
957.4	R	E	60 Avenue/68 Street	3.4
960.8	BR	E	River Road	7.3
968.1	R	S	Follow Bike Path under highway	0.0
968.1	R	W	River Road	0.1
968.2	L	S	Nordel Way	0.7
968.9			Services: 7-Eleven	0.1
969.0	L	E	Bike Path under bridge	0.5
969.5	R	N	Alex Fraser Bridge NB Bike Route	2.8
972.4	CO	W	X Cliveden Ave to stay on Alex Fraser NB Bike Route across Annacis Channel Bridge	1.0
973.4	◇		<b>Descend ramp. Caution tight corners!</b>	0.0
973.4	L	N	Boundary Road	0.7
974.1	L	W	Westminster Hwy	0.7
974.8	R	W	River Road	8.4
983.3	L	S	No. 6 Rd	0.3
983.6	R	W	Vulcan Way	1.7
985.3	R	N	Number 5 Road	0.3
985.6	L	W	River Road	0.8
986.4	L	S	Shell Road	0.1
986.6	R	W	River Drive	1.3
987.8	R	N	Canada Line Bridge Bikeway	1.1
988.9	L	W	West Kent Avenue North	0.4
989.3	L	S	Laurel Street	0.0
989.3	R	W	West Kent Ave South	0.5
989.8	L	S	Oak Street	0.2
990.0	R	W	West 77th Avenue	0.4
990.4	R	N	Hudson Street	0.3
990.7	L	W	Southwest Marine Drive	0.5
991.1	L	W	Milton Street. Use Crosswalk!	0.0

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991.2	R	W	Southwest Marine Drive	0.4
991.6	CO	N	X 70 Ave to Cornish St	0.2
991.8	L	W	West 68th Avenue	0.1
991.9	R	N	At roundabout, take exit 1 onto Adera Street	0.3
992.2	L	W	West 64th Avenue	0.2
992.5	R	N	East Boulevard	0.5
993.0	CO	N	At roundabout, take exit 2 onto Angus Drive	3.9
996.8	L	W	Matthews Avenue	0.2
997.1	R	N	Cypress Street	1.5
998.6	L	W	West 8th Avenue	2.9
1001.5	R	N	At roundabout, take exit 1 onto Highbury Street	0.4
1001.9	R	E	West 4th Avenue	0.1
1002.0			<b>FINISH: Breka Bakery 3750 West 4th Avenue Congratulations!</b>	
IN CASE OF ABANDONMENT CALL: 604-868-5864 IN CASE OF EMERGENCY CALL 911				