

Sumas Bowtie 202 K				
0.0			START CONTROL 228th and Lougheed Hwy Haney Your Choice	
0.0	L	E	Turn left onto Lougheed Hwy/BC-7 E	23.3
23.3	R	S	Turn right onto BC-11 S (signs for Abbotsford)	1.2
24.5	SO	S	Continue straight onto BC-11 S (Cross Bridge)	2.1
26.6	SO	S	Take the exit toward Matsqui Village	3.0
29.6	L	E	Turn left onto Townshipline Rd	0.5
30.1	R	S	Turn right onto Riverside St	0.8
30.9	L	E	Turn left onto Clayburn Rd	0.1
31.0	R	S	Turn right onto BC-11 S	2.6
33.6	SO	S	Continue onto Gladys Ave	2.4
36.0	SO	S	Thru Underpass/Merge onto S Fraser Way	0.1
36.1	R	S	Slight right toward Sumas Way	0.7
36.8	L	E	Turn left onto Delair Rd	2.3
39.1	R	E	Turn right onto Old Yale Rd	0.5
39.6	R	E	N Parallel Rd/Eldridge	5.8
45.4	R	E	Atkinson Rd/N Parallel	4.7
50.1	R	E	Turn right onto No. 3 Rd	0.9
51.0			CONTROL #1 @ Yellow Barn	
51.0	SO	E	Continue on No. 3 Rd.	0.6
51.6	L	N	Turn left onto Inter Provincial Hwy	1.5
53.1	R	E	Turn right onto No 2 Rd	2.1
55.2	R	S	Turn right onto Boundary Rd	0.2
55.4	L	E	Turn left onto Keith Wilson Rd	1.0
56.4	L	N	Turn left onto Chadsey Rd	3.1
59.5	L	N	Turn left onto Yale Rd W	0.7
60.2	R	E	Turn right onto Industrial Way	5.2
65.4	SO	E	Continue straight on Progress Way	1.1
66.5	L	N	Turn left onto Lickman Rd/Chilliwack Mtn Rd	1.7
68.2	R	E	Turn right onto Schweyey Rd/Wolfe Rd	1.6
69.8	L	N	Turn left on Dyke Rd	1.2
71.0	SO	E	Straight on across gravel lot onto trail @ Landing Dr	1.5
72.5	L	E	Turn left onto Berkeley Ave	0.1
72.6	L	N	Turn left onto Young Rd	0.1
72.7	R	E	Turn right onto Hope River Rd	4.2
76.9	R	E	Turn right onto Camp River Rd/Ferry Rd	11.1
88.0	L	S	Turn left onto Agassiz-Rosedale Hwy	1.9
89.9	R	W	At the roundabout, take the 1st exit onto Yale Rd E	5.4
95.3	L	S	Turn left onto Annis Rd	2.6
97.9	R	W	Turn right onto Prairie Central Rd	4.9
102.8	L	S	Turn left onto Banford Rd continue on Lindell/Bailey Rd	6.1
108.9	L	S	Turn left onto Chilliwack River Rd	0.9
109.8	R	W	Turn right onto Promontory Rd	1.1

110.9			CONTROL #3 @ Vetter Crossing Subway	
110.9	L	S	Turn left on Vedder Rd/VedderMtn Rd/Yarrow Central Rd	10.7
121.6	L	S	Turn left on Boundary continue on Towne/ Campbell Rd	5.6
127.2	L	S	Turn left on Inter Provincial continue on Wells Line Rd	8.3
135.5	L	S	Turn left onto Fadden Rd becomes Nelles Rd	1.0
136.5	L	S	Turn left onto Fadden Rd	0.7
137.2	R	W	Turn right onto Vye Rd	4.9
142.1	R	N	Turn right on Riverside Dr	1.7
143.8	L	W	Turn left on King Rd	4.9
148.7	SO	W	Continue straight onto King Rd	1.7
150.4	R	N	Turn right on Townline Rd	1.8
152.2	L	W	Turn left on South Fraser Way	1.8
154.0	R	N	Turn right onto Mt Lehman Rd	4.0
158.0	L	W	Turn left onto Townshipline Rd/272nd	7.7
165.7	L	W	Turn left onto 56th Ave	1.6
167.3			CONTROL #4 @ Tim Horton's	
167.3	R	N	Turn right on 264 St	0.8
168.1	L	W	Turn left onto 60 Ave	1.7
169.8	R	N	Turn right onto 256 St	1.9
171.7	L	W	Turn left onto 72 Ave	1.8
173.5	R	N	Turn right onto Telegraph Trail	2.1
175.6	L	W	Turn left onto 80 Ave	0.6
176.2	R	N	Turn right onto 240 St	0.8
177.0	R	N	Turn right at Rawlison to stay on 240 St	1.3
178.3	L	W	Turn left onto River Rd - Caution! RR Tracks Ahead!	1.7
180.0	R	W	Turn right onto Mavis Ave	0.2
180.2	R	N	Turn right onto Glover Rd	0.1
180.3	L	W	Cross railroad tracks left on Billy Brown Rd	1.1
181.4	R	W	Turn right onto 96 Ave	0.5
181.9	R	W	Keep right at the fork Continue onto McKinnon Crescent	0.7
182.6	R	N	Turn right onto Allard Crescent	6.5
189.1	L	S	Turn left onto 208 St	0.8
189.9	R	W	Turn right onto 102b Ave	1.4
191.3	L	S	102b Ave turns left and becomes 201 St	0.5
191.8	R	N	At the roundabout go right to enter spiral ramp onto the bridge	3.0
194.8	R	E	At the roundabout go right onto 113b Ave	0.8
195.6	R	E	Turn right onto Maple Crescent/207th - Caution! RR Tracks!	1.9
197.5	R	E	Turn right onto River Rd	1.9
199.4	L	N	Turn left onto 216 St	0.6
200.0	R	E	Turn right onto Lougheed Hwy	2.2
202.2			FINISH CONTROL @ 228th and Lougheed Hwy Maple Ridge Your Choice	