

Dist	Type	Note	Next
0.0	✍	START / FINISH 10 am start Atkins Rd parking lot	0.0
0.0	←	L onto Galloping Goose Regional Trail	6.5
6.5	→	R onto Galloping Goose Regional Trail	0.0
6.5	✍	ALT START 10:30 leave Recyclistas	0.0
6.5	→	R onto Galloping Goose Regional Trail	0.8
7.4	←	L onto Kelvin Road	0.1
7.5	↑	Continue onto Cloverdale Avenue	1.3
8.7	↑	Continue onto Cook Street	1.2
9.9	←	L onto Finlayson Street	0.4
10.4	↑	Continue onto N. Dairy Road	0.6
11.0	←	L onto Wordsworth Street	0.2
11.1	↑	Continue onto Bowker Creek Greenway	0.1
11.3	→	R onto McRae Avenue	0.0
11.3	←	L onto Bowker Creek Greenway	0.3
11.5	↑	Continue onto Browning Street	0.3
11.8	←	L onto Derby Road	0.4
12.2	→	R onto Cedar Hill Road	0.4
12.6	→	R onto Pear Street	0.5
13.1	↑	Continue onto Poplar Avenue	0.3
13.4	→	R onto Cedar Hill Cross Road	1.0
14.4	←	L onto University Drive	0.2

14.4 kilometers. +101/-51 meters

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Dist	Type	Note	Next
14.6	↑	Continue onto Ring Road	0.9
15.5	→	R onto Finnerty Road	0.2
15.8	↑	Continue onto Finnerty Road At roundabout, take exit 2	0.3
16.1	←	L onto Edgelow Street	0.5
16.6	→	R onto Lexington Ave	0.5
17.0	←	L onto Greenlands Rd	0.6
17.7	→	R onto Gordon Head Road	0.1
17.8	←	L onto path	0.1
17.9	→	R onto San Rafael Crescent	0.2
18.1	→	R onto Longview Drive	0.2
18.3	←	L onto San Pedro Avenue	0.1
18.4	→	R onto San Miguel Road	0.1
18.5	→	R onto Sierra Place	0.0
18.5	←	L into park	0.3
18.7	↗	Slight R	0.0
18.8	→	R onto Francisco Terrace	0.0
18.8	←	L onto San Juan Avenue	0.3
19.1	→	R onto Tyndall Avenue	0.0
19.1	←	L onto San Juan Greenway	0.3
19.4	→	R onto San Juan Avenue	0.1
19.5	→	R onto Torquay Drive	0.2
19.7	←	L onto Longacre Drive	0.4
20.1	←	L onto Columbia Drive	0.1

5.7 kilometers. +30/-43 meters

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Dist	Type	Note	Next
20.2	→	R onto Hawthorne Street	0.3
20.5	←	L onto Robinwood Drive	0.1
20.6	←	L into park	0.1
20.7	→	R onto path	0.2
20.8	→	R onto Agnew Avenue	0.0
20.9	→	R onto path	0.1
20.9	↑	Continue onto Indigo Lane	0.1
21.0	←	L onto Kenmore Road	0.7
21.7	→	R onto Torquay Drive	0.2
21.9	←	L into Lambrick Park	0.5
22.4	→	R on path To right side of lights	0.0
22.4	↑	Continue onto Larchwood Drive	1.0
23.4	←	L onto far sidewalk	0.1
23.4	→	R onto Ansell Road	0.6
24.0	←	L onto Midgard Avenue	0.2
24.2	↑	Continue onto Campus Greenway	0.4
24.6	→	R onto Ring Road	0.3
24.9	↗	Keep R onto University Drive	0.2
25.1	↑	Continue onto Henderson Road	1.0
26.1	←	L onto Henderson Road	0.5
26.6	←	L onto Lansdowne Road	0.7
27.3	→	R onto Uplands Road	0.2
27.6	←	L onto Dewdney Avenue	0.5
28.0	→	R onto Musgrave Street	0.7
28.7	↑	Continue onto Hampshire Road	0.2

8.6 kilometers. +33/-74 meters

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Dist	Type	Note	Next
28.9	←	L onto Bowker Avenue	0.1
29.0	→	R onto Saint Ann Street	0.4
29.5	↑	Continue onto Monterey Avenue	1.1
30.5	→	R onto McNeill Avenue	0.7
31.2	↑	Continue onto Richardson Street	2.8
34.0	←	L onto Vancouver Street	0.7
34.8	→	R onto Oliphant Avenue	0.1
34.8	↖	Slight L onto path	0.2
35.0	→	R towards Pickleball Court	0.0
35.1	←	Keep L	0.0
35.1	←	L onto Arbutus Way	0.0
35.1	←	L onto Bridge Way	0.1
35.3	✍	REGROUP PLACE 12:00 leave Beacon Hill Public Washrooms	0.2
35.4	→	R onto Heywood Way	0.0
35.5	↑	Continue on Heywood Way	0.1
35.6	←	L onto Circle Drive Cycleway	0.4
35.9	↑	Cross Dallas Road	0.1
36.0	→	R onto Dallas Road Waterfront Trail	1.8
37.8	→	R onto Dock Street	0.2
38.1	←	L onto Niagara Street	0.1
38.2	→	R onto Montreal Street	0.6
38.7	←	L onto Kingston Street	0.0
38.8	→	R onto Montreal Street	0.1
38.8	→	R onto Quebec Street	0.1

10.1 kilometers. +32/-40 meters

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Dist	Type	Note	Next
39.0	↑	Continue onto Pendray Street	0.1
39.1	↑	Continue onto Belleville Street	0.5
39.6	←	L onto Government Street cycleway	0.2
39.8	←	L onto Wharf Street Cycleway	0.6
40.5	↑	Continue on Wharf Street	0.1
40.5	←	L onto Johnson Street Bridge sidewalk	0.3
40.8	←	L onto overpass	0.1
40.9	→	R onto E&N Trail	0.9
41.8	←	Cross Catherine Street	0.0
41.8	←	L onto E&N Trail	1.9
43.7	←	L onto Alley	0.1
43.9	↖	Keep L onto E&N Rail Trail - Humpback Connector	0.8
44.7	←	L to cross Admirals Road	0.0
44.7	→	R to cross Colville Road	0.1
44.8	←	L onto E&N Trail	2.5
47.2	←	L into Portage Park	0.1
47.4	→	Keep R to exit park	0.1
47.4	↖	Keep L to exit park	0.1
47.5	→	R onto View Royal Avenue	0.0
47.5	→	R into 4 Mile House	0.1
47.6	✍	4 MILE PUB 2026 BCR VI Social	0.0
47.6	↶	Return to View Royal Avenue	0.1
47.7	←	L onto View Royal Avenue	0.0
47.7	←	L into Portage Park	0.3

8.8 kilometers. +64/-54 meters

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Dist	Type	Note	Next
48.0	←	L onto E&N Rail Trail - Humpback Connector	2.3
50.3	←	L onto Galloping Goose Regional Trail	0.3
50.5	→	R into Atkins Road parking lot	0.0
50.5	✍	START / FINISH 10 am start Atkins Rd parking lot	0.0

2.9 kilometers. +22/-6 meters

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