

	START			Britannia Community Centre parking lot
0.0	L	w	0.1	alley
0.1	R	n	0.2	mclean
0.3	L	w	0.3	adanac
0.6	L/R	s/w	1.5	vernon/union
2.1	BL	w	2.5	Georgia Viaduct/Dunsmuir/Melville
4.6	L	w	0.3	West Pender
4.9	BR	w	0.9	West Georgia
5.8	BL	w/n	3.8	sidewalk over Lion's Gate Bridge
9.6	BR	ne/n	0.2	follow bike route signs to West Vancouver
9.8	R	w	0.5	path under bridge toward mall
10.3	R	n	0.2	Taylor Way
10.5	L	w	15.6	Marine Drive
26.1	R	e	0.1	cross overpass
26.2	L	N	32.2	Hwy 99
58.4	Control 1		0	Britannia Beach (Cafe or General Store) ***last food stop for 80 km***
58.4	T	s	30.3	Hwy 99
88.7	BR	s	10.1	Hwy 99 (follow bike route sign)
98.8	BR	s	0.3	Exit 8 to Cypress Bowl Road
99.1	L	w	15.8	Cypress Bowl Road
114.9	Control 2		0	Cypress Bowl parking lot / rest area ***water & washrooms***
114.9	T	e	16	Cypress Bowl Road
130.9	BL	e	3.9	Hwy 99
134.8	BR	e	0.5	Taylor Way exit
135.3	L	n	0.4	Taylor Way
135.7	R	e	2.5	Stevens Drive
138.2	R	e	0.3	Deep Dene Road
138.5	L	n	0.2	Glenmore
138.7	R	e	0.2	look for "19" on the fence post/ follow gravel path beside fence
138.9	R	s	0.9	downhill on gravel path, cross dam
139.8	R	s	0.2	Capilano Road

140.0	L	e	3	Montroyal Blvd ***general store***
143.0	C	e	0.1	West Rockland Road
143.1	R	s	0.2	Lonsdale Ave
143.3	L	e	1.7	Braemar Road
145.0	R	s	1	Dempsey
146.0	R	s	3.9	Mountain Hwy **restaurants, gas stations, convenience stores**
149.9	L	e	0.3	Keith Road / cross bridge
150.2	R	s	0.4	Mountain Hwy (no choice)
150.6	L	e	0.5	Fern
151.1	R	e	4.4	Mount Seymour Parkway
155.5	L	n	13.2	Mount Seymour Road ***mall, cafe***
168.7	Control 3		0	parking lot / rest area ***washrooms, drink machines***
168.7	T	s	13.2	Mount Seymour Road
181.9	R	w	4.4	Mount Seymour Parkway
186.3	R	n	1.6	Lillooet Road
187.9	R/L	e/n	3.8	continue on Lillooet Road past cemetery
191.7	Control 4		0	Roundabout ***washrooms***
191.7	T	s	3.8	Lillooet Road
195.5	C/R	s/w	0.5	Fern
196.0	L	s	0.7	Mountain Highway
196.7	R	e	0.3	Main Street
197.0	L	e	1.9	sidewalk across Second Narrows Bridge
198.9	R	n	0.5	Bridgeway (sharp right-hand turn on sidewalk / bike path)
199.4	R	w/n	0.7	Portside Bike route / through parking lot
200.1	L	w	0.4	Trinity
200.5	L	s	0.7	Kaslo bike route
201.2	R	w	1.1	adanac
202.3	L	s	0.3	Victoria Drive
202.6	R	w	0.2	Napier
202.8	R	n	0.1	Commercial Drive
202.9	Finish			Dream Cycles 1010 Commercial Dr

140.0	L	e	3	Montroyal Blvd ***general store***
143.0	C	e	0.1	West Rockland Road
143.1	R	s	0.2	Lonsdale Ave
143.3	L	e	1.7	Braemar Road
145.0	R	s	1	Dempsey
146.0	R	s	3.9	Mountain Hwy **restaurants, gas stations, convenience stores**
149.9	L	e	0.3	Keith Road / cross bridge
150.2	R	s	0.4	Mountain Hwy (no choice)
150.6	L	e	0.5	Fern
151.1	R	e	4.4	Mount Seymour Parkway
155.5	L	n	13.2	Mount Seymour Road ***mall, cafe***
168.7	<b>Control 3</b>		0	parking lot / rest area ***washrooms, drink machines***
168.7	T	s	13.2	Mount Seymour Road
181.9	R	w	4.4	Mount Seymour Parkway
186.3	R	n	1.6	Lillooet Road
187.9	R/L	e/n	3.8	continue on Lillooet Road past cemetery
191.7	<b>Control 4</b>		0	Roundabout ***washrooms***
191.7	T	s	3.8	Lillooet Road
195.5	C/R	s/w	0.5	Fern
196.0	L	s	0.7	Mountain Highway
196.7	R	e	0.3	Main Street
197.0	L	e	1.9	sidewalk across Second Narrows Bridge
198.9	R	n	0.5	Bridgeway (sharp right-hand turn on sidewalk / bike path)
199.4	R	w/n	0.7	Portside Bike route / through parking lot
200.1	L	w	0.4	Trinity
200.5	L	s	0.7	Kaslo bike route
201.2	R	w	1.1	adanac
202.3	L	s	0.3	Victoria Drive
202.6	R	w	0.2	Napier
202.8	R	n	0.1	Commercial Drive
202.9	<b>Finish</b>			Dream Cycles 1010 Commercial Dr

	<b>START</b>			Britannia Community Centre parking lot
0.0	L	w	0.1	alley
0.1	R	n	0.2	mclean
0.3	L	w	0.3	adanac
0.6	L/R	s/w	1.5	vernon/union
2.1	BL	w	2.5	Georgia Viaduct/Dunsmuir/Melville
4.6	L	w	0.3	West Pender
4.9	BR	w	0.9	West Georgia
5.8	BL	w/n	3.8	sidewalk over Lion's Gate Bridge
9.6	BR	ne/n	0.2	follow bike route signs to West Van
9.8	R	w	0.5	path under bridge toward mall
10.3	R	n	0.2	Taylor Way
10.5	L	w	15.6	Marine Drive
26.1	R	e	0.1	cross overpass
26.2	L	N	32.2	Hwy 99
58.4	<b>Control 1</b>		0	Britannia Beach (Cafe or General Store) ***last food stop for 80 km***
58.4	T	s	30.3	Hwy 99
88.7	BR	s	10.1	Hwy 99 (follow bike route sign)
98.8	BR	s	0.3	Exit 8 to Cypress Bowl Road
99.1	L	w	15.8	Cypress Bowl Road
114.9	<b>Control 2</b>		0	Cypress Bowl parking lot / rest area ***water & washrooms***
114.9	T	e	16	Cypress Bowl Road
130.9	BL	e	3.9	Hwy 99
134.8	BR	e	0.5	Taylor Way exit
135.3	L	n	0.4	Taylor Way
135.7	R	e	2.5	Stevens Drive
138.2	R	e	0.3	Deep Dene Road
138.5	L	n	0.2	Glenmore
138.7	R	e	0.2	look for "19" on the fence post/ follow gravel path beside fence
138.9	R	s	0.9	downhill on gravel path, cross dam
139.8	R	s	0.2	Capilano Road