

Permanent Brevet #52
Submitted by: Jeff Schlingloff

MX 200 Mountain X'treme

Distance (km-cumulative)	Turn	Direction	Distance (Interval)	Route
Start – Westmount Park and Ride (Westridge Ave., West Vancouver, BC – Exit #7 via the Upper Levels Hwy 1/99)				
0	R	W	0.6	WESTRIDGE AVE
0.6	SO	SW	0.5	WESTRIDGE AVE (steep descent)
1.1	R	W/N	0.4	RIPPLE RD / ALMONDEL RD @stop
1.5	BR	N/W	0.6	ALMONDEL RD (no choice)
2.1	L	W	0.3	WOODCREST RD @stop
2.4	L	SW	0.2	WOODGREEN DR @stop
2.6	L	W	2.5	HWY 1/99 west (Horseshoe Bay / Squamish)
5.1	BR	W	0.2	EXIT 3 - Horseshoe Bay/Marine Dr/Eagleridge Dr
5.3	SO	W	0.2	EXIT 3 - FOLLOW 'HWY 99 BIKE ROUTE' SIGNAGE
5.5	BR	NW	0.1	<i>new</i> BIKE PATH to Hwy 99 access & Eagleridge Dr
5.6	BR	SW	0.8	EAGLERIDGE DR (very steep descent)
6.4	R	N	0.9	MARINE DR @stop
7.3	L	W	0.2	MARINE DR @stop
7.5	SO	W	1.5	MARINE DR (traffic circle) to Whytecliff Park
9	BR	N	0.4	CLIFF RD/ARBUTUS RD (BR@main entrance)
9.4	SO	N	0.2	CLIFF RD / ARBUTUS RD @stop
9.6	L	W/SW	0.4	ARBUTUS RD (steep descent -sharp left)
10	T	SW	0	WHYTECLIFF PARK (@traffic barrier)

10	SO	N/NE	0.4	ARBUTUS RD / CLIFF RD (@ traffic barrier)
10.4	R	S	0.2	CLIFF RD / MARINE DR (no choice)
10.6	SO	S	0.4	CLIFF RD / MARINE DR @stop
11	SO	S/SE	1.5	MARINE DR
12.5	R	S	0.2	NELSON AVE/ST GEORGES AVE @roundabout
12.7	BL	SE	0.2	ST GEORGES AVE (steep ascent)
12.9	BL	SE	0.2	ST GEORGES AVE / ORCHILL RD
13.1	SO	E	0.2	ORCHILL RD (@Gleneagles golf course)
13.3	R	S	2	MARINE DR @stop (to Fisherman's Cove)
15.3	R	SW	0.3	TELEGRAPH TRAIL (1st right after marina lot)
15.6	BR	W	0.2	SEAVIEW RD (obscured sign on right)
15.8	L	S	0.6	EAGLE HARBOUR RD (yacht club)
16.4	BR	SE	2.4	MARINE DR
18.8	R	S	0.1	BEACON LANE (@Lighthouse Park entrance)
18.9	L	E	0.2	WATER LANE (immediate) hidden sign
19.1	SO	E	0.4	WATER LANE (very steep descent)
19.5	R	S	0.1	THE DALE
19.6	BL	NE	0.6	PICCADILLY ST S. (steep ascent -one way)
20.2	BR	E	3.6	MARINE DR @stop
23.8	BR	SE	0.3	TRAVERS AVE (before railway OP)
24.1	BL	N	0.1	31st ST
24.2	R	SE	0.3	PROCTER AVE / PARK LANE (immed.)
24.5	SO	SE	0.3	PARK LANE
24.8	BR	S	0.1	29th ST
24.9	L	E	0.8	BELLEVUE AVE
25.7	SO	E	0.3	LOWER BELLEVUE AVE
26	L	N	0.1	24th ST (immed. R. onto Bellevue after Railway)

26.1	R	E	1.7	BELLEVUE AVE
27.8	L	N	0.1	13th ST @stop
27.9	R	E	0.7	MARINE DR @lights
28.6	R	S	0.3	PARK ROYAL Mall (next to overpass)
28.9	BL	E	0.3	PARK ROYAL S./TAYLOR WAY (behind mall)
29.2	R	E	0.2	BRIDGE RD @stop (crosses Capilano River)
29.4	BR	S	0.2	BRIDGE AVE (parallel to Lions Gate bridge)
29.6	L	E	0.9	WELCH ST (under Lions gate bridge)
30.5	R	S	0.1	GARDEN AVE @stop
30.6	BL	E	2.1	W 1st ST (no choice)
32.7	SO	E	0.3	W 1st / W 2nd @lights (cross Bewicke ave)
33	BR	E	0.4	W 3rd @lights
33.4	R	S	0.4	FORBES AVE @lights
33.8	L	SE	1.2	ESPLANADE
35	BR	E	2	LOW LEVEL RD (Bike lane)
37	BR	E	0.4	COTTON DR / Main ST @lights
37.4	SO	E	1.6	MAIN ST / DOLLARTON HWY (bike path/route)
39	SO	E/N	5.1	DOLLARTON HWY
44.1	R	E	0.1	DOLLAR AVE (steep - short descent)
44.2	L	N	0.9	ROSLYN BLVD (immediate)
45.1	L	W	0.2	MT SEYMOUR PKWY (steep ascent)
45.3	R	N	0.2	DOLLARTON HWY @lights (<i>not up hill</i>)
45.5	R	E/NE	0.9	STRATHCONA RD (steep descent)
46.4	SO	E	0.2	STRATHCONA RD (steep ascent)
46.6	L	N	0.3	ROXBURY RD
46.9	L	W	0.7	CLIFF COVE RD (steep descent)
47.6	R	N	0.2	BANBURY RD

47.8	L	W	0.1	RAEBURN ST
47.9	R	N	0.2	PANORAMA DR (no choice) residential laneway
48.1	R	E	0.1	NAUGHTON AVE (immed left @Burns)
48.2	L	N	0.1	BURNS AVE / PANORAMA DR
48.3	SO	N/NE	1.4	PANORAMA DR (to marina)
				caution! speed bumps/ steep down to marina)
49.7				CONTROL #1 Seycove Marina
49.7	T	W/SW	1.3	PANORAMA DR
51	R	W	0.1	GALLANT AVE / DEEP COVE RD
51.1	BL	SW/S	1.3	DEEP COVE RD / DOLLARTON HWY
52.4	SO	S	0.8	DOLLARTON HWY @lights
53.2	R	W	0.5	DOLLAR RD (steep ascent)
53.7	R	N	0.7	FAIRWAY DR
54.4	L	W	0.8	MT SEYMOUR PKWY@stop (steep ascent)
55.2	R	N	0.6	MT SEYMOUR RD @Parkgate Mall
55.8	SO	N	12.2	MT SEYMOUR RD (no services)
68.0				CONTROL #2 Mt. Seymour ski area
68	T	S	12.8	MT SEYMOUR RD (elevation 1020m)
80.8	R	W	4.1	MT SEYMOUR PKWY@lights (Parkgate Mall)
84.9	SO	W	0.2	MT SEYMOUR PKWY @lights (Lillooet Rd)
				cross Lillooet rd @lights by Holiday Inn
85.1	R	N	0.1	PREMIER ST (@Holiday Inn - west side)
85.2	L	W	0.4	(immed.) KEITH RD
85.6	BL	S	0.2	KEITH RD @St Denis Ave (access bike path)
				goes under bridge - caution! - low overhead clearance
85.8	R	W	1	E KEITH RD (use sidewalk - cross bridge)

86.8	R	N	0.5	MOUNTAIN HWY @lights (steep ascent)
87.3	BR	N	1	ARBORLYNN DR @ Y
88.3	BR	NE/N	0.7	HOSKINS RD (West Lynn Terrace)
89	SO	N	0.6	HOSKINS RD (very steep ascent)
89.6	L	W	0.8	ROSS RD @stop
90.4				CONTROL #3 Lynn Valley - your choice
90.4	L	S	0.4	MOUNTAIN HWY @stop
90.8	R	W	0.4	27th ST @lights (1st right @Esso)
91.2	L	SW	0.8	LYNN VALLEY RD @lights (Fromme Rd)
92	SO	SW	0.3	LYNN VALLEY RD (into left lane - thru underpass)
92.3	R	N/W	0.2	SUTHERLAND AVE/E 22nd (immed.)
92.5	L	S	0.3	QUEENSBURY AVE
92.8	R	W	0.2	E19th ST @stop
93	BR	NW/N	0.5	GRAND BLVD (Immed. after stop sign)
				do not descend 19th St - steep 22% grade
93.5	SO	W	0.1	GRAND BLVD / E 23rd ST
93.6	SO	W	1.8	E 23rd ST /W 23rd ST
95.4	R	N	0.8	WESTVIEW DR @lights (x hwy 1/99 overpass)
96.2	SO	N	1.7	DELBROOK AVE (steep ascent)
97.9	L	NW	0.6	MONTROYAL BLVD @stop
				Montroyal / Upper Delbrook - elevation ~220m
98.5	SO	W	1.6	MONTROYAL Blvd (steep descent)
100.1				CONTROL #4 - Hardy's Market convenience store
100.1	SO	W	0.1	MONTROYAL BLVD
100.2	L	S	2.6	CAPILANO RD @stop
102.8	L	SE/W	0.2	HWY 1/99 @lights (sidewalk/bike route to bridge)

103	SO	W	0.7	HWY 1/99 (bridge over Capilano river - use sidewalk)
103.7	BR	W	0.7	EXIT 13 (bike route to lights @Taylor way)
104.4	SO	NW/W	4.5	HWY 1/99 West @lights (hwy entrance)
108.9	R	NW	15.8	EXIT 8 CYPRESS MOUNTAIN RD (no services)
124.7				CONTROL #5 - Cypress Mountain Day lodge
124.7	T	SE/S	15.6	CYPRESS MOUNTAIN RD (elevation 915m)
140.3	R	W	6	HWY 1/99 Westbound (sharp turn to hwy access)
146.3	BR	W	0.3	EXIT 3 - Horseshoe Bay/Marine Dr/Eagleridge Dr
146.6	SO	W	0.3	EXIT 3 - FOLLOW 'HWY 99 BIKE ROUTE' SIGNAGE
146.9	BR	NW	0.2	<i>new</i> BIKE PATH to Hwy 99 (north) Bike route
147.1	BR	NW/N	1.1	HWY 99 NORTH (BIKE ROUTE) 'old hwy 99'
148.2	SO	N	2.4	HWY 99 NORTH @ Marine Dr overpass
150.6	SO	N	8.4	HWY 99 NORTH (cross overpass to hwy entrance)
159	BR	NE	0.1	EXIT LIONS BAY
159.1	BR	E	0.2	CROSS CREEK RD (up hill)
159.3	BL	W	0.1	CENTRE RD @stop (down hill)
159.4	L	S	0	LIONS BAY General store
159.4				CONTROL #6 Lions Bay General store
159.4	T	N	0	LIONS BAY General store
159.4	R	E	0.1	CENTRE RD (up hill)
159.5	BR	W	0.2	CROSS CR rd @stop
159.7	BR	W	0.1	UNDERPASS (access hwy 99 south)
159.8	L	S	0.1	HWY 99 South @stop
159.9	SO	S	8.7	HWY 99 South @stop
168.6	BR	S	2.4	HWY 99 BIKE ROUTE (Marine Dr/Horseshoe Bay)

171	SO	SE/E	13.2	HWY 1/99 East (jct Marine Dr / Horseshoe Bay)
184.2	BR	SE	0.5	EXIT 13 (Taylor Way south)
184.7	R	S	0.8	TAYLOR WAY @lights (steep descent)
185.5	L	E	0.2	MARINE DR @lights (use sidewalk/bike path)
185.7	BR	S	2.2	LIONS GATE bridge (use sidewalk - southbound)
187.9	BR	SW	0.3	STANLEY PARK DR (exit to Prospect Point)
188.2	BL	W	0.2	STANLEY PARK DR (one way) to Prospect Pt.
188.4				CONTROL #7 Prospect Point café
188.4	R	E	0.2	CAFÉ - follow path under bridge to access northbound cyclist route (Lion's Gate bridge)
188.6	SO	N	1.9	LIONS GATE bridge
190.5	R	E/S	0.2	BIKE PATH (to Park Royal Mall / W.Vancouver) access below old hwy's dept building
190.7	BR	W	0.3	BRIDGE RD (bridge over Capilano River)
191	R	N	0.2	TAYLOR WAY @4 way stop
191.2	SO	N	0.3	TAYLOR WAY@lights (steep ascent)
191.5	R	E	0.5	KEITH RD @lights
192	L	N	0.4	3rd ST @stop
192.4	L	W	0.5	ENGLEWOOD AVE (no choice)
192.9	SO	W	0.5	BURLEY DR @lights (Taylor Way)
193.4	BR	NW	0.4	BURLEY DR @ (Kings ave)
193.8	SO	W	0.4	BURLEY DR / MATHERS AVE
194.2	SO	W	0.5	MATHERS AVE @stop
194.7	R	N	0.5	15th ST @stop (steep ascent)
195.2	BL	W	4.3	HWY 1/99 West
199.5	BR	W	0.8	EXIT 7 WESTMOUNT RD (to hwy overpass)
200.3				FINISH: Westmount Chevron (across from Westmount Park and Ride)

Note: Ride organizers may make last minute changes because of road closures or other problems. The route sheet you receive at the start of the ride is the official one.

R-right L-left BR-bear right BL-bear left S-straight SO-straight on T-turn around