

2026 Interlakes 400

0.0	📍	Start of route	0.1
0.1	↑	Todd Hill Crescent	0.2
0.3	→	Dallas Drive	1.2
1.5	↑	Dallas Drive	0.2
1.7	→	Keep R Nina Place to underpass	0.2
1.9	←	L onto Hwy 1 after underpass	8.2
10.1	↗	Keep R to City Centre	1.0
11.1	↖	Keep L onto Columbia Street	0.2
11.3	→	Nicola Street	1.5
12.8	←	5th Avenue	0.1
12.9	↑	Cross Columbia St, Follow Bike Route signs to XGetTem Trail	0.6
13.5	↖	Keep L onto Xget'tem' Trail	1.7

13.5 kilometers. +120/-64 meters

15.2	←	To intersection	0.0
15.2	→	Cross intersection to Notre Dame	1.7
16.9	←	Hillside Drive	2.9
19.8	↑	Cross Copperhead Drive	2.5
22.3	↖	Gravel path to Hwy 1	1.3
23.6	↗	Exit to hwy 1 (Cache Creek)	72.3
95.9	→	Hwy 97 N	0.1
96.0	✂	CONTROL #1 Cache Creek Charging Station	0.0
96.0	↑	Continue onto Cariboo Highway	0.2
96.3	↑	Continue onto Cariboo Highway	70.9
167.2	→	R onto N Bonaparte Rd./Green Lake Rd.	0.1

153.7 kilometers. +1835/-1290 meters

167.2	↗	Slight R onto North Bonaparte Road	8.5
175.8	←	L onto Green Lake North Road	18.3
194.1	↖	Watch Lake Road	1.4
195.5	✂	CONTROL #2 Watch Lake Rd. @ Moose Point Drive	2.0
197.5	←	Watch Lake Road	13.1
210.6	→	Highway 24,	85.8
296.4	✂	Control #3 Hwy 24 @ Hwy 5	0.0
296.4	→	Highway 5	92.9
389.3	↗	Keep right- Exit for Valleyview/ Hwy 1 East	0.1
389.4	↗	Keep R to Valleyview Drive	0.6
390.0	↖	Keep L onto Valleyview Drive	5.3

222.8 kilometers. +1993/-2721 meters

395.2	↑	At roundabout, take exit 2 onto Grand Boulevard	0.1
395.4	→	Hwy 1	2.8
398.1	↗	Exit to Dallas Drive	0.2
398.3	↗	At roundabout, take exit 2 onto Dallas Drive	0.5
398.9	↖	L onto Dallas Drive	1.2
400.1	←	L onto Todd Hill Crescent	0.3
400.4	✂	Finish Control Dallas Park	0.0

10.4 kilometers. +36/-45 meters