

Dist	Type	Note	Next
0.0	✍	START / FINISH	0.0
0.0	➔	R onto Piercy Avenue	0.0
0.1	➔	R onto 17th Street	0.1
0.2	➔	R onto laneway	0.0
0.2	➔	R onto Rotary Trail Gravel	1.4
1.6	➔	R onto sidewalk	0.1
1.7	➔	R onto access road	0.0
1.7	←	L onto trail	0.5
2.2	➔	R onto Willemar Avenue	1.2
3.4	↑	Continue onto Willemar Avenue Roundabout, exit 2	0.8
4.2	↑	Straight onto 5th Street	0.6
4.8	←	L on Menzies Avenue	0.3
5.1	↑	Straight onto 1st Street	1.8
6.9	➔	R onto Powerhouse Road	0.6
7.5	←	L onto Rachel Road	0.5
8.0	←	L onto Salsbury Road	0.7
8.7	←	L onto Bood Road	0.2
8.9	➔	R onto Webb Road	0.9
9.8	➔	R onto Lake Trail Road	0.4
10.2	➔	R onto Comox Logging Road	4.3
14.5	➔	R onto Bevan Road Gravel	0.8
15.2	↑	Straight onto Lake Trail Road	0.0
15.3	✍	CONTROL 1 Right bend from Bevan Road onto Lake Trail Road	5.0

15.3 kilometers. +182/-65 meters

Dist	Type	Note	Next
20.2	➔	R onto Marsden Road	2.3
22.5	➔	R onto Cumberland Road	0.3
22.8	➔	R onto Comox Valley Parkway	2.4
25.2	←	L onto Inland Island Highway,19	16.3
41.5	➔	R onto Exit 101	0.4
42.0	←	L onto Buckley Bay Road	0.4
42.3	➔	R into Buckley Bay Rest Area	0.3
42.7	✍	CONTROL 2 Second crosswalk in turn around loop at south end of Buckley Bay Rest Area	0.3
43.0	➔	R onto Buckley Bay Road	0.7
43.7	←	L onto South Island Highway,19A	15.8
59.5	←	L onto Royston Road	2.2
61.7	➔	R onto Minto Road	2.1
63.8	➔	R onto Fraser Road	2.9
66.7	←	L onto South Island Highway	0.4
67.2	↑	Continue onto Cliffe Avenue	0.8
68.0	➔	R onto Mansfield Drive	0.3
68.4	➔	R onto access road	0.0
68.4	←	L onto Courtenay Riverway	0.7
69.0	➔	R on Courtenay Riverway	0.1
69.1	↱	Slight L on Courtenay Riverway	0.0
69.1	➔	R on Courtenay Riverway	0.5
69.7	←	L into Old House Hotel parking lot.	0.1
69.7	➔	R onto Riverside Lane	0.0
69.8	➔	R onto Route 19A	0.2

54.5 kilometers. +387/-455 meters

Dist	Type	Note	Next
69.9	➔	R onto Comox Road	3.4
73.4	↑	Continue onto Comox Avenue Roundabout, exit 1	0.4
73.8	↑	Continue onto Comox Avenue Roundabout, exit 2	1.8
75.5	➔	R onto Comox Avenue	0.3
75.9	←	L onto Donovan Drive	0.3
76.2	➔	R onto Balmoral Avenue	0.3
76.5	←	L onto Torrence Road	0.1
76.5	➔	R onto Lazo Road	0.8
77.4	↑	Continue onto Balmoral Road	0.4
77.7	←	L onto Morland Road	0.1
77.8	➔	R onto Curtis Road	1.1
78.9	←	L onto Brent Road Gravel	0.3
79.3	↑	Continue on Brent Road	0.6
79.8	➔	R onto Lazo Road	0.9
80.8	←	L onto Sand Pines Drive	0.8
81.5	➔	R onto Sand Pines Crescent	0.2
81.8	←	L onto Sand Pines Crescent	0.9
82.7	✂	CONTROL 3 Stop Sign at corner of Sand Pines Crescent and Sand Pines Drive	0.4
83.1	➔	R onto Sand Pines Drive	0.1
83.2	←	L onto Brent Road	0.4
83.6	↑	Continue onto Southwind Road	0.4
84.1	←	L onto Southwind Road	0.6
84.7	←	L onto Lazo Road	0.5

14.9 kilometers. +133/-132 meters

Dist	Type	Note	Next
85.2	↑	Continue onto Knight Road	3.8
89.0	↑	Continue onto Knight Road Roundabout, exit 2	0.6
89.6	➔	R onto Hudson Road	0.9
90.5	←	L onto Atlas Road	0.8
91.4	➔	R onto Anderton Road	0.4
91.8	➔	R onto Ryan Road	1.8
93.6	←	L onto Little River Road	1.4
95.0	➔	R onto Kilmorley Road	1.0
96.0	←	L onto Astra Road	1.1
97.1	←	L onto Booth Road	0.4
97.4	➔	R onto Little River Road	0.0
97.4	←	L onto Wilkinson Road	0.3
97.7	➔	R onto Singing Sands Road	0.5
98.2	✂	CONTROL 4 Alard's House 1938 Singing Sands Road	0.0
98.2	↻	Return on Singing Sands Road	0.5
98.6	➔	R onto Wilkinson Rd	0.8
99.5	←	L onto Ellenor Road	1.3
100.8	➔	R onto Anderton Road	1.3
102.1	↑	Continue onto Waveland Road	2.5
104.6	←	L onto Bates Road	3.8
108.4	←	L onto Coleman Road	1.4
109.8	←	L onto Hardy Road	3.9
113.7	➔	R onto North Island Highway	17.2
130.8	➔	R onto Glenmore Road	0.1

46.1 kilometers. +423/-438 meters

Dist	Type	Note	Next
130.9	→	R into Discovery Foods Parking Lot	0.0
131.0	✍	CONTROL 5 Forbidden Zone Pizza 2207-D Glenmore Road Oyster River	0.0
131.0	↪	Return to Glenmore Road	0.1
131.0	→	R onto Glenmore Road	0.2
131.2	→	R onto Regent Road	0.4
131.6	←	L onto Saratoga Road	0.4
132.0	↑	Continue onto Henderson Avenue	0.2
132.2	←	L onto Eyre Road	0.1
132.4	→	R onto Clarkson Avenue	2.0
134.4	→	R onto Clarkson Avenue	0.2
134.6	→	R onto Miracle Beach Drive	2.2
136.7	←	L onto North Island Highway	4.3
141.1	→	R onto Endall Road	2.0
143.0	←	L onto Sturgess Road	4.4
147.4	→	R onto Spike Road	0.3
147.8	←	L onto Railway Avenue	2.2
150.0	←	L onto Headquarters Road	2.4
152.4	→	R onto Headquarters Road	9.2
161.6	→	R onto Piercy Road	6.5
168.2	→	R onto Inland Island Highway, 19	3.3
171.5	→	R on Dove Creek Road	0.4
171.9	←	L onto South Farnham Road	0.0
172.0	✍	CONTROL 6 Intersection of Dove Creek Road and South Farnham Road	4.3

41.1 kilometers. +423/-334 meters

Dist	Type	Note	Next
176.3	↑	Continue onto Farnham Road	1.4
177.7	←	L onto Fitzgerald Road	0.5
178.2	→	R onto Tsolum River Road	4.9
183.1	↑	Continue onto Smith Road	2.7
185.8	→	R onto Island Highway North Highway, 19A	6.1
191.9	→	R onto Cotton Road	0.0
191.9	←	L onto Cliffe Road	0.4
192.3	←	L onto Cliffe Road	0.0
192.3	→	R onto Vanier Drive	1.0
193.3	←	L onto Headquarters Road	1.5
194.8	→	R onto Old Island Highway	0.4
195.2	→	R onto trail at Courtenay Rotary Water Park	0.7
195.9	→	R across parking lot	0.1
196.0	→	R onto trail	0.1
196.1	←	L to bridge	0.0
196.1	→	R to cross 6th Street Bridge	0.1
196.2	↑	Continue onto 6th Street	0.1
196.3	←	L onto Courtenay Riverway	0.3
196.6	→	R onto 11th Street	0.4
196.9	←	L onto Fitzgerald Avenue	1.5
198.5	→	R onto 26th Street	0.8
199.3	→	R onto Urquhart Avenue	0.9
200.3	→	R onto 17th Street	0.3
200.6	→	R onto Piercy Avenue	0.1

28.6 kilometers. +156/-213 meters

Dist	Type	Note	Next
200.6		START / FINISH	0.0
200.6		End of route	0.0

0.1 kilometers. +0/-0 meters