

Poco - Chilliwack 200 km

Permanent # 89

Start at Waves Coffee 2613
Shaughnessy Street, Port
Coquitlam (corner of McAllister)

Total km	Turn	Dir	Do this	Distance
		SW	Southwest on Shaughnessy St toward McAllister Ave	0.0
0.0	L	SE	Left onto McAllister Ave	0.2
0.2	R	S	Right onto Mary Hill Rd	0.1
0.3	L	E	left onto Wilson Ave	0.2
0.5	R	S	Right onto Kingsway Ave	2.7
3.2	L	E	Left onto Mary Hill Bypass	1.0
4.2	BR	E	Bear right onto Pitt River Bridge	4.1
8.3	R	S	Right at Harris Rd (signs for Business Center)	2.6
10.9	L	E	Left around traffic circle onto Airport Way	1.3
12.2	R	SE	Right toward 100a Ave	0.3
12.5	R	S	Right onto Golden Ears Bridge	2.7
15.2	R	E	Off bridge at ramp on right. Go east under bridge on 100a St.	0.1
15.3	L	N	At the traffic circle, take the 2nd exit onto 201 St (northbound under bridge)	0.5
15.8	R	E	201 St turns right and becomes 102b Ave	1.4
17.2	L	N	Left at 208 St	0.9
18.1	R	E	Right at Allard Crescent	6.4
24.5	L	S	Left at McKinnon Crescent	1.2
25.7	L	E	Left at Billy Brown Rd	1.2
26.9	R	SW	Right at Glover Rd	0.1
26.9	L	SE	Left at Mavis Ave	0.1
27.0	L	SW	Left at River Rd	1.7
28.7	R	S	Right at 240 St	1.3
30.0	L	S	Left to stay on 240 St	0.9
30.9	L	E	Left at 80 Ave	0.6
31.5	R	SE	Right at Telegraph Trail	2.1
33.6	L	E	Left at 72 Ave	0.9

34.5	L	NE	Left at 252A Crescent	1.0
35.5	R	S	Right at 256 St	0.2
35.7	L	E	Left at 72 Ave	1.6
37.3	R	S	Right at 264 St	1.7
39.0	L	E	Left at 64 Ave	1.6
40.6	R	S	Right at 272 St	1.2
41.8	L	E	Left at 58 Crescent	0.8
42.6	L	S	Left onto 56 Ave	0.4
43.0	R	S	Right onto Baynes St.	0.6
43.6	L	E	Left onto Myrtle Ave	0.6
44.2	R	S	Right onto Lefevre Rd.	1.0
45.2	R	W	Left at Townshipline Rd	4.8
50.0	L	N	Left onto Mt. Lehman	0.8
50.8	R	E/S	Right onto Hawkins b/c Olund b/c Bates	3.3
54.1	R	E	Right onto Townshipline Rd.	5.0
59.1	R	S	Right onto Riverside (before Hwy 11)	0.8
59.9	L	E	Left onto Clayburn (X Hwy11)	2.6
62.5	BL	E	Clayburn Rd bc Straiton. Take left fork.	4.3
66.8			Control #1 Info Control. Corner of Dawson and Sumas Mt. Rd.	
66.8	R	S	Right onto Sumas Mountain Rd	5.1
71.9	L	NE	Left onto N Parallel Rd	1.4
73.3	R	E	Right onto Atkinson b/c N. Parallel	4.7
78.0	R	E	Right onto No. 3 Rd	1.5
79.5	L	N	Left onto Inter Provincial Hwy	1.5
81.0	R	E	Right onto No 2 Rd	2.1
83.1	R	S	Right onto Boundary Rd	0.2
83.3	L	E	Left onto Keith Wilson Rd	8.6
91.9	L	N	Left onto Vedder	0.9
92.8	R	E	Right onto Promontory	1.0
93.8	L	N	Left onto Chilliwack River Rd b/c Yound Rd	7.9
101.7			Control #2 Pedal Sport Bike Shop corner of Young Rd. and 4 Ave	
101.7	L	W	Left onto Cheam Ave	0.3
102.0	CO	W	Cross Yale Rd. Cheam b/c Hodgins Ave	1.0
103.0	CO	W	Continue onto Wolfe Rd	1.2
104.2	L	S	Wolfe Rd tuns slightly left and becomes Schweyey Rd	1.0

105.2	R	W	Right onto Chilliwack Mountain Rd b/c Old Orchard	5.9
111.1	R	W	Right onto Industrial Way	3.5
114.6	L	E	Left onto Yale Rd W	0.8
115.4	R	S	Right onto Chadsey Rd	3.1
118.5	R	W	Right onto Keith Wilson Rd	1.0
119.5	L	S	left onto Boundary Rd	1.4
120.9	R	W	Jog Right at No 3. Rd.	0.0
120.9	L	S	Left onto Boundary b/c Town Rd. b/c Campbell Rd.	6.3
127.2	L	S/W	left onto Inter Provincial Hwy b/c Wells Line Rd.	8.3
135.5	L	S	left onto Fadden Rd.	0.9
136.4			Control #3 Birchwood Dairy	
136.4	R	W	Right onto Nelles Rd.	1.0
137.4	L	S	Left onto Whatcom Rd.	0.7
138.1	R	W	Right onto Vye Rd.	18.3
156.4	R	N	Right onto 272 St.	8.4
164.8	CO	W	Continue onto 52 Ave (before freeway)	1.8
166.6	R	N	Right onto 264 St. (over Freeway)	1.6
168.2	L	W	Left onto 60 Ave.	1.6
169.8	R	N	Right onto 256 St.	1.9
171.7	L	W	Left onto 72 Ave	1.8
173.5	R	N	Right onto Telegraph Trail	2.1
175.6	L	W	Left onto 80 Ave.	0.6
176.2	R	N	Right onto 240 St.	0.9
177.1	R	N	Right to stay on 240 St.	1.3
178.4	L	W	Left on River Rd.	1.6
180.0	R	W	Right on Mavis Ave.	0.2
180.2	R	N	Right on Glover	0.1
180.3	L	W	Left on Billy Brown (after tracks)	1.2
181.5	R	W	Right onto 96 Ave.	0.5
182.0	L	W	Keep left at the fork to stay on 96 Ave.	5.0
187.0	R	N	Right onto 201. St.	0.8
187.8	L	N	Take spirial ramp onto Golden Ears bridge	3.9
191.7	L	W	Left at roundabout onto Maple Meadows Way (just before tracks)	0.1
191.8	CO	W	Maple Meadows b/c Hammond Way (has bike route)	1.5

193.3	R	N	Right onto Harris Rd.	1.6
194.9	L	W	Left on Lougheed Hwy	6.1
201.0	R	S	Right on Coast Meridian (over railway yard – CLOVERLEAF)	1.2
202.2	R	NW	Right onto Kingsway Ave	1.4
203.6	L	NW	left onto Wilson Ave	0.2
203.8	R	N	Right on Mary Hill Rd.	0.1
203.9	L	NW	Left on McAllister	0.3
			Control #4 Waves Coffee 2613 Shaughnessy Street, Port Coquitlam (corner of McAllister)	

R-right L-left CO-continue on
BR-bear right BL-bear left T-turnaround