

| T from u at km Last r n | | | | then Go | T from u at km Last r n | | | | then Go |
|---------------------------------|------|-----|--|------------|---------------------------------|------|-----|--|------------|
| Route | | | | | Route | | | | |
| 0.0 | 0.0 | x-x | START: START OF ROUTE | 0.2 | 0.0 | 0.0 | x-x | START: START OF ROUTE | 0.2 |
| 0.2 | | L | CAREY RD | 0.2 | 0.2 | | L | CAREY RD | 0.2 |
| 0.4 | 0.4 | R | TRANS-CANADA HWY/BC-1 N | 3.8 | 0.4 | 0.4 | R | TRANS-CANADA HWY/BC-1 N | 3.8 |
| 4.2 | 4.2 | SO | RAMP TO VIEW ROYAL | 0.3 | 4.2 | 4.2 | SO | RAMP TO VIEW ROYAL | 0.3 |
| 4.6 | 4.6 | SO | TRANS-CANADA HIGHWAY/BC-1 N - slight left, ramp to Nanaimo | 0.3 | 4.6 | 4.6 | SO | TRANS-CANADA HIGHWAY/BC-1 N - slight left, ramp to Nanaimo | 0.3 |
| 4.9 | 4.9 | SO | TRANS-CANADA HWY/BC-1 N | 0.5 | 4.9 | 4.9 | SO | TRANS-CANADA HWY/BC-1 N | 0.5 |
| 5.4 | 5.4 | SO | TAKE EXIT 10 TOWARD VIEW ROYAL/COLWOOD | 0.7 | 5.4 | 5.4 | SO | TAKE EXIT 10 TOWARD VIEW ROYAL/COLWOOD | 0.7 |
| 6.1 | 6.1 | SO | CONTINUE STRAIGHT | 0.3 | 6.1 | 6.1 | SO | CONTINUE STRAIGHT | 0.3 |
| 6.4 | 6.4 | SO | ISLAND HWY S | 0.5 | 6.4 | 6.4 | SO | ISLAND HWY S | 0.5 |
| 7.0 | 7.0 | R | SIX MILE RD | 0.9 | 7.0 | 7.0 | R | SIX MILE RD | 0.9 |
| 7.8 | 7.8 | L | TRANS CANADA HIGHWAY/BC-1 N - ramp to Nanaimo | 0.3 | 7.8 | 7.8 | L | TRANS CANADA HIGHWAY/BC-1 N - ramp to Nanaimo | 0.3 |
| 8.1 | 8.1 | SO | ISLAND HWY/TRANS-CANADA HWY/BC-1 N | 50.4 | 8.1 | 8.1 | SO | ISLAND HWY/TRANS-CANADA HWY/BC-1 N | 50.4 |
| CONTROL #01: EXPERIENCE | | | | | CONTROL #01: EXPERIENCE | | | | |
| 58.5 | 58.5 | x-x | CYCLING | 0.0 | 58.5 | 58.5 | x-x | CYCLING | 0.0 |
| 58.5 | 0.0 | R | HWY #1 - North on leavng control | 33.7 | 58.5 | 0.0 | R | HWY #1 - North on leavng control | 33.7 |
| 92.2 | 33.7 | R | CEDAR RD TOWARD YELLOW POINT - exit right from Hwy #1 | 2.9 | 92.2 | 33.7 | R | CEDAR RD TOWARD YELLOW POINT - exit right from Hwy #1 | 2.9 |
| 95.1 | 36.6 | R | YELLOW POINT RD | 2.3 | 95.1 | 36.6 | R | YELLOW POINT RD | 2.3 |
| 97.5 | 39.0 | R | DOOLE RD | 0.3 | 97.5 | 39.0 | R | DOOLE RD | 0.3 |
| CONTROL #02: 13490 DOOLE | | | | | CONTROL #02: 13490 DOOLE | | | | |
| 97.8 | 39.3 | x-x | ROAD - chez Fishlock | 0.0 | 97.8 | 39.3 | x-x | ROAD - chez Fishlock | 0.0 |
| 97.8 | 0.0 | U | MAKE A U-TURN - to exit control | 0.1 | 97.8 | 0.0 | U | MAKE A U-TURN - to exit control | 0.1 |
| 97.9 | 0.1 | L | DOOLE RD | 0.2 | 97.9 | 0.1 | L | DOOLE RD | 0.2 |
| 98.1 | 0.3 | SO | QUENNEL RD | 5.8 | 98.1 | 0.3 | SO | QUENNEL RD | 5.8 |
| 103.9 | 6.1 | R | CEDAR RD | 4.3 | 103.9 | 6.1 | R | CEDAR RD | 4.3 |
| 108.2 | 10.4 | L | CEDAR RD - to stay on Cedar Rd | 3.0 | 108.2 | 10.4 | L | CEDAR RD - to stay on Cedar Rd | 3.0 |
| 111.2 | 13.4 | R | ISLAND HWY/TRANS-CANADA HWY/BC-1 N - signs for Nanaimo/British Columbia 19 | 1.3 | 111.2 | 13.4 | R | ISLAND HWY/TRANS-CANADA HWY/BC-1 N - signs for Nanaimo/British Columbia 19 | 1.3 |
| 112.5 | 14.7 | R | HALIBURTON ST - Note: this is the 2nd Haliburton Rd exit | 3.3 | 112.5 | 14.7 | R | HALIBURTON ST - Note: this is the 2nd Haliburton Rd exit | 3.3 |
| 115.8 | 18.0 | R | CRACE ST - at T | 0.1 | 115.8 | 18.0 | R | CRACE ST - at T | 0.1 |
| 115.8 | 18.1 | L | ESPLANADE | 0.2 | 115.8 | 18.1 | L | ESPLANADE | 0.2 |
| 116.0 | 18.2 | R | FRONT ST | 1.0 | 116.0 | 18.2 | R | FRONT ST | 1.0 |
| 117.0 | 19.2 | CO | COMOX RD | 0.2 | 117.0 | 19.2 | CO | COMOX RD | 0.2 |
| 117.3 | 19.5 | R | ISLAND HWY/TERMINAL AVE/TRANS-CANADA HWY/BC-1 N | 0.2 | 117.3 | 19.5 | R | ISLAND HWY/TERMINAL AVE/TRANS-CANADA HWY/BC-1 N | 0.2 |
| 117.5 | 19.7 | R | STEWART AVE/TRANS-CANADA HWY/BC-1 N | 1.5 | 117.5 | 19.7 | R | STEWART AVE/TRANS-CANADA HWY/BC-1 N | 1.5 |
| 119.0 | 21.2 | L | LARCH ST | 0.5 | 119.0 | 21.2 | L | LARCH ST | 0.5 |
| 119.6 | 21.8 | R | ESTEVAN RD | 1.0 | 119.6 | 21.8 | R | ESTEVAN RD | 1.0 |
| 120.6 | 22.8 | SO | DEPARTURE BAY RD | 0.4 | 120.6 | 22.8 | SO | DEPARTURE BAY RD | 0.4 |
| 121.0 | 23.2 | L | MONTROSE AVE | 0.2 | 121.0 | 23.2 | L | MONTROSE AVE | 0.2 |
| 121.2 | 23.4 | R | HIGHLAND BLVD | 1.3 | 121.2 | 23.4 | R | HIGHLAND BLVD | 1.3 |

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| Route | | | | | | Route | | | | | |
| 122.5 | 24.7 | CO | ISLAND HWY/BC-19A N - join highway | | 0.9 | 122.5 | 24.7 | CO | ISLAND HWY/BC-19A N - join highway | | 0.9 |
| 123.4 | 25.6 | R | ROCK CITY RD | | 0.2 | 123.4 | 25.6 | R | ROCK CITY RD | | 0.2 |
| 123.6 | 25.8 | L | GLEN EAGLE CRESCENT | | 0.3 | 123.6 | 25.8 | L | GLEN EAGLE CRESCENT | | 0.3 |
| 123.9 | 26.1 | R | COUNTRY CLUB DR | | 0.3 | 123.9 | 26.1 | R | COUNTRY CLUB DR | | 0.3 |
| 124.2 | 26.4 | L | WASSEL WAY | | 0.1 | 124.2 | 26.4 | L | WASSEL WAY | | 0.1 |
| 124.3 | 26.5 | R | DEPARTURE BAY RD | | 0.3 | 124.3 | 26.5 | R | DEPARTURE BAY RD | | 0.3 |
| 124.6 | 26.8 | L | UPLANDS DR | | 5.6 | 124.6 | 26.8 | L | UPLANDS DR | | 5.6 |
| 130.2 | 32.4 | L | DOVER RD | | 1.3 | 130.2 | 32.4 | L | DOVER RD | | 1.3 |
| 131.5 | 33.7 | SO | LANTZVILLE RD | | 5.4 | 131.5 | 33.7 | SO | LANTZVILLE RD | | 5.4 |
| 136.9 | 39.1 | R | BC-19 N - signs for Parksville | | 11.8 | 136.9 | 39.1 | R | BC-19 N - signs for Parksville | | 11.8 |
| 148.7 | 50.9 | SO | EXIT 46 - toward Parksville | | 0.5 | 148.7 | 50.9 | SO | EXIT 46 - toward Parksville | | 0.5 |
| 149.3 | 51.5 | SO | ISLAND HWY E - merge onto highway | | 16.0 | 149.3 | 51.5 | SO | ISLAND HWY E - merge onto highway | | 16.0 |
| CONTROL #03: QUALICUM | | | | | | CONTROL #03: QUALICUM | | | | | |
| 165.2 | 67.4 | x-x | BEACH SHELL | | 0.0 | 165.2 | 67.4 | x-x | BEACH SHELL | | 0.0 |
| 165.2 | | CO | ISLAND HWY - continue North on Island Hwy | | 60.7 | 165.2 | | CO | ISLAND HWY - continue North on Island Hwy | | 60.7 |
| 225.9 | 60.7 | R | 17 ST | | 0.3 | 225.9 | 60.7 | R | 17 ST | | 0.3 |
| 226.2 | 61.0 | R | COMOX RD - becomes Pritchard | | 5.6 | 226.2 | 61.0 | R | COMOX RD - becomes Pritchard | | 5.6 |
| 231.8 | 66.6 | L | PRITCHARD RD - slight left onto Pritchard | | 3.5 | 231.8 | 66.6 | L | PRITCHARD RD - slight left onto Pritchard | | 3.5 |
| 235.2 | 70.0 | SO | MILITARY ROW - 2nd exit from roundabout | | 1.5 | 235.2 | 70.0 | SO | MILITARY ROW - 2nd exit from roundabout | | 1.5 |
| CONTROL #04: COMOX AIR FORCE MUSEUM - answer question on control card | | | | | | CONTROL #04: COMOX AIR FORCE MUSEUM - answer question on control card | | | | | |
| 236.7 | 71.5 | x-x | question on control card | | 0.1 | 236.7 | 71.5 | x-x | question on control card | | 0.1 |
| 236.8 | 0.1 | L | RYAN RD | | 1.8 | 236.8 | 0.1 | L | RYAN RD | | 1.8 |
| 238.6 | 1.9 | R | ANDERTON RD | | 1.4 | 238.6 | 1.9 | R | ANDERTON RD | | 1.4 |
| 240.0 | 3.3 | SO | ANDERTON RD - keep left | | 1.3 | 240.0 | 3.3 | SO | ANDERTON RD - keep left | | 1.3 |
| 241.3 | 4.6 | CO | WAVELAND RD | | 2.5 | 241.3 | 4.6 | CO | WAVELAND RD | | 2.5 |
| 243.8 | 7.1 | L | BATES RD - signs for Campbell River/BC-19A N | | 3.8 | 243.8 | 7.1 | L | BATES RD - signs for Campbell River/BC-19A N | | 3.8 |
| 247.6 | 10.9 | L | COLEMAN RD | | 4.2 | 247.6 | 10.9 | L | COLEMAN RD | | 4.2 |
| 251.8 | 15.1 | R | S ISLAND HWY - signs for Campbell River | | 33.8 | 251.8 | 15.1 | R | S ISLAND HWY - signs for Campbell River | | 33.8 |
| 285.6 | 48.9 | CO | SHOPPERS ROW | | 0.3 | 285.6 | 48.9 | CO | SHOPPERS ROW | | 0.3 |
| 285.9 | 49.2 | R | SHOPPERS ROW | | 0.6 | 285.9 | 49.2 | R | SHOPPERS ROW | | 0.6 |
| 286.5 | 49.8 | SO | 16 AVE | | 0.1 | 286.5 | 49.8 | SO | 16 AVE | | 0.1 |
| CONTROL #05: TOWN CENTER | | | | | | CONTROL #05: TOWN CENTER | | | | | |
| 286.6 | 49.9 | x-x | INN - drop bags | | 0.0 | 286.6 | 49.9 | x-x | INN - drop bags | | 0.0 |
| 286.6 | 0.0 | SO | 16 AVE | | 1.3 | 286.6 | 0.0 | SO | 16 AVE | | 1.3 |
| 287.9 | 1.3 | R | REDWOOD ST | | 0.2 | 287.9 | 1.3 | R | REDWOOD ST | | 0.2 |
| 288.1 | 1.5 | L | ISLAND HWY | | 0.5 | 288.1 | 1.5 | L | ISLAND HWY | | 0.5 |
| 288.6 | 2.0 | SO | CAMPBELL RIVER RD/GOLD RIVER HWY/BC-28 W | | 2.2 | 288.6 | 2.0 | SO | CAMPBELL RIVER RD/GOLD RIVER HWY/BC-28 W | | 2.2 |
| 290.8 | 4.2 | L | GOLD RIVER HWY/BC-28 W | | 45.2 | 290.8 | 4.2 | L | GOLD RIVER HWY/BC-28 W | | 45.2 |
| 336.0 | 49.4 | R | GOLD RIVER HWY/BC-28 W | | 39.6 | 336.0 | 49.4 | R | GOLD RIVER HWY/BC-28 W | | 39.6 |
| 375.6 | 89.0 | L | GOLD RIVER HWY/MUCHALAT DR/BC-28 W - signs for Government Wharf | | 0.4 | 375.6 | 89.0 | L | GOLD RIVER HWY/MUCHALAT DR/BC-28 W - signs for Government Wharf | | 0.4 |
| 376.1 | 89.5 | R | NIMPKISH DR | | 0.1 | 376.1 | 89.5 | R | NIMPKISH DR | | 0.1 |

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| CONTROL #06: GOLD RIVER | | | | | CONTROL #06: GOLD RIVER | | | | |
| 376.2 | 89.6 | x-x | CHALET - drop bags | 0.0 | 376.2 | 89.6 | x-x | CHALET - drop bags | 0.0 |
| 376.2 | 0.0 | L | GOLD RIVER HWY/MUCHALAT DR/BC-28 E - return to Campbell River | 0.4 | 376.2 | 0.0 | L | GOLD RIVER HWY/MUCHALAT DR/BC-28 E - return to Campbell River | 0.4 |
| 376.6 | 0.4 | R | GOLD RIVER HWY/BC-28 E - signs for Campbell River | 39.7 | 376.6 | 0.4 | R | GOLD RIVER HWY/BC-28 E - signs for Campbell River | 39.7 |
| 416.3 | 40.1 | L | GOLD RIVER HWY/BC-28 E | 45.2 | 416.3 | 40.1 | L | GOLD RIVER HWY/BC-28 E | 45.2 |
| 461.4 | 85.2 | R | CAMPBELL RIVER RD/GOLD RIVER HWY/BC-28 E | 2.2 | 461.4 | 85.2 | R | CAMPBELL RIVER RD/GOLD RIVER HWY/BC-28 E | 2.2 |
| 463.7 | 87.5 | R | INLAND ISLAND HIGHWAY/WILLOW ST S/BC-19 S - signs for Nanaimo | 0.3 | 463.7 | 87.5 | R | INLAND ISLAND HIGHWAY/WILLOW ST S/BC-19 S - signs for Nanaimo | 0.3 |
| 464.0 | 87.8 | L | 16 AVE | 1.8 | 464.0 | 87.8 | L | 16 AVE | 1.8 |
| CONTROL #07: TOWN CENTER | | | | | CONTROL #07: TOWN CENTER | | | | |
| 465.8 | 89.6 | x-x | INN - drop bags | 0.0 | 465.8 | 89.6 | x-x | INN - drop bags | 0.0 |
| 465.8 | 0.0 | R | DOGWOOD ST | 0.8 | 465.8 | 0.0 | R | DOGWOOD ST | 0.8 |
| 466.6 | 0.8 | R | 9 AVE | 0.7 | 466.6 | 0.8 | R | 9 AVE | 0.7 |
| 467.3 | 1.5 | SO | HOMWOOD RD | 0.8 | 467.3 | 1.5 | SO | HOMWOOD RD | 0.8 |
| 468.1 | 2.3 | SO | 14 AVE | 0.7 | 468.1 | 2.3 | SO | 14 AVE | 0.7 |
| 468.8 | 3.0 | R | INLAND ISLAND HIGHWAY/TAMARAC ST N/BC-19 N - CAUTION! - no shoulder, drop at edge of pavement due to construction | 64.1 | 468.8 | 3.0 | R | INLAND ISLAND HIGHWAY/TAMARAC ST N/BC-19 N - CAUTION! - no shoulder, drop at edge of pavement due to construction | 64.1 |
| CONTROL #08: SAYWARD GAS STATION - answer question on control card | | | | 65.5 | CONTROL #08: SAYWARD GAS STATION - answer question on control card | | | | 65.5 |
| 598.4 | 65.5 | L | ENGLEWOOD DR - CAUTION! - dangerous drop at RR tracks - cross with extreme caution | 1.1 | 598.4 | 65.5 | L | ENGLEWOOD DR - CAUTION! - dangerous drop at RR tracks - cross with extreme caution | 1.1 |
| 599.5 | 66.6 | SO | RAILWAY AVE | 0.1 | 599.5 | 66.6 | SO | RAILWAY AVE | 0.1 |
| 599.6 | 66.7 | SO | MACRAE DR | 0.1 | 599.6 | 66.7 | SO | MACRAE DR | 0.1 |
| CONTROL #09: WOSS COMMUNITY HALL - next to Fire Hall | | | | 0.0 | CONTROL #09: WOSS COMMUNITY HALL - next to Fire Hall | | | | 0.0 |
| 599.7 | 66.8 | x-x | MACRAE DR - back the way you came - watch tracks! | 0.2 | 599.7 | 66.8 | x-x | MACRAE DR - back the way you came - watch tracks! | 0.2 |
| 599.7 | 0.0 | L | MACRAE DR - back the way you came - watch tracks! | 0.2 | 599.7 | 0.0 | L | MACRAE DR - back the way you came - watch tracks! | 0.2 |
| 599.9 | 0.2 | L | ENGLEWOOD DR | 1.1 | 599.9 | 0.2 | L | ENGLEWOOD DR | 1.1 |
| 601.0 | 1.3 | L | BC-19 N | 100.6 | 601.0 | 1.3 | L | BC-19 N | 100.6 |
| 701.6 | 101.9 | L | DOUGLAS ST/BC-19 | 2.9 | 701.6 | 101.9 | L | DOUGLAS ST/BC-19 | 2.9 |
| CONTROL #10: PORT HARDY, DOUGLAS & GRANVILLE - or your choice | | | | 0.0 | CONTROL #10: PORT HARDY, DOUGLAS & GRANVILLE - or your choice | | | | 0.0 |
| 704.5 | 104.8 | x-x | GRANVILLE ST | 0.4 | 704.5 | 104.8 | x-x | GRANVILLE ST | 0.4 |
| 704.5 | 0.0 | R | GRANVILLE ST | 0.4 | 704.5 | 0.0 | R | GRANVILLE ST | 0.4 |
| 704.9 | 0.4 | R | RUPERT ST | 0.5 | 704.9 | 0.4 | R | RUPERT ST | 0.5 |
| 705.4 | 0.9 | SO | HARDY BAY RD | 2.3 | 705.4 | 0.9 | SO | HARDY BAY RD | 2.3 |
| 707.6 | 3.1 | L | DOUGLAS ST/BC-19 | 37.2 | 707.6 | 3.1 | L | DOUGLAS ST/BC-19 | 37.2 |
| 744.8 | 40.3 | L | CAMPBELL WAY - sign for Port McNeill | 0.9 | 744.8 | 40.3 | L | CAMPBELL WAY - sign for Port McNeill | 0.9 |
| CONTROL #11: PETROCAN GAS STATION | | | | 0.1 | CONTROL #11: PETROCAN GAS STATION | | | | 0.1 |
| 745.7 | 41.2 | x-x | CAMPBELL WAY | 0.9 | 745.7 | 41.2 | x-x | CAMPBELL WAY | 0.9 |
| 745.7 | 0.1 | L | CAMPBELL WAY | 0.9 | 745.7 | 0.1 | L | CAMPBELL WAY | 0.9 |

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| Route | | | | | Route | | | | |
| 746.6 | 1.0 | L | BC-19 S - signs for Beaver Cove/Campbell River | 63.5 | 746.6 | 1.0 | L | BC-19 S - signs for Beaver Cove/Campbell River | 63.5 |
| 810.1 | 64.4 | x-x | CONTROL #12: WOSS - answer question on control card | 0.0 | 810.1 | 64.4 | x-x | CONTROL #12: WOSS - answer question on control card | 0.0 |
| 810.1 | 0.0 | SO | HWY #1 - continue on Hwy #1 to Sayward | 65.3 | 810.1 | 0.0 | SO | HWY #1 - continue on Hwy #1 to Sayward | 65.3 |
| 875.4 | 65.3 | x-x | CONTROL #13: SAYWARD GAS STATION - answer question on control card | 63.8 | 875.4 | 65.3 | x-x | CONTROL #13: SAYWARD GAS STATION - answer question on control card | 63.8 |
| 939.2 | 63.8 | L | ISLAND HWY - signs for British Columbia 19 Alternate S/Downtown/Quadra Island | 1.9 | 939.2 | 63.8 | L | ISLAND HWY - signs for British Columbia 19 Alternate S/Downtown/Quadra Island | 1.9 |
| 941.1 | 65.7 | R | DOGWOOD ST | 0.4 | 941.1 | 65.7 | R | DOGWOOD ST | 0.4 |
| 941.5 | 66.1 | x-x | CONTROL #14: TOWN CENTER INN - drop bags | 0.0 | 941.5 | 66.1 | x-x | CONTROL #14: TOWN CENTER INN - drop bags | 0.0 |
| 941.5 | 0.0 | L | DOGWOOD ST | 0.2 | 941.5 | 0.0 | L | DOGWOOD ST | 0.2 |
| 941.7 | 0.2 | R | ISLAND HWY | 1.1 | 941.7 | 0.2 | R | ISLAND HWY | 1.1 |
| 942.7 | 1.2 | L | S ISLAND HWY/BC-19 ALT S - signs for Quadra Island | 43.9 | 942.7 | 1.2 | L | S ISLAND HWY/BC-19 ALT S - signs for Quadra Island | 43.9 |
| 986.6 | 45.1 | SO | OLD ISLAND HWY - signs for City Centre | 0.7 | 986.6 | 45.1 | SO | OLD ISLAND HWY - signs for City Centre | 0.7 |
| 987.3 | 45.8 | SO | 5 ST | 0.4 | 987.3 | 45.8 | SO | 5 ST | 0.4 |
| 987.7 | 46.2 | L | CLIFFE AVE | 3.6 | 987.7 | 46.2 | L | CLIFFE AVE | 3.6 |
| 991.3 | 49.8 | SO | ISLAND HWY S/BC-19 ALT S | 58.1 | 991.3 | 49.8 | SO | ISLAND HWY S/BC-19 ALT S | 58.1 |
| 1049.4 | 107.9 | x-x | CONTROL #15: QUALICUM BEACH SHELL - or your choice | 0.0 | 1049.4 | 107.9 | x-x | CONTROL #15: QUALICUM BEACH SHELL - or your choice | 0.0 |
| 1049.4 | 107.9 | CO | ISLAND HWY S/BC-19 ALT S | 16.1 | 1049.4 | 107.9 | CO | ISLAND HWY S/BC-19 ALT S | 16.1 |
| 1065.5 | 16.1 | R | BC-19 S - toward Nanalmo on ramp follow signs | 28.0 | 1065.5 | 16.1 | R | BC-19 S - toward Nanalmo on ramp follow signs | 28.0 |
| 1093.6 | 44.2 | R | JINGLE POT RD - exit 18 | 0.2 | 1093.6 | 44.2 | R | JINGLE POT RD - exit 18 | 0.2 |
| 1093.8 | 44.4 | L | INTO JINGLE POT PUB - for safer hwy crossing (or a pint?) | 0.0 | 1093.8 | 44.4 | L | INTO JINGLE POT PUB - for safer hwy crossing (or a pint?) | 0.0 |
| 1093.8 | 44.4 | R | JINGLE POT RD - back across the Hwy | 0.8 | 1093.8 | 44.4 | R | JINGLE POT RD - back across the Hwy | 0.8 |
| 1094.6 | 45.2 | SO | THIRD ST | 1.9 | 1094.6 | 45.2 | SO | THIRD ST | 1.9 |
| 1096.5 | 47.1 | SO | FITZWILLIAM ST - continue on Fitzwilliam | 0.4 | 1096.5 | 47.1 | SO | FITZWILLIAM ST - continue on Fitzwilliam | 0.4 |
| 1096.9 | 47.5 | R | MILTON | 0.6 | 1096.9 | 47.5 | R | MILTON | 0.6 |
| 1097.5 | 48.1 | CO | MILTON - continue on Milton | 0.4 | 1097.5 | 48.1 | CO | MILTON - continue on Milton | 0.4 |
| 1097.9 | 48.5 | SO | VICTORIA RD | 1.7 | 1097.9 | 48.5 | SO | VICTORIA RD | 1.7 |
| 1099.6 | 50.2 | SO | OLD VICTORIA RD | 1.7 | 1099.6 | 50.2 | SO | OLD VICTORIA RD | 1.7 |
| 1101.3 | 51.9 | L | OLD VICTORIA RD - to join Hwy #1 | 0.0 | 1101.3 | 51.9 | L | OLD VICTORIA RD - to join Hwy #1 | 0.0 |
| 1101.3 | 51.9 | R | ISLAND HWY/TRANS-CANADA HWY/BC-1 S | 43.4 | 1101.3 | 51.9 | R | ISLAND HWY/TRANS-CANADA HWY/BC-1 S | 43.4 |
| 1144.7 | 95.3 | R | DRINKWATER RD | 0.0 | 1144.7 | 95.3 | R | DRINKWATER RD | 0.0 |
| 1144.7 | 95.3 | x-x | CONTROL #16: TIM HORTON'S - or your choice | 0.0 | 1144.7 | 95.3 | x-x | CONTROL #16: TIM HORTON'S - or your choice | 0.0 |
| 1144.7 | 0.0 | CO | ISLAND HWY/TRANS-CANADA HWY/BC-1 SOUTH | 50.6 | 1144.7 | 0.0 | CO | ISLAND HWY/TRANS-CANADA HWY/BC-1 SOUTH | 50.6 |

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| Route | | | | | Route | | | | |
| 1195.3 | 50.6 | CO | INTO BIKE TUNNEL - use Bike Route detour to avoid crossing on-ramp | 2.9 | 1195.3 | 50.6 | CO | INTO BIKE TUNNEL - use Bike Route detour to avoid crossing on-ramp | 2.9 |
| 1198.2 | 53.5 | R | EXIT 11 - to View Royal/Colwood | 0.2 | 1198.2 | 53.5 | R | EXIT 11 - to View Royal/Colwood | 0.2 |
| 1198.4 | 53.7 | R | SIX MILE RD - Keep right at the fork, signs for View Royal/Colwood | 0.4 | 1198.4 | 53.7 | R | SIX MILE RD - Keep right at the fork, signs for View Royal/Colwood | 0.4 |
| 1198.8 | 54.1 | L | GALLOPING GOOSE TRAIL AFTER GOING UNDER TRAIL BRIDGE | 0.7 | 1198.8 | 54.1 | L | GALLOPING GOOSE TRAIL AFTER GOING UNDER TRAIL BRIDGE | 0.7 |
| 1199.5 | 54.8 | SO | GALLOPING GOOSE TRAIL - at Burnside | 3.4 | 1199.5 | 54.8 | SO | GALLOPING GOOSE TRAIL - at Burnside | 3.4 |
| 1202.9 | 58.2 | SO | GALLOPING GOOSE TRAIL - at McKenzie | 1.2 | 1202.9 | 58.2 | SO | GALLOPING GOOSE TRAIL - at McKenzie | 1.2 |
| 1204.1 | 59.4 | SO | GALLOPING GOOSE TRAIL - at Tillicum | 1.1 | 1204.1 | 59.4 | SO | GALLOPING GOOSE TRAIL - at Tillicum | 1.1 |
| 1205.2 | 60.5 | R | GALLOPING GOOSE TRAIL - toward - do not cross - bridge over highway | 0.6 | 1205.2 | 60.5 | R | GALLOPING GOOSE TRAIL - toward - do not cross - bridge over highway | 0.6 |
| 1205.8 | 61.1 | L | GALLOPING GOOSE TRAIL - at water fountain climb switchback to Ravine Way | 0.0 | 1205.8 | 61.1 | L | GALLOPING GOOSE TRAIL - at water fountain climb switchback to Ravine Way | 0.0 |
| 1205.8 | 61.1 | L | TURN LEFT TOWARDS RAVINE WAY | 0.8 | 1205.8 | 61.1 | L | TURN LEFT TOWARDS RAVINE WAY | 0.8 |
| 1206.6 | 61.9 | SO | RAVINE WAY - cross Carey Rd | 0.1 | 1206.6 | 61.9 | SO | RAVINE WAY - cross Carey Rd | 0.1 |
| 1206.7 | 62.0 | R | PATRICIA BAY HWY | 1.4 | 1206.7 | 62.0 | R | PATRICIA BAY HWY | 1.4 |
| 1208.1 | 63.4 | x-x | CONTROL #17: END OF ROUTE COMFORT INN - past Finlayson intersection | 0.0 | 1208.1 | 63.4 | x-x | CONTROL #17: END OF ROUTE COMFORT INN - past Finlayson intersection | 0.0 |
| 1208.1 | | | DELIVER CARD TO FRONT DESK. | 0.0 | 1208.1 | | | DELIVER CARD TO FRONT DESK. | 0.0 |