

at km	from Last	T u r n	Route	then Go	at km	from Last	T u r n	Route	then Go
0.0	0.0	x-x	START: TIM HORTONS IN SAANICH SHOPPING PLAZA - 3501 Ravine Way at Blanshard St	0.0	0.0	0.0	x-x	START: TIM HORTONS IN SAANICH SHOPPING PLAZA - 3501 Ravine Way at Blanshard St	0.0
0.0	0.0	L	AT STOP IN PLAZA	0.1	0.0	0.0	L	AT STOP IN PLAZA	0.1
0.1	0.1	L	RAVINE WAY (TOWARD BLANSHARD ST) - NO STOP SIGN	0.1	0.1	0.1	L	RAVINE WAY (TOWARD BLANSHARD ST) - NO STOP SIGN	0.1
0.2	0.2	SO	CROSS BLANSHARD ST AT TL	0.2	0.2	0.2	SO	CROSS BLANSHARD ST AT TL	0.2
0.3	0.3	L	CAREY RD AT STOP - NO STOP SIGN	0.2	0.3	0.3	L	CAREY RD AT STOP - NO STOP SIGN	0.2
0.5	0.5	R	HWY#1/TCH @ STOP - NO STOP SIGN	3.7	0.5	0.5	R	HWY#1/TCH @ STOP - NO STOP SIGN	3.7
4.2	4.2	R	EXIT 8 TOWARDS HELMCKEN - MANDATORY BIKE ROUTE	0.1	4.2	4.2	R	EXIT 8 TOWARDS HELMCKEN - MANDATORY BIKE ROUTE	0.1
4.3	4.3	SO	EXIT 8 TOWARDS HELMCKEN - TOWARD TRAFFIC LIGHT	0.4	4.3	4.3	SO	EXIT 8 TOWARDS HELMCKEN - TOWARD TRAFFIC LIGHT	0.4
4.7	4.7	SO	CROSS HELMCKEN AT TL	0.1	4.7	4.7	SO	CROSS HELMCKEN AT TL	0.1
4.8	4.8	SO	RE-ENTER HWY 1 - ON-RAMP	0.8	4.8	4.8	SO	RE-ENTER HWY 1 - ON-RAMP	0.8
5.6	5.6	R	EXIT 10 (TOWARDS VIEW ROYAL)	0.2	5.6	5.6	R	EXIT 10 (TOWARDS VIEW ROYAL)	0.2
5.8	5.8	L	LEFT LANE WHEN SAFE	0.8	5.8	5.8	L	LEFT LANE WHEN SAFE	0.8
6.6	6.6	SO	ISLAND HWY AT TL	0.5	6.6	6.6	SO	ISLAND HWY AT TL	0.5
7.1	7.1	R	SIX MILE RD. AT TL - 24 HR - SHELL CONVENIENCE STORE ON RIGHT	0.9	7.1	7.1	R	SIX MILE RD. AT TL - 24 HR - SHELL CONVENIENCE STORE ON RIGHT	0.9
8.0	8.0	L	HWY 1 NORTH ON RAMP - TOWARD NANAIMO	1.8	8.0	8.0	L	HWY 1 NORTH ON RAMP - TOWARD NANAIMO	1.8
9.8	9.8	R	EXIT 14 TOWARD LANGFORD	0.7	9.8	9.8	R	EXIT 14 TOWARD LANGFORD	0.7
10.5	10.5	L	LEFT LANE TOWARD SOOKE - WHEN SAFE	0.4	10.5	10.5	L	LEFT LANE TOWARD SOOKE - WHEN SAFE	0.4
10.9	10.9	R	BIKE PATH TO HWY 1 -NORTH - DO NOT MISS!!! WATCH OUT FOR BROKEN GLASS IN BIKE TUNNEL!	0.3	10.9	10.9	R	BIKE PATH TO HWY 1 -NORTH - DO NOT MISS!!! WATCH OUT FOR BROKEN GLASS IN BIKE TUNNEL!	0.3
11.2	11.2	SO	HWY 1- N ON-RAMP - WHEN SAFE	0.7	11.2	11.2	SO	HWY 1- N ON-RAMP - WHEN SAFE	0.7
11.9	11.9	SO	CROSS SPENCER RD AT TL	0.4	11.9	11.9	SO	CROSS SPENCER RD AT TL	0.4
12.3	12.3	SO	WARNING!!! START OF DANGEROUS INTERMITTENT RUMBLE STRIPS ON MAIN HIGHWAYS	16.5	12.3	12.3	SO	WARNING!!! START OF DANGEROUS INTERMITTENT RUMBLE STRIPS ON MAIN HIGHWAYS	16.5
28.8	28.8	SO	MALAHAT SUMMIT - ALTITUDE 1100 FEET	2.9	28.8	28.8	SO	MALAHAT SUMMIT - ALTITUDE 1100 FEET	2.9
31.7	31.7	SO	MALAHAT LOOKOUT VIEWPOINT - CAUTION - STEEP DESCENT WITH RUMBLE STRIPS	3.5	31.7	31.7	SO	MALAHAT LOOKOUT VIEWPOINT - CAUTION - STEEP DESCENT WITH RUMBLE STRIPS	3.5
35.2	35.2	R	EXIT TO MILL BAY RD	0.5	35.2	35.2	R	EXIT TO MILL BAY RD	0.5
35.4	35.4	L	MILL BAY RD - AT STOP	0.2	35.4	35.4	L	MILL BAY RD - AT STOP	0.2

at km	from Last	T u r n	Route	then Go	at km	from Last	T u r n	Route	then Go
35.5	35.5	x-x	CONTROL #01: MILL BAY JUST AFTER LEFT TURN - 04:02 - 05:22 ANSWER QUESTION ON CONTROL CARD. Sign and insert time of passing.	0.0	35.5	35.5	x-x	CONTROL #01: MILL BAY JUST AFTER LEFT TURN - 04:02 - 05:22 ANSWER QUESTION ON CONTROL CARD. Sign and insert time of passing.	0.0
35.5	0.0	SO	MILL BAY RD	6.8	35.5	0.0	SO	MILL BAY RD	6.8
42.3	6.8	L	DELOUME RD - TOWARDS HWY 1	0.2	42.3	6.8	L	DELOUME RD - TOWARDS HWY 1	0.2
42.5	7.0	R	ROUTE 1 - AT TL - COOP CONVENIENCE STORE ON RIGHT	1.4	42.5	7.0	R	ROUTE 1 - AT TL - COOP CONVENIENCE STORE ON RIGHT	1.4
43.9	8.4	R	KILMALU RD - AT TL	0.6	43.9	8.4	R	KILMALU RD - AT TL	0.6
44.5	9.0	L	TELEGRAPH RD	8.8	44.5	9.0	L	TELEGRAPH RD	8.8
53.3	17.8	R	COWICHAN BAY RD - AT STOP - NO SIGN - BENCH SCHOOL ON RIGHT	2.0	53.3	17.8	R	COWICHAN BAY RD - AT STOP - NO SIGN - BENCH SCHOOL ON RIGHT	2.0
55.3	19.8	x-x	CONTROL #02: COWICHAN BAY - UDDER GUYS ICE CREAM ON RIGHT - 04:37 - 06:41 - Sign and insert time of passing.	0.0	55.3	19.8	x-x	CONTROL #02: COWICHAN BAY - UDDER GUYS ICE CREAM ON RIGHT - 04:37 - 06:41 - Sign and insert time of passing.	0.0
55.3	0.0	SO	COWICHAN BAY RD	3.6	55.3	0.0	SO	COWICHAN BAY RD	3.6
58.9	3.6	SO	TZOUHALEM RD - PASSING THROUGH INDIAN RESERVE - NOTE LONGHOUSE ON LEFT AFTER 1ST BRIDGE	5.2	58.9	3.6	SO	TZOUHALEM RD - PASSING THROUGH INDIAN RESERVE - NOTE LONGHOUSE ON LEFT AFTER 1ST BRIDGE	5.2
64.1	8.8	R	MAPLE BAY RD - 1ST EXIT AT ROUNDABOUT	0.1	64.1	8.8	R	MAPLE BAY RD - 1ST EXIT AT ROUNDABOUT	0.1
64.2	8.9	VR	MAPLE BAY RD	6.1	64.2	8.9	VR	MAPLE BAY RD	6.1
70.3	15.0	L	HERD RD => CROFTON - DON'T MISS - 1/2 WAY DOWN HILL!	0.2	70.3	15.0	L	HERD RD => CROFTON - DON'T MISS - 1/2 WAY DOWN HILL!	0.2
70.5	15.2	x-x	CONTROL #03: MAPLE BAY - EMERGENCY BUILDING - 05:04 - 07:42 ANSWER QUESTION ON CONTROL CARD (RIGHT SIDE OF ROAD). Sign and insert time of passing.	0.0	70.5	15.2	x-x	CONTROL #03: MAPLE BAY - EMERGENCY BUILDING - 05:04 - 07:42 ANSWER QUESTION ON CONTROL CARD (RIGHT SIDE OF ROAD). Sign and insert time of passing.	0.0
70.5	0.0	SO	HERD RD	2.4	70.5	0.0	SO	HERD RD	2.4
72.9	2.4	R	OSBORNE BAY RD	5.2	72.9	2.4	R	OSBORNE BAY RD	5.2
78.1	7.6	L	CHAPLIN RD	0.2	78.1	7.6	L	CHAPLIN RD	0.2
78.3	7.8	R	CROFTON RD-HWY 1A - TURN BEFORE STOP SIGN - STAY ON MAIN ROAD - NO ROAD SIGN	3.7	78.3	7.8	R	CROFTON RD-HWY 1A - TURN BEFORE STOP SIGN - STAY ON MAIN ROAD - NO ROAD SIGN	3.7
82.0	11.5	R	CHEMAINUS RD - AT YIELD - NO SIGN	4.8	82.0	11.5	R	CHEMAINUS RD - AT YIELD - NO SIGN	4.8
86.8	16.3	SO	CHEMAINUS RD - AT ROUNDABOUT	0.8	86.8	16.3	SO	CHEMAINUS RD - AT ROUNDABOUT	0.8

at km	from Last	T u r n	Route	then Go	at km	from Last	T u r n	Route	then Go
87.6	17.1	x-x	CONTROL #04: CHEMAINUS - SUBWAY - 05:34 - 08:51 ANSWER QUESTION ON CONTROL CARD OR OBTAIN STORE SIGNATURE. Sign and insert time of passing.	0.0	87.6	17.1	x-x	CONTROL #04: CHEMAINUS - SUBWAY - 05:34 - 08:51 ANSWER QUESTION ON CONTROL CARD OR OBTAIN STORE SIGNATURE. Sign and insert time of passing.	0.0
87.6	0.0	SO	CHEMAINUS RD - CONTINUE NORTH	9.6	87.6	0.0	SO	CHEMAINUS RD - CONTINUE NORTH	9.6
97.2	9.6	R	HWY 1 N - AT TL	8.4	97.2	9.6	R	HWY 1 N - AT TL	8.4
105.6	18.0	R	CEDAR RD - JUST BEFORE TL	7.4	105.6	18.0	R	CEDAR RD - JUST BEFORE TL	7.4
113.0	25.4	x-x	CONTROL #05: CEDAR & QUENNELL RD - 06:19 - 10:33 ANSWER QUESTION ON CONTROL CARD. Sign and insert time of passing.	0.0	113.0	25.4	x-x	CONTROL #05: CEDAR & QUENNELL RD - 06:19 - 10:33 ANSWER QUESTION ON CONTROL CARD. Sign and insert time of passing.	0.0
113.0	0.0	SO	CEDAR RD NORTH	1.2	113.0	0.0	SO	CEDAR RD NORTH	1.2
114.2	1.2	VL	CEDAR RD	3.1	114.2	1.2	VL	CEDAR RD	3.1
117.3	4.3	L	CEDAR RD - CROSS SILVER BRIDGE	3.0	117.3	4.3	L	CEDAR RD - CROSS SILVER BRIDGE	3.0
120.3	7.3	R	ROUTE 1 - AT TL	1.3	120.3	7.3	R	ROUTE 1 - AT TL	1.3
121.6	8.6	R	HALIBURTON ST - 2ND RIGHT AFTER RAILWAY UNDERPASS	0.0	121.6	8.6	R	HALIBURTON ST - 2ND RIGHT AFTER RAILWAY UNDERPASS	0.0
121.6	8.6	SO	HALIBURTON ST - DON'T TURN RIGHT ON OTHER HALIBURTON ST!!!	3.4	121.6	8.6	SO	HALIBURTON ST - DON'T TURN RIGHT ON OTHER HALIBURTON ST!!!	3.4
125.0	12.0	R	CRACE ST - AT STOP	0.1	125.0	12.0	R	CRACE ST - AT STOP	0.1
125.1	12.1	L	ESPLANADE - AT STOP	0.2	125.1	12.1	L	ESPLANADE - AT STOP	0.2
125.3	12.3	R	FRONT ST - AT STOP	1.3	125.3	12.3	R	FRONT ST - AT STOP	1.3
126.6	13.6	R	TERMINAL (HWY 1) - AT TL	0.2	126.6	13.6	R	TERMINAL (HWY 1) - AT TL	0.2
126.8	13.8	L	HWY #19A - LEFT LANE TO CAMPBELL RIVER AT TL	1.5	126.8	13.8	L	HWY #19A - LEFT LANE TO CAMPBELL RIVER AT TL	1.5
128.3	15.3	x-x	CONTROL #06: NANAIMO - MCDONALDS/PETRO-CAN AT TRAFFIC LIGHT - 06:46 - 11:34	0.0	128.3	15.3	x-x	CONTROL #06: NANAIMO - MCDONALDS/PETRO-CAN AT TRAFFIC LIGHT - 06:46 - 11:34	0.0
128.3	0.0	SO	HWY #19A - NORTH	1.1	128.3	0.0	SO	HWY #19A - NORTH	1.1
129.4	1.1	SO	HWY #19A - TOWARDS CAMPBELL RIVER & PARKSVILLE	9.6	129.4	1.1	SO	HWY #19A - TOWARDS CAMPBELL RIVER & PARKSVILLE	9.6
139.0	10.7	SO	MERGE WITH HWY #19 N - NO SIGN	10.9	139.0	10.7	SO	MERGE WITH HWY #19 N - NO SIGN	10.9
149.9	21.6	R	NORTHWEST BAY RD - AT TL	9.6	149.9	21.6	R	NORTHWEST BAY RD - AT TL	9.6
159.5	31.2	L	TOWARD HWY 19A - N	0.2	159.5	31.2	L	TOWARD HWY 19A - N	0.2
159.7	31.4	R	ISLAND HWY #19A - N - AT TL	15.1	159.7	31.4	R	ISLAND HWY #19A - N - AT TL	15.1
174.8	46.5	L	MEMORIAL AVE - TOWARDS QUALICUM BEACH VILLAGE	0.0	174.8	46.5	L	MEMORIAL AVE - TOWARDS QUALICUM BEACH VILLAGE	0.0
174.8	46.5	x-x	CONTROL #07: QUALICUM - QUALICUM SHELL STATION (24 HOUR) - 08:08 - 14:40	0.1	174.8	46.5	x-x	CONTROL #07: QUALICUM - QUALICUM SHELL STATION (24 HOUR) - 08:08 - 14:40	0.1
174.9	0.1	L	MEMORIAL AVE	0.1	174.9	0.1	L	MEMORIAL AVE	0.1
175.0	0.2	L	HWY 19A - N - AT STOP	60.8	175.0	0.2	L	HWY 19A - N - AT STOP	60.8

at km	from Last	T u r n	Route	then Go	at km	from Last	T u r n	Route	then Go
235.8	61.0	SO	HWY #19A BC CLIFFE AT 17TH ST - TOWARDS CITY CENTRE - Don't turn right on 19A!	1.1	235.8	61.0	SO	HWY #19A BC CLIFFE AT 17TH ST - TOWARDS CITY CENTRE - Don't turn right on 19A!	1.1
236.9	62.1	R	5TH ST - AT TL - BEFORE BRIDGE - MOUNTAIN CITY CYCLE STORE ON RIGHT	0.4	236.9	62.1	R	5TH ST - AT TL - BEFORE BRIDGE - MOUNTAIN CITY CYCLE STORE ON RIGHT	0.4
237.3	62.5	SO	5TH ST BC OLD ISLAND HWY	0.3	237.3	62.5	SO	5TH ST BC OLD ISLAND HWY	0.3
237.6	62.8	SO	OLD ISLAND HWY - AT TL	0.4	237.6	62.8	SO	OLD ISLAND HWY - AT TL	0.4
238.0	63.2	SO	HWY 19A - N - AT TL	0.3	238.0	63.2	SO	HWY 19A - N - AT TL	0.3
238.3	63.5	VL	HWY 19A - N - UPHILL!!	37.6	238.3	63.5	VL	HWY 19A - N - UPHILL!!	37.6
275.9	101.1	L	DETOUR- HILCHEY RD. @ TL - 7-11 store on left	0.6	275.9	101.1	L	DETOUR- HILCHEY RD. @ TL - 7-11 store on left	0.6
276.5	101.7	R	DETOUR- GALERNO RD.	1.3	276.5	101.7	R	DETOUR- GALERNO RD.	1.3
277.8	103.0	R	DETOUR- ROCKLAND RD @ STOP - CAUTION - fast descent. Spectacular view	0.3	277.8	103.0	R	DETOUR- ROCKLAND RD @ STOP - CAUTION - fast descent. Spectacular view	0.3
278.1	103.3	L	S. ISLAND HWY (HWY 19A) - End of detour	4.9	278.1	103.3	L	S. ISLAND HWY (HWY 19A) - End of detour	4.9
283.0	108.2	R	HWY 19A - N - AT TL - ALONG WATERFRONT	2.2	283.0	108.2	R	HWY 19A - N - AT TL - ALONG WATERFRONT	2.2
285.2	110.4	SO	HWY 19A - N - AT TL	0.3	285.2	110.4	SO	HWY 19A - N - AT TL	0.3
285.5	110.7	x-x	CONTROL #08: CAMPBELL RIVER - CAMPBELL RIVER LODGE - RM. 36 - 11:33 - 22:01 DROP BAG CONTROL ROOM #36 --- MOHAWK CONVENIENCE STORE NEXT DOOR (24 HOURS)	0.1	285.5	110.7	x-x	CONTROL #08: CAMPBELL RIVER - CAMPBELL RIVER LODGE - RM. 36 - 11:33 - 22:01 DROP BAG CONTROL ROOM #36 --- MOHAWK CONVENIENCE STORE NEXT DOOR (24 HOURS)	0.1
285.6	0.1	SO	NORTH EXIT OF LODGE PARKING LOT	0.1	285.6	0.1	SO	NORTH EXIT OF LODGE PARKING LOT	0.1
285.7	0.2	L	REDWOOD	0.0	285.7	0.2	L	REDWOOD	0.0
285.7	0.2	SO	CROSS ISLAND HWY - USE PEDESTRIAN CROSSWALK	0.1	285.7	0.2	SO	CROSS ISLAND HWY - USE PEDESTRIAN CROSSWALK	0.1
285.8	0.3	R	17TH AVE	0.3	285.8	0.3	R	17TH AVE	0.3
286.1	0.6	R	HWY 19N - AT STOP	0.1	286.1	0.6	R	HWY 19N - AT STOP	0.1
286.2	0.7	L	LEFT LANE	0.0	286.2	0.7	L	LEFT LANE	0.0
286.2	0.7	L	HWY 28W - AT TL - TOWARDS GOLD RIVER	0.2	286.2	0.7	L	HWY 28W - AT TL - TOWARDS GOLD RIVER	0.2
286.4	0.9	SO	HWY 28W - TOWARDS GOLD RIVER	40.8	286.4	0.9	SO	HWY 28W - TOWARDS GOLD RIVER	40.8
327.2	41.7	x-x	CONTROL #09: STRATHCONA LODGE - on RIGHT. Sign and insert time of passing.	0.0	327.2	41.7	x-x	CONTROL #09: STRATHCONA LODGE - on RIGHT. Sign and insert time of passing.	0.0
327.2	0.0	SO	CONTINUE ON TO GOLD RIVER	5.5	327.2	0.0	SO	CONTINUE ON TO GOLD RIVER	5.5
332.7	5.5	SO	REST AREA ON RIGHT - NO WATER	1.2	332.7	5.5	SO	REST AREA ON RIGHT - NO WATER	1.2
333.9	6.7	R	HWY 28W - TOWARDS GOLD RIVER	8.4	333.9	6.7	R	HWY 28W - TOWARDS GOLD RIVER	8.4
342.3	15.1	SO	REST STOP ON RIGHT - NO WATER	31.4	342.3	15.1	SO	REST STOP ON RIGHT - NO WATER	31.4
373.7	46.5	L	MUCHALAT DRIVE - BOTTOM OF HILL - DON'T MISS!	0.1	373.7	46.5	L	MUCHALAT DRIVE - BOTTOM OF HILL - DON'T MISS!	0.1

at km	from Last	T u r n	Route	then Go	at km	from Last	T u r n	Route	then Go
373.8	46.6	SO	PAY LESS SERVICE STATION ON RIGHT - OPEN 6:00 A.M.- 8:00 P.M.	0.4	373.8	46.6	SO	PAY LESS SERVICE STATION ON RIGHT - OPEN 6:00 A.M.- 8:00 P.M.	0.4
374.2	47.0	R	NIMPKISH DRIVE	0.1	374.2	47.0	R	NIMPKISH DRIVE	0.1
374.3	47.1	L	GOLD RIVER CHALET PARKING LOT	0.0	374.3	47.1	L	GOLD RIVER CHALET PARKING LOT	0.0
374.3	47.1	x-x	CONTROL #10: GOLD RIVER CHALET - RM. 206 - 14:19 - 03:57	0.0	374.3	47.1	x-x	CONTROL #10: GOLD RIVER CHALET - RM. 206 - 14:19 - 03:57	0.0
374.3	0.0	U	RETURN THE WAY YOU CAME	0.1	374.3	0.0	U	RETURN THE WAY YOU CAME	0.1
374.4	0.1	R	PARKING LOT EXIT TO NIMPKISH DRIVE - NO SIGN	0.1	374.4	0.1	R	PARKING LOT EXIT TO NIMPKISH DRIVE - NO SIGN	0.1
374.5	0.2	L	MUCHALAT DRIVE - AT STOP	0.4	374.5	0.2	L	MUCHALAT DRIVE - AT STOP	0.4
374.9	0.6	R	GOLD RIVER ROAD (HWY 28E)	31.4	374.9	0.6	R	GOLD RIVER ROAD (HWY 28E)	31.4
406.3	32.0	SO	REST STOP ON LEFT - NO WATER	8.5	406.3	32.0	SO	REST STOP ON LEFT - NO WATER	8.5
414.8	40.5	L	HWY 28E TOWARDS CAMPBELL RIVER - AFTER BRIDGE AT STOP	1.0	414.8	40.5	L	HWY 28E TOWARDS CAMPBELL RIVER - AFTER BRIDGE AT STOP	1.0
415.8	41.5	SO	REST STOP ON LEFT - NO WATER	5.5	415.8	41.5	SO	REST STOP ON LEFT - NO WATER	5.5
421.3	47.0	x-x	CONTROL #11: STRATHCONA LODGE - ON LEFT. Sign and insert time of passing.	0.0	421.3	47.0	x-x	CONTROL #11: STRATHCONA LODGE - ON LEFT. Sign and insert time of passing.	0.0
421.3	0.0	SO	CONTINUE ON TO CAMPBELL RIVER	40.2	421.3	0.0	SO	CONTINUE ON TO CAMPBELL RIVER	40.2
461.5	40.2	R	HWY 19S - AT TL	0.3	461.5	40.2	R	HWY 19S - AT TL	0.3
461.8	40.5	L	16TH STREET	0.5	461.8	40.5	L	16TH STREET	0.5
462.3	41.0	L	REDWOOD	0.2	462.3	41.0	L	REDWOOD	0.2
462.5	41.2	SO	CROSS HWY 19A AT STOP - USE PEDESTRIAN CROSSWALK ON LEFT	0.8	462.5	41.2	SO	CROSS HWY 19A AT STOP - USE PEDESTRIAN CROSSWALK ON LEFT	0.8
463.3	42.0	x-x	CONTROL #12: CAMPBELL RIVER LODGE - RM. 36 - 17:14 - 09:52 DROP BAG CONTROL IN ROOM #36 --- MOHAWK CONVENIENCE STORE NEXT DOOR (24 HOURS)	0.0	463.3	42.0	x-x	CONTROL #12: CAMPBELL RIVER LODGE - RM. 36 - 17:14 - 09:52 DROP BAG CONTROL IN ROOM #36 --- MOHAWK CONVENIENCE STORE NEXT DOOR (24 HOURS)	0.0
463.3	0.0	U	TOWARDS PARKING LOT EXIT	0.1	463.3	0.0	U	TOWARDS PARKING LOT EXIT	0.1
463.4	0.1	L	REDWOOD -	0.1	463.4	0.1	L	REDWOOD -	0.1
463.5	0.2	R	HWY 19A - N - AT STOP	0.3	463.5	0.2	R	HWY 19A - N - AT STOP	0.3
463.8	0.5	R	TAMARAC (HWY 19 N) TOWARDS PORT HARDY - AT TL	30.7	463.8	0.5	R	TAMARAC (HWY 19 N) TOWARDS PORT HARDY - AT TL	30.7
494.5	31.2	SO	ROBERTS LAKE DINER ON RIGHT	1.0	494.5	31.2	SO	ROBERTS LAKE DINER ON RIGHT	1.0
495.5	32.2	SO	ROBERTS LAKE REST STOP ON RIGHT - NO WATER	14.5	495.5	32.2	SO	ROBERTS LAKE REST STOP ON RIGHT - NO WATER	14.5

at km	from Last	T u r n	Route	then Go	at km	from Last	T u r n	Route	then Go
510.0	46.7	SO	REST AREA ON RIGHT - NO WATER	17.5	510.0	46.7	SO	REST AREA ON RIGHT - NO WATER	17.5
527.5	64.2	x-x	CONTROL #13: SAYWARD JUNCTION - CONVENIENCE STORE - 19:22 - 14:09 GAS/STORE OPEN - 6 AM - 10 PM - CAFÉ NEARBY	0.1	527.5	64.2	x-x	CONTROL #13: SAYWARD JUNCTION - CONVENIENCE STORE - 19:22 - 14:09 GAS/STORE OPEN - 6 AM - 10 PM - CAFÉ NEARBY	0.1
527.6	0.1	L	PARKING LOT EXIT - TOWARDS CYCPRESS INN PUB	0.0	527.6	0.1	L	PARKING LOT EXIT - TOWARDS CYCPRESS INN PUB	0.0
527.6	0.1	L	SAYWARD RD	0.2	527.6	0.1	L	SAYWARD RD	0.2
527.8	0.3	R	HWY 19 N TOWARD PORT HARDY - AT STOP	65.5	527.8	0.3	R	HWY 19 N TOWARD PORT HARDY - AT STOP	65.5
593.3	65.8	L	WOSS CUT-OFF	0.4	593.3	65.8	L	WOSS CUT-OFF	0.4
593.7	66.2	x-x	CONTROL #14: WOSS - RUGGED MOUNTAIN MOTEL - FLASHING LIGHT AT DOOR - 21:34 - 18:33	0.0	593.7	66.2	x-x	CONTROL #14: WOSS - RUGGED MOUNTAIN MOTEL - FLASHING LIGHT AT DOOR - 21:34 - 18:33	0.0
593.7	0.0	U	RETURN THE WAY YOU CAME - CONVENIENCE STORE - 7:30 AM - 10 PM - CAFÉ NEARBY	0.1	593.7	0.0	U	RETURN THE WAY YOU CAME - CONVENIENCE STORE - 7:30 AM - 10 PM - CAFÉ NEARBY	0.1
593.8	0.1	R	WOSS CUT-OFF	0.3	593.8	0.1	R	WOSS CUT-OFF	0.3
594.1	0.4	L	HWY 19 N TOWARD PORT HARDY - AT STOP	59.5	594.1	0.4	L	HWY 19 N TOWARD PORT HARDY - AT STOP	59.5
653.6	59.9	SO	ESSO STATION- CONVENIENCE STORE ON RIGHT	4.1	653.6	59.9	SO	ESSO STATION- CONVENIENCE STORE ON RIGHT	4.1
657.7	64.0	x-x	CONTROL #15: PORT MCNEILL - HEADING TOWARDS PORT HARDY - Sign and insert time of passing.	35.9	657.7	64.0	x-x	CONTROL #15: PORT MCNEILL - HEADING TOWARDS PORT HARDY - Sign and insert time of passing.	35.9
693.6	35.9	SO	CONTINUE TO PORT HARDY	4.2	693.6	35.9	SO	CONTINUE TO PORT HARDY	4.2
697.8	40.1	R	GRANVILLE STREET - PORT HARDY INN 'KITTY-CORNER'	0.2	697.8	40.1	R	GRANVILLE STREET - PORT HARDY INN 'KITTY-CORNER'	0.2
698.0	40.3	x-x	CONTROL #16: PORT HARDY - ESSO OR CHEVRON STATIONS (24 HOUR) - 01:16 - 03:33 OPEN 24 HOURS	0.0	698.0	40.3	x-x	CONTROL #16: PORT HARDY - ESSO OR CHEVRON STATIONS (24 HOUR) - 01:16 - 03:33 OPEN 24 HOURS	0.0
698.0	0.0	U	RETURN TO GRANVILLE STREET	0.1	698.0	0.0	U	RETURN TO GRANVILLE STREET	0.1
698.1	0.1	L	GRANVILLE STREET - UPHILL!!	0.1	698.1	0.1	L	GRANVILLE STREET - UPHILL!!	0.1
698.2	0.2	L	HWY 19 S BY PORT HARDY INN - AT STOP	60.2	698.2	0.2	L	HWY 19 S BY PORT HARDY INN - AT STOP	60.2
758.4	60.4	x-x	CONTROL #17: PORT MCNEILL - HEADING TOWARDS WOSS - Sign and insert time of passing.	43.6	758.4	60.4	x-x	CONTROL #17: PORT MCNEILL - HEADING TOWARDS WOSS - Sign and insert time of passing.	43.6
802.0	43.6	R	WOSS CUT-OFF	0.3	802.0	43.6	R	WOSS CUT-OFF	0.3
802.3	43.9	x-x	CONTROL #18: WOSS - RUGGED MOUNTAIN MOTEL - FLASHING LIGHT AT DOOR - 04:59 - 12:38	0.0	802.3	43.9	x-x	CONTROL #18: WOSS - RUGGED MOUNTAIN MOTEL - FLASHING LIGHT AT DOOR - 04:59 - 12:38	0.0

at km	from Last	T u r n	Route	then Go	at km	from Last	T u r n	Route	then Go
802.3	0.0	U	RETURN TO WOSS CUT-OFF RD	0.1	802.3	0.0	U	RETURN TO WOSS CUT-OFF RD	0.1
802.4	0.1	R	WOSS CUT-OFF	0.3	802.4	0.1	R	WOSS CUT-OFF	0.3
802.7	0.4	R	HWY 19 S TOWARDS CAMPBELL RIVER - AT STOP	65.6	802.7	0.4	R	HWY 19 S TOWARDS CAMPBELL RIVER - AT STOP	65.6
868.3	66.0	L	SAYWARD RD	0.2	868.3	66.0	L	SAYWARD RD	0.2
868.5	66.2	x-x	CONTROL #19: SAYWARD JUNCTION - CONVENIENCE STORE - 07:20 - 18:24 OPEN 6 AM - 10 PM - CAFÉ NEARBY	0.0	868.5	66.2	x-x	CONTROL #19: SAYWARD JUNCTION - CONVENIENCE STORE - 07:20 - 18:24 OPEN 6 AM - 10 PM - CAFÉ NEARBY	0.0
868.5	0.0	U	RETURN THE WAY YOU CAME	0.3	868.5	0.0	U	RETURN THE WAY YOU CAME	0.3
868.8	0.3	L	SAYWARD RD	0.1	868.8	0.3	L	SAYWARD RD	0.1
868.9	0.4	L	HWY 19 S TOWARDS CAMPBELL RIVER - AT STOP	63.5	868.9	0.4	L	HWY 19 S TOWARDS CAMPBELL RIVER - AT STOP	63.5
932.4	63.9	L	LEFT TURN LANE	0.4	932.4	63.9	L	LEFT TURN LANE	0.4
932.8	64.3	L	HWY 19A - S - AT TL	0.5	932.8	64.3	L	HWY 19A - S - AT TL	0.5
933.3	64.8	L	REDWOOD ST - CAUTION - ONCOMING TRAFFIC	0.1	933.3	64.8	L	REDWOOD ST - CAUTION - ONCOMING TRAFFIC	0.1
933.4	64.9	R	PARKING LOT CAMPBELL RIVER LODGE	-0.3	933.4	64.9	R	PARKING LOT CAMPBELL RIVER LODGE	-0.3
933.1	64.6	x-x	CONTROL #20: CAMPBELL RIVER LODGE - RM. 36 - 09:39 - 00:03 DROP BAG CONTROL IN ROOM #36 --- MOHAWK CONVENIENCE STORE NEXT DOOR (24 HOURS)	0.0	933.1	64.6	x-x	CONTROL #20: CAMPBELL RIVER LODGE - RM. 36 - 09:39 - 00:03 DROP BAG CONTROL IN ROOM #36 --- MOHAWK CONVENIENCE STORE NEXT DOOR (24 HOURS)	0.0
933.1	0.0	U	RETURN TO REDWOOD STREET	0.1	933.1	0.0	U	RETURN TO REDWOOD STREET	0.1
933.2	0.1	L	REDWOOD STREET	0.1	933.2	0.1	L	REDWOOD STREET	0.1
933.3	0.2	L	HWY 19A S AT STOP - CAUTION - HEAVY TRAFFIC	2.5	933.3	0.2	L	HWY 19A S AT STOP - CAUTION - HEAVY TRAFFIC	2.5
935.8	2.7	L	HWY 19A S AT STOP - AT TL - COAST DISCOVERY HOTEL ON RIGHT	4.9	935.8	2.7	L	HWY 19A S AT STOP - AT TL - COAST DISCOVERY HOTEL ON RIGHT	4.9
940.7	7.6	R	DETOUR - ROCKLAND RD - UPHILL!!	0.4	940.7	7.6	R	DETOUR - ROCKLAND RD - UPHILL!!	0.4
941.1	8.0	L	DETOUR - GALERNO RD - ignore local traffic only - CAUTION , fast descent, side roads!	1.3	941.1	8.0	L	DETOUR - GALERNO RD - ignore local traffic only - CAUTION , fast descent, side roads!	1.3
942.4	9.3	L	DETOUR -- HILCHEY RD @ STOP	0.6	942.4	9.3	L	DETOUR -- HILCHEY RD @ STOP	0.6
943.0	9.9	R	S. ISLAND HWY (HWY 19A) @ TL - 7-11 Store on right - End of detour	36.7	943.0	9.9	R	S. ISLAND HWY (HWY 19A) @ TL - 7-11 Store on right - End of detour	36.7
979.7	46.6	SO	OLD ISLAND HWY (CITY CENTRE) - AT TL (BOTTOM OF HILL!	1.1	979.7	46.6	SO	OLD ISLAND HWY (CITY CENTRE) - AT TL (BOTTOM OF HILL!	1.1
980.8	47.7	SO	BIKE STORE ON LEFT - AFTER BRIDGE	0.1	980.8	47.7	SO	BIKE STORE ON LEFT - AFTER BRIDGE	0.1
980.9	47.8	L	CLIFFE ST - AT TL	0.0	980.9	47.8	L	CLIFFE ST - AT TL	0.0
980.9	47.8	SO	BECOMES HWY 19A S - AT TL - PETROCAN ON RIGHT	1.5	980.9	47.8	SO	BECOMES HWY 19A S - AT TL - PETROCAN ON RIGHT	1.5

at km	from Last	T u r n	Route	then Go	at km	from Last	T u r n	Route	then Go
982.4	49.3	SO	STAY ON HWY 19A S - AT 29TH STREET	62.4	982.4	49.3	SO	STAY ON HWY 19A S - AT 29TH STREET	62.4
1044.8	111.7	x-x	CONTROL #21: QUALICUM SHELL STATION (24 HOUR) - 13:33 - 09:36	0.0	1044.8	111.7	x-x	CONTROL #21: QUALICUM SHELL STATION (24 HOUR) - 13:33 - 09:36	0.0
1044.8	0.0	U	RETURN TO HWY 19 S	0.1	1044.8	0.0	U	RETURN TO HWY 19 S	0.1
1044.9	0.1	R	HWY 19 S	12.7	1044.9	0.1	R	HWY 19 S	12.7
1057.6	12.8	SO	BIKE STORE ON RIGHT - BEFORE BRIDGE	2.3	1057.6	12.8	SO	BIKE STORE ON RIGHT - BEFORE BRIDGE	2.3
1059.9	15.1	L	FRANKLIN'S GULL RD - AT TL	0.2	1059.9	15.1	L	FRANKLIN'S GULL RD - AT TL	0.2
1060.1	15.3	R	NORTHWEST BAY RD	8.5	1060.1	15.3	R	NORTHWEST BAY RD	8.5
1068.6	23.8	SO	DANGEROUS RAILWAY TRACKS - ON DOWN HILL AND CURVE	1.2	1068.6	23.8	SO	DANGEROUS RAILWAY TRACKS - ON DOWN HILL AND CURVE	1.2
1069.8	25.0	L	ISLAND HWY (HWY 19S) - AT TL - PETROCAN ON RIGHT	10.2	1069.8	25.0	L	ISLAND HWY (HWY 19S) - AT TL - PETROCAN ON RIGHT	10.2
1080.0	35.2	R	EXIT 29 - NANAIMO 19A SOUTH	0.7	1080.0	35.2	R	EXIT 29 - NANAIMO 19A SOUTH	0.7
1080.7	35.9	SO	CROSS NANAIMO PKWY AT TL	0.5	1080.7	35.9	SO	CROSS NANAIMO PKWY AT TL	0.5
1081.2	36.4	SO	BECOMES HWY 19A S (ISLAND HWY) - AT MARY ELLEN DRIVE AT TL	9.4	1081.2	36.4	SO	BECOMES HWY 19A S (ISLAND HWY) - AT MARY ELLEN DRIVE AT TL	9.4
1090.6	45.8	SO	BECOMES TERMINAL AVE	2.4	1090.6	45.8	SO	BECOMES TERMINAL AVE	2.4
1093.0	48.2	SO	BECOMES HWY 1 S - TERMINAL AVE - AT TL	1.1	1093.0	48.2	SO	BECOMES HWY 1 S - TERMINAL AVE - AT TL	1.1
1094.1	49.3	VR	STAY ON HWY 1 S - TERMINAL AVE	0.1	1094.1	49.3	VR	STAY ON HWY 1 S - TERMINAL AVE	0.1
1094.2	49.4	SO	BECOMES NICOL UPHILL AT TL	3.4	1094.2	49.4	SO	BECOMES NICOL UPHILL AT TL	3.4
1097.6	52.8	SO	DANGEROUS DOWNHILL!!! - BIKE LANE STOPS!!	0.5	1097.6	52.8	SO	DANGEROUS DOWNHILL!!! - BIKE LANE STOPS!!	0.5
1098.1	53.3	R	10TH STREET	-0.7	1098.1	53.3	R	10TH STREET	-0.7
1097.4	52.6	x-x	CONTROL #22: NANAIMO - TIM HORTONS (24 HOURS) OR YOUR CHOICE - 15:27 - 14:18	0.5	1097.4	52.6	x-x	CONTROL #22: NANAIMO - TIM HORTONS (24 HOURS) OR YOUR CHOICE - 15:27 - 14:18	0.5
1097.9	0.5	R	TRANS CANADA HWY S AT TL	0.7	1097.9	0.5	R	TRANS CANADA HWY S AT TL	0.7
1098.6	1.2	SO	TRANS CANADA HWY S AT TL	0.2	1098.6	1.2	SO	TRANS CANADA HWY S AT TL	0.2
1098.8	1.4	R-S	TRANS CANADA HWY S - DANGER - TWO LANES HIGH SPEED TRAFFIC!	0.9	1098.8	1.4	R-S	TRANS CANADA HWY S - DANGER - TWO LANES HIGH SPEED TRAFFIC!	0.9
1099.7	2.3	R	EXIT TO BC FERRIES TO BIKE PATH	0.7	1099.7	2.3	R	EXIT TO BC FERRIES TO BIKE PATH	0.7
1100.4	3.0	R	BIKE PATH TO HWY 1 S - DON'T MISS!!	0.4	1100.4	3.0	R	BIKE PATH TO HWY 1 S - DON'T MISS!!	0.4
1100.8	3.4	SO	RE-ENTER HWY 1 (TCH)	8.9	1100.8	3.4	SO	RE-ENTER HWY 1 (TCH)	8.9
1109.7	12.3	SO	TCH AT CEDAR - TRAFFIC LIGHT	5.4	1109.7	12.3	SO	TCH AT CEDAR - TRAFFIC LIGHT	5.4
1115.1	17.7	SO	TCH AT FIRST - TRAFFIC LIGHT	3.0	1115.1	17.7	SO	TCH AT FIRST - TRAFFIC LIGHT	3.0

at km	from Last	T u r n	Route	then Go	at km	from Last	T u r n	Route	then Go
1118.1	20.7	SO	X CHEMAINUS RD - TRAFFIC LIGHT - DAIRY QUEEN ON RIGHT	9.8	1118.1	20.7	SO	X CHEMAINUS RD - TRAFFIC LIGHT - DAIRY QUEEN ON RIGHT	9.8
1127.9	30.5	SO	X HENRY RD - TRAFFIC LIGHT	4.4	1127.9	30.5	SO	X HENRY RD - TRAFFIC LIGHT	4.4
1132.3	34.9	SO	X MT. SICKER RD -TRAFFIC LIGHT - AT TL (TOWARDS DUNCAN)	30.3	1132.3	34.9	SO	X MT. SICKER RD -TRAFFIC LIGHT - AT TL (TOWARDS DUNCAN)	30.3
1162.6	65.2	SO	CROSS DELOUME RD AT TL - 24 HOUR FAST FOOD OUTLETS - MILL BAY	28.1	1162.6	65.2	SO	CROSS DELOUME RD AT TL - 24 HOUR FAST FOOD OUTLETS - MILL BAY	28.1
1190.7	93.3	SO	CROSS SPENCER RD AT TL	0.7	1190.7	93.3	SO	CROSS SPENCER RD AT TL	0.7
1191.4	94.0	SO	PASS BY EXIT 14 - CROSS EXIT LANE WHEN SAFE!	0.5	1191.4	94.0	SO	PASS BY EXIT 14 - CROSS EXIT LANE WHEN SAFE!	0.5
1191.9	94.5	R	BIKE PATH JUST PAST OVERPASS - DON'T MISS!!	0.0	1191.9	94.5	R	BIKE PATH JUST PAST OVERPASS - DON'T MISS!!	0.0
1191.9	94.5	L	BIKE PATH IMMEDIATELY AFTER BIKE TUNNEL - DON'T GO ONTO ROADWAY!!	0.5	1191.9	94.5	L	BIKE PATH IMMEDIATELY AFTER BIKE TUNNEL - DON'T GO ONTO ROADWAY!!	0.5
1192.4	95.0	L	RE-JOIN HWY 1	1.5	1192.4	95.0	L	RE-JOIN HWY 1	1.5
1193.9	96.5	R	EXIT 11 TOWARDS VIEW ROYAL	0.7	1193.9	96.5	R	EXIT 11 TOWARDS VIEW ROYAL	0.7
1194.6	97.2	R	SIX MILE RD - AT YIELD - NO SIGN	0.7	1194.6	97.2	R	SIX MILE RD - AT YIELD - NO SIGN	0.7
1195.3	97.9	L	ISLAND HWY - AT TL	0.3	1195.3	97.9	L	ISLAND HWY - AT TL	0.3
1195.6	98.2	VL	HWY 1 - TOWARDS VICTORIA - THROUGH TL-UNDER RAIL OVERPASS	0.2	1195.6	98.2	VL	HWY 1 - TOWARDS VICTORIA - THROUGH TL-UNDER RAIL OVERPASS	0.2
1195.8	98.4	R	RE-JOIN HWY 1 S	1.4	1195.8	98.4	R	RE-JOIN HWY 1 S	1.4
1197.2	99.8	R	EXIT 8 TOWARDS HELMCKEN	0.4	1197.2	99.8	R	EXIT 8 TOWARDS HELMCKEN	0.4
1197.6	100.2	SO	CROSS HELMCKEN AT TL	0.3	1197.6	100.2	SO	CROSS HELMCKEN AT TL	0.3
1197.9	100.5	SO	RE-JOIN HWY 1 S	2.2	1197.9	100.5	SO	RE-JOIN HWY 1 S	2.2
1200.1	102.7	R	EXIT RAMP TOWARDS BURNSIDE RD	0.4	1200.1	102.7	R	EXIT RAMP TOWARDS BURNSIDE RD	0.4
1200.5	103.1	R	BURNSIDE RD AT YIELD	0.2	1200.5	103.1	R	BURNSIDE RD AT YIELD	0.2
1200.7	103.3	L	LEFT TURN LANE	0.1	1200.7	103.3	L	LEFT TURN LANE	0.1
1200.8	103.4	L	TILlicum RD AT TL	0.6	1200.8	103.4	L	TILlicum RD AT TL	0.6
1201.4	104.0	SO	CROSS TRANS CANADA HWY - AT TL	0.6	1201.4	104.0	SO	CROSS TRANS CANADA HWY - AT TL	0.6
1202.0	104.6	R	CAREY RD - AT TL	1.0	1202.0	104.6	R	CAREY RD - AT TL	1.0
1203.0	105.6	L	RAVINE WAY (TOWARD BLANSHARD ST)	0.2	1203.0	105.6	L	RAVINE WAY (TOWARD BLANSHARD ST)	0.2
1203.2	105.8	SO	CROSS BLANSHARD ST AT TL - NO STREET SIGN	0.1	1203.2	105.8	SO	CROSS BLANSHARD ST AT TL - NO STREET SIGN	0.1
1203.3	105.9	R	SAANICH PLAZA PARKING LOT	0.0	1203.3	105.9	R	SAANICH PLAZA PARKING LOT	0.0
1203.3	105.9	R	TOWARD TIM HORTON'S	0.2	1203.3	105.9	R	TOWARD TIM HORTON'S	0.2
1203.5	106.1	x-x	FINISH: FINISH - VICTORIA (SAANICH) - 19:13 - 21:00 CONGRATULATIONS!!! 3501 Ravine Way PLEASE SIGN CONTROL CARD AND LEAVE WITH FRONT DESK STAFF AT THE COMFORT INN (Blanshard & Redbrick Streets)	0.0	1203.5	106.1	x-x	FINISH: FINISH - VICTORIA (SAANICH) - 19:13 - 21:00 CONGRATULATIONS!!! 3501 Ravine Way PLEASE SIGN CONTROL CARD AND LEAVE WITH FRONT DESK STAFF AT THE COMFORT INN (Blanshard & Redbrick Streets)	0.0