

Pitt Meadows - Eastern Hillside 200 km

START/FINISH: 12280 Harris Rd. - Pitt Meadows, BC

Dist.(cum.)	Turn	Direction	Route Description	Dist.(int.)
0.0			Start: West Coast Express station (parking lot)	
0	L	S	HARRIS RD (to Golden Ears Br. via Pitt Meadows)	1
1	L	E	HAMMOND RD (Bike Lane)	1.1
2.1	R	S	BIKE PATH @bottom of hill (paved bridge access)	2
4.1	L	E	AIRPORT WAY @T (bike route to G.E. Bridge)	0.1
4.2	R	S	GOLDEN EARS BRIDGE (Bike route - W. sidewalk)	2.8
7	BR	360*	SPIRAL RAMP (drop down to 201 ST @100A Ave)	0.2
7.2	L	N	201 ST @roundabout (to Fort Langley)	0.5
7.7	R	E	102B ST	1.4
9.1	L	N	208 ST @T	1
10.1	R	NE/S	ALLARD CR (parallel to Derby Reach Regional Park)	6.5
16.6	L	SE	MCKINNON CR	0.6
17.2	L	SE	96 AVE @stop	0.8
18	R	sw	GLOVER RD	1.9
19.9	L	E	RAWLISON CR	0.7
20.6	R	S	232ND	1.6
22.2	L	E	72ND AVE	3.5
25.7	R	S	248TH ST	14.5
40.2	L	E	0 AVE (X HWY 13)	3.8
44.0			CONTROL #1 - Can/US Customs area (your choice)	
44	SO	E	0 AVE	9.4
53.4	L	N	TOWNLIN RD	1.6
55	R	E	HUNTINGDON RD (becomes VYE RD.)	4.8
59.8	SO	E	VYE RD (x hwy #11 @lights)	6.4
66.2	L	N	FADDEN RD/NELLES RD/FADDEN RD	1.7
67.9	R	E/N	WELLS LINE RD/INTER-PROVINCIAL HWY	8.5
76.4	R	E/N	CAMPBELL RD/TOWNE RD/BOUNDARY RD	5.5
81.9	R	E	YARROW CENTRAL RD	3

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84.9	SO	E	VEDDER MTN RD	6.1
91	SO	N	VEDDER RD	1.6
92.6	R	E	PROMONTORY RD (steep climb 3.5km ~360m elev.)	3
95.6	SO	SW/E	THORNTON RD (DO NOT turn left to Extrom Rd.)	2.2
97.8	R	S	EXTROM RD (south side of Mt. Tom)	3.3
101.1	R	E	RYDER LAKE RD (*watch for* jct. on descent)	1.1
102.2	R	S	HUSTON RD	1.8
104	BR	E	ELK VIEW RD	0.2
104.2			INFO CONTROL - Eastern Hillsides	
104.2	T	W	ELK VIEW RD	0.2
104.4	BR	SW	ELK VIEW RD (@Y)	4.3
108.7	SO	W	ELK VIEW RD (CAUTION steep winding descent)	1.8
110.5	SO	W	BAILEY RD (@Y)	2.1
112.6	L	S	CHILLIWACK RIVER RD	1
113.6	R	W	PROMONTORY RD	1
114.6	L	S	VEDDER RD	0.9
115.5	R	W	KEITH WILSON RD	8.6
124.1	L	s	BOUNDARY RD	1.4
125.5	R	w	NO. 3 RD / R@TOLMIE RD/ immed. L to NO. 3 RD	3.7
129.2	R	sw	N. PARALLEL RD	4.6
133.8	S	W	ATKINSON RD	1.5
135.3	SO	S	ELDRIDGE RD / N PARALLEL RD	4.6
139.9	R	NW/W	WHATCOM RD / LOWER SUMAS MTN RD	1.7
141.6	SO	NW	OLD YALE RD	0.5
142.1	L	SW	DELAIR RD	2.3
144.4	R	N	SUMAS WAY	0.5
144.9			CONTROL #2 Abbotsford (your choice)	
144.9	L	NW	S FRASER WAY/GLADYS	2.7
147.6	S	N	HWY 11	2.6
150.2	L	W	CLAYBURN RD	0.1
150.3	R	N	RIVERSIDE RD	0.8
151.1	L	W	TOWNSHIPLINE RD	5
156.1	L	S/W	BATES RD / OLUND RD	2.5
158.6	L	W	HAWKINS RD	0.8
159.4	L	S	MT LEHMAN RD	0.8
160.2	R	W/N	TOWNSHIPLINE RD / 272ND ST	7
167.2	L	NW	GLOUCESTER WAY	1.6
168.8	L	W	56TH AVE	0.3
169.1	R	N	264TH ST	6.4
175.5	L	W	88TH AVE / RIVER RD	6.4
181.9	R	W	MAVIS AVE	0.2
182.1	L	S	GLOVER RD	0.3
182.4			CONTROL #3 Fort Langley (your choice)	
182.4	R	NW	96 AVE (Caution ANGLED RRX)	0.8
183.2	SO	NW	McKINNON CR	0.6
183.8	R	NE	ALLARD CR (along Derby Reach Regional Park)	6.5
190.3	L	S	208 ST @T	1

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191.3	R	W	102B ST	1.4
192.7	L	S	201 ST @roundabout (to Fort Langley)	0.5
193.2	R	360*	SPIRAL RAMP (access G.E. Bridge - east sidewalk)	0.2
193.4	SO	N	GOLDEN EARS BRIDGE (east sidewalk)	2.9
196.3	L	W	AIRPORT WAY @roundabout (bike route)	0.4
196.7	R	N	BIKE PATH (*watch for* across from Southgate Rd)	2
198.7	L	W	HAMMOND RD (bike/multi-use path ends)	1.1
199.8	R	N	HARRIS RD	1
200.8			FINISH CONTROL - Westcoast Express station	

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