

Mugwump 200 km Permanent

Submitted by: Bob Koen

Start at Calhouns bakery at 3035 W. Broadway, Vancouver

Total km	From last control	Turn	Direction	Route Instruction	Distance
0	0		E	Head west on W Broadway	0.1
0.1	0.1	L	N	Left on Balaclava	0.1
0.2	0.2	R	E	Right on 8th Ave bike route	1
1.2	1.2	R	S	right at Vine St	0.2
1.4	1.4	L	E	left on 10th Ave bike route	4.5
5.9	5.9	R	S	right at Prince Edward St	0.1
6	6	L	E	left at E 10 Ave	2.1
8.1	8.1	L	N	left at Victoria Dr	0.1
8.2	8.2	R	SE	right onto Central Valley Greenway	3.9
12.1	12.1	L	N	Left at Gilmore	0.3
12.4	12.4	R	E	right at Dawson St	1.2
13.6	13.6	L	N	left at Beta Ave	0.2
13.8	13.8	R	E	right at Lougheed Hwy/BC-7 E	2.5
16.3	16.3	R	SE/E	right at Sperling Ave b/c Winston	5.1
21.4	21.4	L	E	left at Halston Ct	0.5
21.9	21.9	L	NE	left at Austin Rd/Cardston Ct	0.2
22.1	22.1	R	E	right at Lougheed Hwy/BC-7 E	3
25.1	25.1	R	S	right at King Edward St	0.5
25.6	25.6	L	E	left at United Blvd	3.3
28.9	28.9	R	E	right at Mary Hill Bypass/BC-7B E	1.8
30.7	30.7	R	S/E	right at Argue St	2.5
33.2	33.2	R	E/NE	right at Mary Hill Bypass/BC-7B E	2.8
36	36	BR	E	Bear right onto Pitt River Bridge	4.3
40.3	40.3	R	S	right at Harris Rd (signs for Business Center	2.6
42.9	42.9	L	E	Left around traffic circle onto Airport Way	1.3
44.2	44.2	R	SE	right toward 100a Ave	0.3
44.5	44.5	R	S	Right onto Golden Ears Bridge	2.7
47.2	47.2	R	E	Off bridge at ramp on right. Go east under bridge on 100a St.	0.1
47.3	47.3	L	N	At the traffic circle, take the 1st exit onto 201 St	0.5
47.8	47.8	R	E	201 St s right and becomes 102b Ave	1.4
49.2	49.2	L	N	left at 208 St	0.9
50.1	50.1	R	E	right at Allard Crescent	6.4
56.5	56.5	L	S	left at McKinnon Crescent	1.2
57.7	57.7	L	E	left at Billy Brown Rd	1.2
58.9	58.9	R	SW	right at Glover Rd	0.1
Control #1 Wendels Bakery or choice					
58.9	0	L	SE	Left at Mavis Ave	0.1
59	0.1	L	SW	left at River Rd	1.7
60.7	1.8	R	S	right at 240 St	1.3
62	3.1	L	S	left to stay on 240 St	0.9

62.9	4	L	E	left at 80 Ave	0.6
63.5	4.6	R	SE	right at Telegraph Trail	2.1
65.6	6.7	L	E	left at 72 Ave	0.8
66.4	7.5	L	NE	left at 252A Crescent	1
67.4	8.5	R	S	right at 256 St	0.2
67.6	8.7	L	E	left at 72 Ave	1.6
69.2	10.3	R	S	right at 264 St	1.7
70.9	12	L	E	left at 64 Ave	1.6
72.5	13.6	R	S	left at 272 St	0.8
73.3	14.4	L	E/NE	left at 60 Ave bc Nathan bc Lefevre	3.8
77.1	18.2	R	E	right at McTavish Rd	2.5
79.6	20.7	R	S	right at Satchell St bc Taylor	4.1
83.7	24.8	R	S	right at Mt Lehman Rd	1.6
85.3	26.4	L	E	left at Harris Rd	8.2
93.5	34.6	R	S	right at Bell Rd	1.7
95.2	36.3	R	W	right at Townshipline Rd	0
95.2	36.3	L	S	left at Bell Rd	0.8
96	37.1	L	E	left at Clayburn Rd bc Straiton (UP!!!) and later Dawson	5.9
Control #2 Info Control top of Sumas Mtn. TBD					
101.9	0	R	S	right at Sumas Mountain Rd (DOWN!!!)	2.5
104.4	2.5	L	S	left toward Lower Sumas Mountain Rd	1.1
105.5	3.6	R	N/W	right at Lower Sumas Mountain Rd	3.4
108.9	7	R	SW/W	right at Old Yale Rd	5.4
114.3	12.4	R	N	Right on Gladys	0.1
114.4	12.5	L	W	Left on George Ferguson	0.5
114.9	13	R	N	Right on McCallum	1
115.9	14	L	S/W	left at Maclure Rd	1.7
117.6	15.7	R	N	right at Gladwin Rd	3.3
120.9	19	L	W	left at Townshipline Rd	2.9
123.8	21.9	L	S	left at Bates Rd	0.4
124.2	22.3	BR	W then N	Bates Rd S slightly right and becomes Olund Rd then Hawkins Rd.	3
127.2	25.3	L	S	left at Mt Lehman Rd	0.8
128	26.1	R	W	right at Townshipline Rd	3.2
131.2	29.3	R	N	right at Bradner Rd	8.3
139.5	37.6	L	W	left at River Rd	4.1
143.6	41.7	R	W	right at 88 Ave	7.6
151.2	49.3	R	W	right at Mavis Ave	0.5
Control #3 Wendels Bakery or choice					
151.7	0	L	S	Glover	0.3
152	0.3	R	W	right at 96 Ave	5.3
157.3	5.6	R	N	right at 208 St	0.2
157.5	5.8	L	W	left at 97b Ave	0.5
158	6.3	R	N	right at 205a St	0.1
158.1	6.4	L	W	left at 98 Ave	0.8
158.9	7.2	R	N	right at 201 St	0.4

159.3	7.6	BL		Slight left toward 100a Ave take spiral ramp onto bridge, then bike route to Lougheed Hwy	4.6
163.9	12.2	L	W	left at Lougheed Hwy/BC-7 E	4.7
168.6	16.9	CO	W	Over Pitt River bridge on bike path on right	1.1
169.7	18	R	N	Exit bridge on right. Then follow dike along Pitt River north and east to Dominion Ave	1.2
170.9	19.2	L	W	Dominion Ave	2.2
173.1	21.4	R	N	right at Bennie Pl	0.2
173.3	21.6	L	W	left at Thames Crescent	0.3
173.6	21.9	L	W	left at Riverwood Gate	0.1
173.7	22	R	N	right at Coast Meridian Rd	0.9
174.6	22.9	L	W	left at Prairie Ave	0.8
175.4	23.7	R	N	right at Oxford St	0.6
176	24.3	L	W	left at Patricia Ave	0.5
176.5	24.8	L	S	left at Shaughnessy St	0
176.5	24.8	R	W	right on Patricia (over river)	0.3
176.8	25.1	R	W	right at Patricia Ave	0.8
177.6	25.9	L	S	left at Woodland Dr	0.2
177.8	26.1	R	W	right at Crabbe Ave	0.2
178	26.3	L	S	left at Ponderosa St	0.1
178.1	26.4	R	W	right at Lougheed Hwy E	4.4
182.5	30.8	R	N	right at Grant St	0.1
182.6	30.9	L	W	Left on Clarke St.	1
183.6	31.9	R	N	right at Barnet Hwy	9.8
193.4	41.7	L	S	left at Fell Ave	0.2
193.6	41.9	R	W	right at Frances St	3.2
196.8	45.1	L	S	left at Ingleton Ave	0.2
197	45.3	R	W	right at Union St. Follow Union/Adanac bike route to Georgia viaduct	5.7
202.7	51	BR	W	Slight right at Georgia Viaduct	1.1
203.8	52.1	L	W	left at Beatty St	1.8
205.6	53.9	L	S	left at Burrard St (over bridge)	1.3
206.9	55.2	L	S	left at Cypress St	0.1
207	55.3	R	W	right at York Ave	1.3
208.3	56.6	L	S	left at Stephens St	0.8
209.1	57.4	R	W	right at W 8th Ave	0.3
209.4	57.7	L	S	Bayswater	0.1
209.5	57.8	R	W	Broadway to Calhouns bakery	0.1

Finish: Control #4 Calhouns Bakery

R-right L-left BR-bear right BL-bear left SO-straight CO-continue on T-turn around