

T u r n					T u r n				
from at km	Last		Route	then Go	from at km	Last		Route	then Go
0.0	0.0	x-x	START: 3131 MILGROVE ST	0.0	0.0	0.0	x-x	START: 3131 MILGROVE ST	0.0
0.0	0.0	R	MILLGROVE ST	0.2	0.0	0.0	R	MILLGROVE ST	0.2
0.2	0.2	L	BURNSIDE RD W	0.9	0.2	0.2	L	BURNSIDE RD W	0.9
1.1	1.1	SO	INTERURBAN RD	6.5	1.1	1.1	SO	INTERURBAN RD	6.5
7.6	7.6	L	W. SAANICH RD	8.8	7.6	7.6	L	W. SAANICH RD	8.8
16.4	16.4	SO	W. SAANICH RD	13.2	16.4	16.4	SO	W. SAANICH RD	13.2
29.6	29.6	L	BIRCH RD	1.0	29.6	29.6	L	BIRCH RD	1.0
30.6	30.6	R	CHALET RD	1.8	30.6	30.6	R	CHALET RD	1.8
32.4	32.4	SO	LANDS END RD.	6.0	32.4	32.4	SO	LANDS END RD.	6.0
38.4	38.4	R	HWY 17 (SOUTHBOUND)	23.6	38.4	38.4	R	HWY 17 (SOUTHBOUND)	23.6
62.0	62.0	R	QUADRA ST EXIT - (Exit #9)	4.3	62.0	62.0	R	QUADRA ST EXIT - (Exit #9)	4.3
CONTROL #01: SHELL GAS AT					CONTROL #01: SHELL GAS AT				
66.3	66.3	x-x	FALMOUTH RD.	0.0	66.3	66.3	x-x	FALMOUTH RD.	0.0
66.3	0.0	R	QUADRA ST	0.4	66.3	0.0	R	QUADRA ST	0.4
66.7	0.4	R	TATTERSALL RD	0.8	66.7	0.4	R	TATTERSALL RD	0.8
67.5	1.2	R	VERNON AVE	0.7	67.5	1.2	R	VERNON AVE	0.7
68.2	1.9	SO	HWY 17 (NORTHBOUND)	15.3	68.2	1.9	SO	HWY 17 (NORTHBOUND)	15.3
83.5	17.2	R	MT. NEWTON X RD	0.2	83.5	17.2	R	MT. NEWTON X RD	0.2
83.7	17.4	x-x	CONTROL #02: SHELL GAS	0.0	83.7	17.4	x-x	CONTROL #02: SHELL GAS	0.0
83.7	0.0	R	MT NEWTON X RD	0.5	83.7	0.0	R	MT NEWTON X RD	0.5
84.2	0.5	L	CENTRAL SAANICH RD	2.3	84.2	0.5	L	CENTRAL SAANICH RD	2.3
86.5	2.8	L	EAST SAANICH RD	0.1	86.5	2.8	L	EAST SAANICH RD	0.1
86.6	2.9	L	ISLAND VIEW RD	0.5	86.6	2.9	L	ISLAND VIEW RD	0.5
87.1	3.4	R	LOCHSIDE DR	1.3	87.1	3.4	R	LOCHSIDE DR	1.3
88.4	4.7	L	MARTINDALE RD	1.3	88.4	4.7	L	MARTINDALE RD	1.3
89.7	6.0	R	WELCH RD	1.4	89.7	6.0	R	WELCH RD	1.4
91.1	7.4	SO	HUNT RD	1.5	91.1	7.4	SO	HUNT RD	1.5
92.6	8.9	L	FOWLER RD	0.8	92.6	8.9	L	FOWLER RD	0.8
93.4	9.7	L	CORDOVA BAY RD	0.5	93.4	9.7	L	CORDOVA BAY RD	0.5
93.9	10.2	R	LOCHSIDE DR - Lochside Regional Trail	3.3	93.9	10.2	R	LOCHSIDE DR - Lochside Regional Trail	3.3
97.2	13.5	L	ROYAL OAK DR	0.6	97.2	13.5	L	ROYAL OAK DR	0.6
97.8	14.1	SO	BECOMES CORDOVA BAY RD/ MOUNT DOUGLAS PARKWAY	1.9	97.8	14.1	SO	BECOMES CORDOVA BAY RD/ MOUNT DOUGLAS PARKWAY	1.9
99.7	16.0	L	ASH RD	0.6	99.7	16.0	L	ASH RD	0.6
100.3	16.6	R	MAJESTIC DR	0.8	100.3	16.6	R	MAJESTIC DR	0.8
101.1	17.4	L	SAN JUAN AVE - bike path through Tyndall Park	2.0	101.1	17.4	L	SAN JUAN AVE - bike path through Tyndall Park	2.0
103.1	19.4	R	ARBUTUS RD	1.0	103.1	19.4	R	ARBUTUS RD	1.0
104.1	20.4	L	ARBUTUS RD - cross GORDON HEAD RD	1.7	104.1	20.4	L	ARBUTUS RD - cross GORDON HEAD RD	1.7
105.8	22.1	R	TELEGRAPH BAY RD	0.3	105.8	22.1	R	TELEGRAPH BAY RD	0.3
106.1	22.4	R	CADBORO BAY RD	1.4	106.1	22.4	R	CADBORO BAY RD	1.4
107.5	23.8	L	BEACH DR	4.3	107.5	23.8	L	BEACH DR	4.3
111.8	28.1	R	BERESFORD ST	0.1	111.8	28.1	R	BERESFORD ST	0.1
111.9	28.2	R	NEWPORT AVE	0.1	111.9	28.2	R	NEWPORT AVE	0.1
112.0	28.3	SO	BECOMES OAK BAY AVE	1.0	112.0	28.3	SO	BECOMES OAK BAY AVE	1.0
113.0	29.3	x-x	CONTROL #03: SHELL GAS	0.0	113.0	29.3	x-x	CONTROL #03: SHELL GAS	0.0
113.0	0.0	R	OAK BAY AVE	0.1	113.0	0.0	R	OAK BAY AVE	0.1
113.1	0.1	R	FOUL BAY RD	1.4	113.1	0.1	R	FOUL BAY RD	1.4
114.5	1.5	L	FAIRFIELD RD - becomes BEACH DR	0.9	114.5	1.5	L	FAIRFIELD RD - becomes BEACH DR	0.9
115.4	2.4	L	BEACH DR	7.6	115.4	2.4	L	BEACH DR	7.6
123.0	10.0	SO	CADBORO BAY RD	1.4	123.0	10.0	SO	CADBORO BAY RD	1.4

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at km	from Last		Route	then Go	at km	from Last		Route	then Go
124.4	11.4	L	TELEGRAPH BAY RD	0.6	124.4	11.4	L	TELEGRAPH BAY RD	0.6
125.0	12.0	L	QUEENSWOOD DR	1.8	125.0	12.0	L	QUEENSWOOD DR	1.8
126.8	13.8	R	ARBUTUS RD	0.9	126.8	13.8	R	ARBUTUS RD	0.9
127.7	14.7	R	ARBUTUS RD	1.1	127.7	14.7	R	ARBUTUS RD	1.1
128.8	15.8	R	GORDON HEAD RD	0.3	128.8	15.8	R	GORDON HEAD RD	0.3
129.1	16.1	L	FERNDALE RD	0.5	129.1	16.1	L	FERNDALE RD	0.5
129.6	16.6	R	FERNDALE RD - becomes TYNDALL RD	1.4	129.6	16.6	R	FERNDALE RD - becomes TYNDALL RD	1.4
131.0	18.0	R	ASH RD	1.5	131.0	18.0	R	ASH RD	1.5
132.5	19.5	SO	CORDOVA BAY RD/ MOUNT DOUGLAS PARKWAY	1.9	132.5	19.5	SO	CORDOVA BAY RD/ MOUNT DOUGLAS PARKWAY	1.9
134.4	21.4	R	CORDOVA BAY RD	3.9	134.4	21.4	R	CORDOVA BAY RD	3.9
138.3	25.3	R	FOWLER RD	0.8	138.3	25.3	R	FOWLER RD	0.8
139.1	26.1	R	HUNT RD	1.5	139.1	26.1	R	HUNT RD	1.5
140.6	27.6	SO	WELCH RD	1.4	140.6	27.6	SO	WELCH RD	1.4
142.0	29.0	L	MARTINDALE RD	1.3	142.0	29.0	L	MARTINDALE RD	1.3
143.3	30.3	R	LOCHSIDE DR	1.3	143.3	30.3	R	LOCHSIDE DR	1.3
144.6	31.6	L	ISLAND VIEW RD - cross HWY 17	0.5	144.6	31.6	L	ISLAND VIEW RD - cross HWY 17	0.5
145.1	32.1	R	EAST SAANICH RD	8.1	145.1	32.1	R	EAST SAANICH RD	8.1
153.2	40.2	L	CANORA RD	0.8	153.2	40.2	L	CANORA RD	0.8
154.0	41.0	R	OCEAN AVE W BECOMES STIRLING WAY - no street sign;head towards Sidney	1.4	154.0	41.0	R	OCEAN AVE W BECOMES STIRLING WAY - no street sign;head towards Sidney	1.4
155.4	42.4	R	BEACON AVE - cross HWY 17	0.5	155.4	42.4	R	BEACON AVE - cross HWY 17	0.5
155.9	42.9	x-x	CONTROL #04: YOUR CHOICE	0.0	155.9	42.9	x-x	CONTROL #04: YOUR CHOICE	0.0
155.9	0.0	L	RESTHAVEN DR	1.0	155.9	0.0	L	RESTHAVEN DR	1.0
156.9	1.0	R	MACDONALD PARK RD	1.4	156.9	1.0	R	MACDONALD PARK RD	1.4
158.3	2.4	R	BIKE PATH TOWARD FERRIES	0.8	158.3	2.4	R	BIKE PATH TOWARD FERRIES	0.8
159.1	3.2	SO	SWARTZ BAY RD	0.5	159.1	3.2	SO	SWARTZ BAY RD	0.5
159.6	3.7	SO	CURTEIS RD	0.1	159.6	3.7	SO	CURTEIS RD	0.1
159.7	3.8	L	KITTIWAKE RD	0.1	159.7	3.8	L	KITTIWAKE RD	0.1
159.8	3.9	SO	LANDS END RD.	6.2	159.8	3.9	SO	LANDS END RD.	6.2
166.0	10.1	SO	CHALET RD	1.9	166.0	10.1	SO	CHALET RD	1.9
167.9	12.0	R	BIRCH RD	0.5	167.9	12.0	R	BIRCH RD	0.5
168.4	12.5	L	MADRONA DR	1.5	168.4	12.5	L	MADRONA DR	1.5
169.9	14.0	L	NORRIS RD	0.7	169.9	14.0	L	NORRIS RD	0.7
170.6	14.7	L	DERRICK RD	0.2	170.6	14.7	L	DERRICK RD	0.2
170.8	14.9	R	DOWNEY RD	1.0	170.8	14.9	R	DOWNEY RD	1.0
171.8	15.9	R	W SAANICH RD	15.9	171.8	15.9	R	W SAANICH RD	15.9
187.7	31.8	R	WALLACE DR	6.3	187.7	31.8	R	WALLACE DR	6.3
194.0	38.1	R	W SAANICH RD	3.1	194.0	38.1	R	W SAANICH RD	3.1
197.1	41.2	R	INTERURBAN RD	3.5	197.1	41.2	R	INTERURBAN RD	3.5
200.6	44.7	SO	BURNSIDE RD W	0.9	200.6	44.7	SO	BURNSIDE RD W	0.9
201.5	45.6	R	MILLGROVE ST	0.1	201.5	45.6	R	MILLGROVE ST	0.1
201.6	45.7	x-x	FINISH: FINISH CONTROL - 3131 MILLGROVE ST	0.0	201.6	45.7	x-x	FINISH: FINISH CONTROL - 3131 MILLGROVE ST	0.0