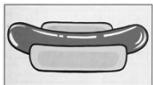


			Start - Waves Coffee / Commercial & East 3 rd 7:30 AM to 8:30 AM	
0.0		W	East 3rd	0.2
0.2	R	N	Woodland	0.7
0.9	L/R	W/N	William / McLean	0.5
1.4	L	W	Adanac	0.4
1.8	L/R	S/W	Vernon / Union	1.5
3.3	bear L	W	Dunsmuir viaduct (up the overpass)	1.9
5.2	C	W	Melville	0.5
5.7	L	W	West Pender	1.3
7.0	C	N	Lion's Gate Bridge (sidewalk)	3.7
10.7	bear R	E/S/W	circle underneath bridge	0.4
11.1	C	W	toward Park Royal Shopping Centre	0.3
11.4	R	N	Taylor Way	0.3
11.7	L	W	Marine Drive	15.6
27.3	R/L	E/N	overpass/Hwy 99 Sea to Sky (services from 58km to 75km)	53.6
80.9	R	E	Alice Lake Road	1.1
82.0	R		access road to lake / parking lot	0.6
82.6			Control 1 - Alice Lake 9:56 AM to 1:00 PM	0.0






Recommended:
Galileo Cafe at 58 km
(excellent brownies)

155.4	C / R	e/s	thru parking lot / Capilano Road	2.1
157.5	L	se	Edgemont Blvd (services)	1.2
158.7	L	e	W Queen's Road	2.1
160.8	R/L	s/e	Lonsdale Ave / 29th St E	2.2
161.3	R	s/e/n	Tempe Crescent (avoids that steep hill)	0.8
162.1	R	E	29 th St E	0.9
163.0	R/C	s / e	Fromme Rd / 27th St E	0.3
163.3	R	s	Mountain Hwy	0.6
163.9	L	e	20th St E	0.5
164.4	R	s	Arbor Lynn	0.6
165.0	L	s	Mountain Hwy	1.2
166.2	L	e	Keith Road / cross bridge	0.4
166.6	R	s	Mountain Hwy (no choice)	0.1
166.7	R/T/R	n	At Dinosaur Daycare (on your right), pull into the driveway, turn around, follow the gravel path under two bridges, then turn right up paved path to Keith Road	0.2
166.9	C	e	Keith Road	0.3
167.2	L	n/e	Old Lillooet Road	0.3
167.5	L	n	Lillooet Road	4.6
172.1	C	n	continue thru roundabout on service road	9.4
181.5			Control 3 - Stoney Creek picnic area 12:50 PM to 7:36 PM	0.0



Recommended:
Delaney's Coffee at
158.2 km
(outstanding apple-
pear tarts)



82.6	T		access road to lake	0.6
83.2	L	W	Alice Lake Road	1.2
84.4	L	S	Hwy 99 Sea to Sky (services from 94km to 106km)	50.8
135.2	bear R		Horseshoe Bay Drive (bike route) / Upper Levels Hwy	15.5
150.7	bear R		Exit 13 Taylor Way	0.5
151.2	L	n	Taylor Way	0.4
151.6	R	e	Stevens Drive	2.5
154.1	R	e	Deep Dene Road	0.3
154.4	L	n	Glenmore	0.2
154.6	R	e	Look for "19" on the fence post or Trans-Canada trail marker <ul style="list-style-type: none"> Follow gravel path: <ul style="list-style-type: none"> beside fence for about 100m to the right, downhill left around the bend down steep hill (CAUTION!) across the dam 	0.8
155.4			Control 2 - Cleveland Dam 12:04 PM to 5:52 PM   	0.0

181.5	T	s	paved service road / Lillooet Road	14.0
195.5	R/L	w/s	Old Lillooet Road	0.3
195.8	R	w	Keith Road	0.2
196.0	C	w/s	Follow paved path under two bridges to gravel path back to Dinosaur Daycare	0.8
196.8	C	s	Mountain Hwy	0.7
197.5	L	e	Main Street	0.3
197.8	BR	e	sidewalk across Second Narrows Bridge	1.9
	BR	s	Bike path / CAUTION: sharp zig-zag switchbacks	
199.7	R	n	Bridgeway (on sidewalk / paved bike path)	0.5
200.2	R	w/n	Portside Bike route / behind racetrack / through parking lot	0.7
200.9	L	w	Trinity	0.4
201.3	L	s	Kaslo bike route	1.4
202.7	R	w	Adanac	1.1
203.8	L	s	Lakewood	1.0
204.8	R	w	East 3rd	0.6
205.4			Waves Coffee - Commercial & 3 rd 1:33 PM to 9:00 PM	