

	S				Start: Waves Coffee - Commercial Drive & 3rd
0.0		e		0.3	East 3rd
0.3	L	n		1.0	Victoria Drive
1.3	R	e		2.5	Adanac bike route
3.8	L	n		0.4	Cassiar
4.2	C	n		0.8	cross Hastings / back to Cassiar / Cambridge
5.0	L	n		2.0	bike path / Second Narrows Bridge
7.0	R	e		8.3	Main / Dollarton / Deep Cove Rd / Gallant
15.3				0.0	Control 1 - Deep Cove
15.3	T	w		9.9	Gallant / Deep Cove Rd / Dollarton / Main / Cotton
25.2	L	sw		3.5	Low Level Rd / Esplanade / Forbes
28.7	L	w/s		0.3	W. 3rd Street
29.0	L	sw/w		1.5	W. 2nd Street / 1st Street
30.5	R/L	n/w		2.0	Pemberton / Welch
32.5	R	n		0.3	Bridge Road
32.8	L	w		0.2	toward Park Royal Shopping Centre
33.0	R	n		0.4	Taylor Way
33.4	L	w		15.6	Marine Drive
49.0	L	s		2.4	Marine Drive / follow through roundabout
51.4				0.0	Control 2 - Whytecliffe Park
51.4	T	e		2.5	Marine Drive
53.9	R	e		7.4	Upper Levels Hwy
61.3	BR	se		0.5	Exit 8 - Cypress Bowl Road
61.8	L	w		16.0	Cypress Bowl Road
77.8				0.0	Control 3 - Cypress Bowl Ski Area
77.8	T	s		16.0	Cypress Bowl Road
93.8	C	e		4.2	Upper Levels
98.0	BR	n		0.4	Exit 13
98.4	L	n		0.4	Taylor Way
98.8	R	e		2.6	Stevens
101.4	R	e		0.2	Deep Dene
101.6	L	n		0.2	Glenmore
101.8	R	e		1.0	"19" on post, Trans-Canada Trail Marker
102.8				0.0	cross Cleveland Dam
102.8	R/L	s/e		3.3	through parking lot /Capilano / Montroyal
106.1	C	e		0.1	West Rockland
106.2	R/L	s/e		1.8	Lonsdale / Braemar
108.0	R	s		2.2	Dempsey
110.2	L	n		1.2	enter Lynn Valley Regional Park
111.4				0.0	Control 4 - Lynn Valley Regional Park
111.4	T	s		3.0	Lynn Valley Road
114.4	L	s		2.7	Mountain Hwy
117.1	L	e		0.4	Keith Rd
117.5	R	s		0.2	Mountain Hwy
117.7	L	e		0.6	Fern
118.3	C	n		4.4	Mount Seymour Parkway
122.7				0.3	Mount Seymour Road

