






ST			START—Waves Coffee - Commercial Drive & 3rd	
0.0		w	0.2	East 3rd
0.2	R	n	0.7	Woodland
0.9	L/R	w/n	0.5	William / McLean
1.4	L	w	0.4	Adanac
1.8	L/R	s/w	1.5	Vernon / Union
3.3	BL	w	1.9	Dunsmuir Viaduct (overpass)
5.2	C	w	0.5	Melville
5.7	L	w	1.3	West Pender
7.0	C	n	3.7	Lion's Gate Bridge (sidewalk)
10.7	BR	e/s/w	0.4	circle back under bridge
11.1	C	w	0.3	toward Park Royal Shopping Centre
11.4	R	n	0.3	Taylor Way
11.7	L	n	15.6	Marine Drive
27.3	R/L	e/n	53.7	overpass / Hwy 99 <i>(services from 58 km to 79 km)</i> 
80.9	L	w	0.1	Squamish Lake Road
<b>81.0 CONTROL 1 (9:53 - 12:54) Parking Lot at Corner of Hw 99 &amp; Squamish Lake Rd</b>				

81.0	T	s	50.8	Hwy 99 <i>(services from 93 km to 105 km)</i> 
131.8	BR	s	15.5	Horseshoe Bay Drive / Upper Levels Hwy
147.3	BR	e	0.5	Exit 13 Taylor Way * Do NOT go DOWN Taylor Way
147.8	L	n	0.4	Taylor Way * Go UP Taylor Way, instead
148.2	R	e	2.5	Stevens Drive
150.7	R	e	0.3	Deep Dene Road
151.0	L	n	0.2	Glenmore
151.2	R	e	0.8	Look for "19" on fence post -> follow gravel path beside fence for 100 m -> to the right downhill -> left around the bend -> down steep hill CAUTION! -> cross the dam into the park
<b>152.0 CONTROL 2 (11:58 - 17:38) Cleveland Dam</b> 				

152.0	C/R	e/s	2.1	through parking lot / Capilano Road	
154.1	L	se	1.2	Edgemont Blvd *** DON'T MISS IT!	
155.3	L	e	2.2	West Queen's Road	
157.5	R/L	s/e	0.2	Lonsdale Ave / 29th St E	
157.7	R	se/ne	0.8	Tempe Crescent (avoids that steep hill)	
158.5	R	e	0.9	29th Street E	
159.4	R/C	s/e	0.3	Fromme Road / 27th St E	
159.7	R	s	2.3	Mountain Hwy *** STEEP DESCENT	
162.0	L	e	0.4	Keith Road / cross bridge	
162.4	R	s	0.1	Mountain Hwy (no choice)	
162.5	R	w	0.0	At Dinosaur Daycare, pull into the driveway	
<b>162.5 CONTROL 3 (12:18 - 18:22) Dinosaur Daycare</b>					
162.5	T	n	0.2	> turn around > follow the gravel path under two bridges -> turn right up paved path to Keith Road	
162.7	C	e	0.3	Keith Road	
163.0	L	n/e	0.3	Old Lillooet Road	
163.3	L	n	4.6	Lillooet Road to Seymour Conservation Area	
167.9	C	n	9.4	continue through roundabout on service road	
<b>177.3 CONTROL 4 (12:44 - 19:22) Stoney Creek Picnic Area</b>					
177.3	T	s	14.0	service road / Lillooet Road	
191.3	R	w	0.3	Old Lillooet Road	
191.6	R	w	0.2	Keith Road	
191.8	C	w/s	0.8	Follow path back to Dinosaur Daycare	
192.6	C	s	0.7	Mountain Hwy	
193.3	L	e	0.3	Main Street	
193.6	BR	e	1.9	east sidewalk across Second Narrows Bridge	
195.5	BR	s	0.2	bike path - CAUTION sharp zig-zags	
195.7	R	e	0.4	sidewalk toward grain elevators & PNE	
196.1	R	w	0.7	Portside Bike Route -> through parking lot	
196.8	L	e	0.4	Trinity	
197.2	L	s	1.4	Kaslo Bike Route	
198.6	R	w	1.1	Adanac Bike Route	
199.7	L	s	1.0	Lakewood Bike Route	
200.7	R	w	0.6	East 3rd	
<b>201.3 FINISH (13:23 - 21:00) Waves Coffee, Commercial Drive &amp; 3rd</b>					