

START 7:00 AM Britannia Community Centre Parking				
8:00 AM Lot off Wooldand Ave				
0.0	S/L/R	n/w/n	Woodland/ Venables/ McLean	0.2
0.2	L	w	adanac	0.3
0.5	L/R	s/w	vernon/union	1.5
2.0	BL	w	Georgia Viaduct (up ramp) -> Dunsmuir -> Melville	2.5
4.5	L	w	West Pender	0.3
4.8	BR	w	West Georgia	0.9
5.7	BL	w/n	sidewalk over Lion's Gate Bridge	3.8
9.5	BR/∩	ne/s	follow bike route signs to West Vancouver	0.2
9.7	R	w	path under bridge toward mall/ Bridge Street	0.5
10.2	R	n	Taylor Way	1.5
11.7	L	w	Highway 99 (1. Watch for construction at about 20 km. 2. Near Horseshoe Bay follow green Hwy 99 bicycle signs)	55.5
			<i>1. Watch for construction at approx. 20 km mark</i>	
			<i>2. Near Horseshoe Bay follow green Hwy 99 bicycle signs</i>	
67.2	L	sw	Cleveland Ave	1.0
68.2	Control	9:00 AM	Squamish	0.0
		11:32 AM	Either Sunflower Bakery 38086 Cleveland Ave or Zephyr Café 38084 Cleveland Ave	

178.5	T	s	Mount Seymour Road	13.5
192.0	R	w	Mount Seymour Parkway	3.5
195.5	L	s	Riverside Drive	0.7
196.2	R	w	Dollarton Highway	0.3
196.5	BR	w	move onto sidewalk	0.4
196.9	L	s	pedestrian X'ing on left, continue on sidewalk	0.1
197.0	L/R	s/w	cross Main Street to bike path, go under the overpass	0.1
197.1	L/L --> BR	s/e --> s	pedestrian X'ing on left, sidewalk across Second Narrows Bridge	2.0
199.1	R/L	w/s	Bridgeway Street <i>CAUTION: Sharp switchbacks exiting bridge</i>	0.5
199.6	R	w	Port Side Bike Route through parking lot	0.6
200.2	BR	nw	up slight rise towards Burrard Inlet	0.1
200.3	L	w	Trinity Street	0.3
200.6	L	s	Kaslo Street	1.4
202.0	R	w	Adanac Street	1.4
203.4	L	s	Victoria Drive	0.2
203.6	R	w	Parker Street	0.3
203.9	R	n	Commercial Drive	0.1
204.0	Finish	1:00 PM	Zawa Restaurant	
		8:30 PM	920 Commercial (at Venables)	

147.1	T	s	Service Road -> Lillooet Rd	13.5
160.6	L	e	Mount Seymour Parkway	4.4
			<u>CAUTION: ONCOMING TRAFFIC</u>	
165.0	L	n	Mount Seymour Road	13.5
178.5	Control	12:14 AM	Mount Seymour summit	0.0
		6:52 PM	Go to the end of the parking lot	

68.2	T	ne	Cleveland Ave	1.0
69.2	R	s	Highway 99	55.0
			<u>1. Near Horseshoe Bay follow green Hwy 99 bicycle signs</u>	
			<u>2. Watch for bicycle detour at 116 km / EXIT 4</u>	
124.2	L	w	Taylor Way exit 13	0.5
124.7	L	n	Taylor Way	0.5
125.2	R	e	Stevens Drive	2.6
127.8	R	e	Deep Dene Road	0.3
128.1	L	n	Glenmore	0.2
128.3	R	e	look for "19" on the fence post/ follow gravel path beside fence	0.3
128.6	R	s	downhill on gravel path, follow bend, cross Cleveland Dam	0.9
			<u>Water and washrooms available in park</u>	
129.5	R	s	Capilano Road	0.3
129.8	L	e	Montroyal Blvd	3.1
132.9	C	e	West Rockland Road	0.1
133.0	R	s	Lonsdale Ave	0.2
133.2	L	e	Braemar Road	1.7
134.9	R	s	Dempsey	2.1
137.0	L	n	Lynn Valley Rd	0.1
			<u>Food and washrooms available at 'End of the Line General Store', corner of Demsey & Lynn Valley Rd</u>	
137.1	R	e	Rice Lake Rd (cross foot bridge)	0.5
137.6	L	n	Lillooet Rd/ Service Road	9.5
147.1	Control	11:19 AM	Lower Seymour Conserv'n Reserve	0.0
		4:48 PM	Stoney Creek Picnic area	