

Permanent Brevet #45

Submitted by: Jerome Lavigne March 2009

Vancouver to Victoria 200K

Distance (cumulative)	Turn	Direction	Route Description	Distance Interval
0.0			START – NE corner of 8th & Cambie St., Vancouver Starbucks	
0.0	R	N	Cambie St.	0.1
0.1	BR	N	Cambie St. (not onto bridge)	0.2
0.3	CO	N	Cambie St. Bridge sidewalk / cycling path	0.9
1.2	R	NW	Follow signs to Smithe St. -- path to right curves down and under Pacific Ave. exit, continue straight and return to road surface @ Smithe & Expo Blvd.	0.2
1.4	R	NE	Beatty St.	0.5
1.9	L	NW	Dunsmuir St (becomes Melville St., then Jervis St.)	1.5
3.4	L	W	W Pender St.	0.4
3.8	BR	NW	W Georgia St.	0.6
4.4	CO	N	Sidewalk / cycling path along Stanley Park Causeway, then along sidewalk across Lion's Gate Bridge	3.9
8.3	BR	N	At south end of Lions' Gate Bridge just past building on right, take bike path to the right; after brief descent (20 metres) make immediate right to connect with Bridge Road under bridge.	0.3
8.6	L	W	Bridge Road over Capilano River	0.3
8.9	R	N	Taylor Way to lights	0.3
9.2	L	W	Marine Drive	15.5
24.7	L	W	Marine Drive (@ stop)	0.3
25.0	R	N	Nelson Ave (@ roundabout)	0.2
25.2	R	E	Chatham St.	0.1
25.3	L	N	Royal Ave	0.4
25.7	R	E	Bay St. to Ferry Terminal	0.1
25.8	L		CONTROL #1 – Horseshoe Bay Ferry Terminal	
25.8			Take ferry to Nanaimo (Departure Bay), no km credit!	-

25.8	CO	S	Stewart Ave (straight off ferry ramp)	2.5
28.3	L	S	Terminal Ave becomes Nichol St.	7.1
			Dangerous Intersections in this stretch	
35.4	CO	S	TC Hwy 1	27.3
62.7	R	SW	Smiley Rd	0.0
62.7	L	SE	Immediate left to Smiley Rd	0.9
63.6	L	E	at stop sign (Antique Store opposite)	0.1
63.7	CO	NE	Cross TC Hwy (at lights) to Henry Rd	1.4
65.1	R	E	Chemainus Rd (at roundabout)	3.1
68.2	CO	S	Dangerous RR crossing!	1.2
69.4	CO	S	Gaps between planks on bridge!	0.3
69.7	CO	S	Stay on Chemainus Rd	1.8
71.5	R	W	Mt. Sicker Rd	0.6
72.1	L	S	TC Hwy 1 (at lights)	6.8
78.9	R	W	Hwy 18 (to Lake Cowichan)	25.7
104.6	L	SW	Exit to Lake Cowichan (becomes Cowichan Lake Rd)	0.9
105.5	R		CONTROL #2 – Cowichan Lake Esso Station (24hrs)	
105.5	L	E	Cowichan Lake Road	0.2
105.7	R	SE	Greendale Rd. (becomes Wentworth Rd)	1.5
107.2	R	E	Cowichan Lake Rd	5.9
113.1	CO	E	Cross Skutz Falls Rd (@ stop)	16.4
129.5	R	E	Stay on Cowichan Lake Rd	1.9
131.4	R	S	Stay on Cowichan Lake Rd	1.5
132.9	CO	SE	Becomes Government St.	1.4
134.3	R	S	Allenby Rd (@ lights)	0.7
135.0	L	SE	Miller Rd (after bridge)	2.0
137.0	R	SE	Koksilah Rd (@ stop)	7.4
144.4	CO	E	Cross TC Hwy (@ lights, towards Cobble Hill)	2.5
146.9	R	S	Cowichan Bay Rd (@stop)	2.8
149.7	CO	SW	Cross TC Hwy (@ lights, becomes Cobble Hill Rd)	2.4
152.1	BR	S	Becomes Shawnigan Lake Rd	4.7
156.8	BL	SE	Stay on Shawnigan Lake Rd	0.5
156.8			CONTROL #3 – Shawnigan Lake Your Choice	
156.8	CO	S	Stay on Shawnigan Lake Rd	2.3
159.1	R	W	Shawnigan Lake Rd (not up hill!)	0.9
160.0	R	W	Shawnigan Lake Rd	10.5
170.5	R	S	TC Hwy 1	12.9
183.4	R	S	Exit onto Goldstream Ave	5.6
189.0	L	NE	Island Hwy 1A	2.3
191.3	BR	E	Follow ramp to Island Hwy, keep right at fork; Follow signs for View Royal and merge onto Island Hwy	2.6
193.9	CO	E	Craigflower Rd.	3.3

197.2	CO	E	Skinner St.	0.5
197.7	BL	SE	Tyee Rd	0.8
198.5	L	E	Esquimalt Rd	0.2
198.7	CO	E	Pandora Ave (across bridge)	0.3
199.0	R	S	Wharf St (first off-ramp)	0.7
199.7	BR	S	Government St	0.5
200.2	L	E	Superior St	0.2
200.4			FINISH – Beacon Hill Park, Victoria	

Note: Ride organizers may make last minute changes because of road closures or other problems. The route sheet you receive at the start of the ride is the official one.

R-right L-left BR-bear right BL-bear left ST-straight CO-continue on T-turn around