

Mountain & Shores 200 km Route				
Permanent #54				
START/FINISH - Harbourside Park (Northshore Automall)				
North side of Burrard Inlet - North Vancouver, BC				
(access via overpass at Fell Ave & W 1st Ave)				
Dist.(cum.)	Turn	Direction	Route Description	Dist.(int.)
0.0			START	
0	SO	E	HARBOURSIDE PL. (Harbourside Park on Burrard Inlet)	0.1
0.1	L	N	FELL AVE. (cross overpass to lights)	0.6
0.7	L	W	W 1ST AVE.	1.7
2.4	R	N	GARDEN AVE.	0.1
2.5	L	W	WELCH ST.	1.2
3.7	R	N	BRIDGE RD.	0.3
4	L	W	BRIDGE RD. (bridge over Capilano River to W. Vancouver)	0.3
4.3	L	S	TAYLOR WAY@stop (behind Park Royal South Mall)	0.4
4.7	L	W	To OVERPASS@2nd stop (to Marine Drive westbound)	0.2
4.9	SO	W	MARINE DR.	0.7
5.6	R	N	13TH ST. @lights (uphill)	1.2
6.8	L	W	MATHERS AVE.@stop	0.4
7.2	R	N	15TH ST.@stop (uphill - thru underpass to Hwy 1/99 west)	0.6
7.8	L	W	HWY. 1 West	2.8
10.6	BR	W	CYPRESS MOUNTAIN RD. (to downhill ski area lodge)	15.4
26.0			CONTROL #1 Cypress Mountain ski area	
26	T	E	CYPRESS MOUNTAIN RD./HWY. 1/99 (west)	15.4
41.4	R	W	HWY 1 West (sharp turn to hwy before overpass)	6
47.4	BR	W	EXIT 3 - Ferry terminal / Horseshoe Bay Village / Marine Dr	0.2
47.6	SO	W	EXIT 3 - FOLLOW 'HWY 99 BIKE ROUTE' SIGNAGE	0.2
47.8	BR	NW	new BIKE PATH TO HWY 99 (NORTH) Bike route	0.1
47.9	BR	NW/N	HWY 99 NORTH (Bike Route)	1.1
49	L	W	MARINE DR (cross overpass)	0.3
49.3	SO	W	MARINE DR @roundabout (SO to Whytecliff Pk.)	2.1
51.4	SO	NW	WHYTECLIFF PARK (1-way direction thru parking area)	0.2
51.6			CONTROL #2 Whytecliff Park Concession	
51.6	T	S	MARINE DR.	2.5
54.1	R	S	MARINE DR. (just before overpass)	11.4
65.5	R	S	26th ST.	0.1
65.6	L	E	BELLEVIEW AVE.	2.5
68.1	L	N	13th AVE.	0.1
68.2	R	E	MARINE DR.	1.8
70	BR	S	LIONS GATE BRIDGE (use west sidewalk - southbound)	2.2
72.2	SO	S	STANLEY PARK CAUSEWAY (bike path/sidewalk)	3.9
76.1	R/L	SE/E	LAGOON DR/STANLEY PARK DR (go under overpass)	0.1
76.2	BR	E	STANLEY PARK DR. @roundabout (one way road)	4.9
81.1	SO	NW/S	STANLEY PARK DR. @Prospect Point	3.4
84.5	SO	E	BEACH AVE./PACIFIC ST. English Bay beaches	2.8
87.3	R	S	BURRARD BRIDGE (use designated bike route, or lane)	1.1

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88.4	BR	W	CORNWALL AVE./POINT GREY RD. (Kits. Beach)	1.9
90.3	L	S	BAYSWATER ST.	0.2
90.5	R	W	W. 3RD AVE.	0.9
91.4	L	S	ALMA ST.	0.1
91.5	R	W	W. 4th AVE.	1.1
92.6	BR	W	N.W. MARINE DR. (Jericho/Locarno/Spanish Banks)	5.1
97.7	R	E	N.W. MARINE DR./S.W. MARINE DR (UBC)	6.9
104.6	BR	SE	S.W. MARINE DR. (@41st Ave.)	5.4
110	R	S	S.W. MARINE DR. (70th Ave.)	0.5
110.5	BL	S	cross ARTHUR LAING BRIDGE	1.3
111.8	BR	W/S	1st EXIT (to Richmond then left @lights)	0.6
			caution! Moray Bridge to No. 3 Rd intersection	
112.4	L	E	MORAY BRIDGE/SEA ISLAND WAY	0.8
113.2	L	N	caution! NO. 3 RD. @lights (large & busy intersection)	0.3
113.5			CONTROL #3 Bridgepoint Market	
113.5	R	E	RIVER DR. (adj. to Skytrain station)	2.3
115.8	L	N	SHELL RD.	0.1
115.9	R	E	RIVER RD.	0.8
116.7	R	S	NO. 5 RD.	0.3
117	L	E	VULCAN WAY	1.8
118.8	L	N	NO. 6 RD.	0.3
119.1	R	E	RIVER RD.	8.4
127.5	L	E	WESTMINSTER HWY/BOYD ST.	2.2
129.7	R	S	ACCESS PATH (x bridge to New Westminster)	0.1
129.8	L	N	QUEENSBOROUGH BR. (x overpass to 7th Ave.)	0.9
130.7	R	E	7th AVE. (Skytrain station @22nd St.)	2
132.7	SO	E	7th AVE. (thru Moody Park via bike/pedestrian path)	0.3
133	SO	E	7th AVE.	1.8
134.8	R	E	1ST ST.	0.2
135	L	N	6th AVE.	0.5
135.5	BR	E	CUMBERLAND ST. (follow bike route to Richmond St.)	0.8
136.3	L	N	RICHMOND ST.	0.8
137.1	R	E	SHERBROOKE ST. (x E. Columbia @lights)	0.4
137.5	L	N	FADER ST.	0.5
138	R	E	BRAID ST. (x Brunette Ave @lights)	0.4
138.4	SO	E	BRIDGE (light controlled - single lane) to United Blvd.	0.4
138.8	SO	E	UNITED BLVD. (to Coquitlam)	1.1
139.9	L	N	KING EDWARD ST	0.4
140.3	SO	N	KING EDWARD ST @lights (x Lougheed hwy)	0.2
140.5	R	E	SEGUINE DR / LUCILLE STARR DR (adj. To Superstore)	0.4
140.9	SO	E	LUCILLE STARR DR (x Schoolhouse St)	0.2
141.1	L	N	MYRNAM ST	0.5
141.6	R	E	BOOTH AVE	0.2
141.8	L	N	CAYER ST	0.1
141.9	R	SE/S	BRUNETTE AVE	1
142.9	L	E	CAPE HORN AVE (uphill)	0.3
143.2	L	N	MUNDY ST (steep uphill for 1.1 kms)	1.1
144.3	R	E/NE	LECLAIR DR	1
145.3	R	SE/E	HICKEY DR @T (steady descent for 2.2 kms)	0.7
146	SO	NE	RIVERVIEW CR @lights (x Mariner Way)	0.3
146.3	R	NE	CHILKO DR @T	1.2

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147.5	L	W/N	SHARPE ST (just before lights @Lougheed Hwy)	0
147.5	R	N	SHARPE ST (immediate)	0.6
148.1	BR	E	OVERPASS (x Lougheed hwy @Dewdney Trunk Rd)	0.1
148.2	SO	E	DEWDNEY TRUNK RD	0.6
148.8	L	N	WESTWOOD ST@LIGHTS	0.1
148.9	R	R	DAVIES AVE (just after RRX) Port Coquitlam	0.7
149.6	L	N	HASTINGS ST (no choice)	0.2
149.8	SO	N	HASTINGS ST@lights (cross Lougheed hwy)	0.9
150.7	L	W	PATRICIA AVE	0.8
151.5	R	N	WOODLAND DR (to end @traffic barrier x Lincoln Ave.)	0.3
151.8	SO	N	PIPELINE RD (not marked) (Glen Park on left)	0.8
152.6	L	W	GUILDFORD WAY@lights - to Coquitlam centre	0.7

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153.3			CONTROL #4 Coquitlam (Eagleridge Plaza 7-11 store)	
153.3	SO	W	GUILDFORD WAY@Lansdowne Dr (to Port Moody)	1.8
155.1	SO	W	MURRAY ST@lights (x loco Rd)	1.7
156.8	R	N / S	MOODY ST. (via overpass @Rocky Point Park)	0.4
157.2	R	W	CLARKE ST. @lights	1.2
158.4	R	N	INLET DR./BARNET HWY. (to N. Burnaby)	8.6
167	BR	W	HASTINGS ST.	3.7
170.7	R	N	GAMMA AVE.	0.1
170.8	L	W	ALBERT ST. (x Willingdon Ave @stop)	0.5
171.3	R	N	ROSSER ST.	0.2
171.5	L	W	TRIUMPH ST. (enter Vancouver @Boundary Rd.)	1.4
172.9	R	N	SKEENA ST.	0.4
173.3	R	E	CAMBRIDGE ST. @stop (uphill - then immediate L.)	0
173.3	L	N	FELLOWES ST. (to access bridge bike route - north)	0.6
173.9	L	W	PATH (to Ironworkers Memorial bridge - to North Vancouver)	0.1
174	R	N	IRONWORKERS Memorial bridge (east sidewalk)	1.3
			caution! narrow & bumpy - watch for approaching cyclists	
175.3	BR	E	DOLLARTON HWY (bike path over Seymour River bridge)	5.6
180.9	SO	E	DOLLARTON HWY (becomes DEEP COVE RD)	0.3
181.2	R	E/SE	CLIFFMONT RD	0.2
181.4	L	N	BANBURY RD	0.2
181.6	R	E	RAEBURN ST@stop	0.1
181.7	L	N / W	ROCKCLIFF AVE (to Deep Cove)	0.3
182	R	N	BANBURY RD @stop (not marked)	0.1
182.1	L	W	GALLANT AVE (no choice)	0.1
182.2	R	N	PANORAMA DR. (steep & speed bumps to Marina)	3.3
185.5			CONTROL #5 Seycove Marina - Deep Cove	
185.5	T	W	PANORAMA DR.	3.3
188.8	R	W	GALLANT AVE.	0.2
189	BL	S	DEEP COVE RD./DOLLARTON HWY.	6.5
195.5	SO	W	DOLLARTON HWY/MAIN ST.	1
196.5	BL	W	COTTON DR/LOW LEVEL RD	2
198.6	SO	W	ESPLANADE	1.1
199.6	R	N	FORBES AVE.	0.4
200	L	W	W. 3RD ST.	0.5
200.5	BL	w	W. 2ND ST. @lights use left lane	0.1
200.6	L	S	BEWICKE AVE. @lights	0.3
200.9	R	W	COPPING ST. (becomes Gostick Place)	0.3
201.2	R	W	HARBOURSIDE DR.	0.1
201.3	L/R	S	FELL AVE./HARBOURSIDE PL.	0.2
201.5			FINISH CONTROL - Harbourside Park N.Shore Automall	

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