

Permanent Brevet #56

Submitted by: Tracy Barill

North Shore to River Flats 200K

Distance (cumulative)	Turn	Direction	Route Description	Distance Interval
0.0			START – Starbucks in Edgemont Village – 3127 Edgemont Boulevard, North Vancouver	
0.0	L	N	Edgemont Boulevard	0.3
0.3	L	W	Ridgewood Drive	0.7
1.0	L	S	Capilano Drive	0.7
1.7	L	E/W	Ramp to Highway #1/99 West (follow sidewalk over bridge) Continue on Hwy#1/99 West to Porteau Cove CAUTION: on each off and on ramp	13.3
15.0	SO	NW	Hwy #99B North by Ferry terminal paying attention to bike route (old highway NOT new overpass)	3.5
18.5	SO	N	Hwy #99B past Pasco Road over overpass and onto Hwy #99 North	21.2
39.7	L	W	Entrance to Porteau Cove Provincial Park	0.1
39.8			CONTROL 1: Porteau Cove Park (washrooms) Information Control	
39.8	T	E	Return to Hwy #99	0.1
39.9	R	S	Hwy #99 South	21.2
61.1	BR	S	Hwy #99B S	2.7
63.8	R	S	Marine Drive	0.1
63.9	L	E	Marine Drive	15.1
79.0	R	S	Taylor Way (around the back of Park Royal Mall South)	0.5

79.5	R	E	Bridge Road	0.5
80.1	L	N	CAUTION: dangerous left turn onto Bike Path to get onto west sidewalk of Lions Gate Bridge	0.1
80.2	R	S	Over Lions Gate Bridge to Stanley Park	2.0
82.2	R	E/N	Stanley Park Road	0.3
82.5	L	S	Stanley Park Drive	0.1
82.6			CONTROL #2 Prospect Point Café	
82.6	CO	S/E	Stanley Park Drive (becomes Beach Ave)	5.1
87.7	BR	E	Beach Ave.	0.4
88.1	L	N	Thurlow Street	0.1
88.2	R	E/S	Bike Lane on Pacific Street - continue on path over Burrard Bridge	1.3
89.5	R	N	Chestnut Street	0.5
90.0	L	S	Ogden Ave becomes Maple Street	0.4
90.4	R	S	McNicoll Ave becomes Arbutus Street	0.4
90.8	R	E	Parking Lot for Kitsalano Park (bike path – follow bike path at end of parking lot BL then BR to follow west parallel to Cornwall Street)	0.7
91.5	R	N/W/S	Point Grey Road becomes Trafalgar St.	0.8
92.3	R	W	W 3 rd Avenue	1.8
94.1	L	S	Wallace Street	0.1
94.2	R	W	W 4 th Ave	0.8
95.0	BR	W	NW Marine Drive	5.0
100.0	R	S	NW Marine Drive becomes SW Marine Drive	12.2
112.2	R	S	SW Marine Drive	0.4
112.6	CO	S	SW Marine Drive (merge onto SW Marine Drive at lights – CAUTION need to continue over Arthur Laing bridge – traffic fast)	1.5

114.1	R	N	Bike path on south end of bridge	0.1
114.2	L	W	Grauer Road	1.2
115.4	R	W	Templeton Street becomes Ferguson Road to Iona Beach Regional Park	6.6
122.0			CONTROL #3 Iona Park (washrooms) Information Control	
122.0	T	SE	Ferguson Road becomes Templeton Street	7.6
129.6	L	E	Miller Road	0.4
130.0	R	S	Wellington Crescent (easy to miss – open to bikes – 1 st turn left from Miller Road)	1.0
131.0	R	S	Airport Road merges onto Russ Baker Way becomes No. 2 Road	2.9
133.9	R	W	Granville Street becomes Railway Ave	3.0
136.9	R	W	Williams Road	1.6
138.5	L	S	Springmont Dr. W	0.7
139.2	R	S	Springmont Gate becomes 7 th Ave	1.0
140.2	L	E	Chatham Street	0.5
140.7	R	S	3 rd Avenue	0.1
140.8	L	E	Moncton Street	0.2
141.0			CONTROL #4 Steveston Your Choice	
141.0	CO	E	Moncton Street	1.8
142.8	R	S	No. 2 Road	0.8
143.6	L	E	London Road	0.1
143.7	R	S	Dyke Road continue BL to continue SE	1.9
145.6	L	N	No. 3 Road	0.9
146.5	R	E	Finn Road	0.8
147.3	R	S	Garden City Road becomes Dyke Road	3.6

150.9	L	N	No. 5 Road	8.5
159.4	L	W	River Road	0.8
160.2	L	W	Shell Road	0.1
160.3	R	W	River Road	1.3
161.6	R	N	Canada Line Bike Bridge over Fraser River	0.7
162.3	L	W	W Kent Ave South	0.1
162.4	R	N/E	Ash Street and then East on Kent Ave North	1.0
163.4	L	N	Ontario Street	7.3
170.7	R	E/N	Bike Path around Science World north	0.5
171.2	R	E/N	At National Ave (from parking lot) cross Quebec Street at light then proceed north on Quebec Street	0.4
171.6	R	E	Union Street	1.6
173.2	L	N	Vernon Drive	0.1
173.3	R	E	Adanac Street	3.5
176.8	L	N	Cassiar Street follow bike path to cross Hastings Street then reconnect with Cassiar which becomes Cambridge St	1.2
178.0	L	N	Fellowes Street	0.5
178.5	L	N/E	Bike Path (Canada Trail) to connect with sidewalk to proceed over Ironworkers Memorial Second Narrows Bridge following sidewalk then road east on Dollarton Hwy	
185.3	R	S	Fairway Drive into Cates Park to washrooms	0.2
185.5			CONTROL #5 Cates Park (washrooms) Information Control	
185.5	CO	N	Park Road out to Dollarton Hwy	0.2
185.7	L	W	Dollarton Hwy becomes Main Street becomes Cotton Road	6.6
192.3	BL	W	Low Level Road (do not proceed up hill) becomes Esplanade St becomes Forbes Ave	1.0

196.0	L	W	3 rd Ave W - prepare to be in left lane at second light	0.3
196.3	BL	W	2 nd Ave W becomes 1 st Ave W	1.2
197.5	R	N	Lloyd Ave	0.8
198.3	R	E	17 Street W	0.2
198.5	L	N	Mackay Ave becomes 22 nd Street W	0.9
199.4	R	N	Lloyd Ave	0.1
199.5	L	W	Plateau Drive	0.1
199.6	R	N	Bike Path overpass over Highway #1 CAUTION: Easy to miss – the bike path extends Pemberton Ave	0.1
199.7	L	W	Gladwin Drive becomes Terrace Ave	0.8
200.5	R	E	Woods Ave	0.1
200.6	L	N	Philip Ave	0.1
200.7	R	NE	Paisley Road	0.3
201.0	R	E	Paisley Road	0.4
201.4	R	E	Ridgewood Drive	0.3
201.7	R	E	Edgemont Boulevard	0.3
202.0			FINISH CONTROL Starbucks in Edgemont Village – 3127 Edgemont Boulevard, North Vancouver	

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-straight on T-turn around