

Water, Water, Everywhere... 200K

Permanent #75

submitted by: Tracy Barill

Distance (cum)	Turn	NEWS	Route Description	Go
0.0	R		START 0700 – Bean Around the World Coffee House – Lonsdale Quay, Carrie Cates Court, North Vancouver (O/C 0700-0800)	0.1
0.1	L	N	Lonsdale Ave	0.1
0.2	L	W/N	Esplanade becomes Forbes Ave	0.9
1.1	L	W	3 rd Street West (a second light bear left – CAUTION – need to be in left turning lane)	0.4
1.5	L	W	2 nd Street W becomes 1 st Street W	2.1
3.6	BR	N	Garden Ave	0.1
3.7	L	W	Welch Street	1.2
4.9	R	N/W	Bridge Road to cross Capilano River (do not take ramp to mall parking lot)	0.5
5.4	R	N	Taylor Road	0.3
5.7	L	W	Marine Drive	1.3
7.0	R	N	13 th Street	1.1
8.1	L	W	Mathers Ave	0.4
8.5	R	N	15 th Street (pass under Hwy 99 overpass)	0.7
9.2	L	W	Ramp on to Hwy 1/99 West towards Horseshoe Bay Ferries taking exit towards BC Ferries	9.3
18.5	BR	W	Exit towards BC Ferries (watch for bike route just after underpass to the right)	0.3
18.8	BR	W	Bike route up along path, around roundabout and continue West down hill to pass by BC Ferry terminal on old Sea to Sky Hwy CAUTION: steep	3.4

22.2	CO	N	Merge onto Hwy 99 West	21.5
43.7	L	W	Porteau Cove Provincial Park entrance, cross railway tracks to Parking Lot near washrooms	0.2
43.9	CONTROL #1 Porteau Cove (washrooms) – O/C 08:18-09:56			
43.9	T	E	Return to Hwy 99 and proceed East	21.7
65.6	BR	S	Old Sea to Sky Hwy towards Horseshoe Bay	2.4
68.0	R	S	Marine Drive	0.1
68.1	L	E	Marine Drive	10.9
79.0	R	S	29 Street	0.1
79.1	L	E	Bellevue Ave	1.3
80.4	L	N	24 Street	0.1
80.5	R	E	Bellevue Ave	2.1
82.6	R	S	13 Street to Cross RR Tracks with immediate left on to bike path to parallel RR tracks east	0.1
82.7	L	E	Bike path to Capillano River following north under RR tracks to Park Royal Mall continuing on the bike path east along Capillano River	1.6
84.3	R	E	Bridge Road to cross Capillano River – prepare to cross to bike path to climb up to Lions Gate bridge on west side of bridge – CAUTION: cross with good visual of both directions of traffic – fast moving cars and blind corner	0.2
84.5	L	N	Bike path along west side of Lions Gate Bridge to continue on sidewalk south on Lions Gate Bridge	2.1
86.6	BR	S	Stanley Park Drive into Stanley Park	0.3
86.9	L	S	Stanley Park Drive	0.1

87.0	CONTROL #2 Prospect Point Café (washrooms) – O/C 09:34-12:48			
87.0	CO	S/E	Stanley Park Drive (becomes Beach Ave)	4.6
91.6	BR	E	Beach Ave.	0.5
92.1	L	N	Thurlow Street	0.1
92.2	R	E/S	Bike Lane on Pacific Street - continue on path over Burrard Bridge	1.3
93.5	R	N	Chestnut Street	0.5
94.0	L	S	Ogden Ave becomes Maple Street	0.4
94.4	R	S	McNicoll Ave becomes Arbutus Street	0.4
94.8	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)	0.6
95.4	R	NW/S	Point Grey Road becomes Trafalgar St.	0.4
95.8	BR	W	Cornwall/Point Grey Road (prepare to make a left turn at the next intersection – MacDonald Street)	0.3
96.1	L	S	MacDonald Street	0.3
96.4	R	W	3 rd Ave West	1.6
98.0	L	S	Wallace Street	0.1
98.1	R	W	W 4 th Ave	0.7
98.8	BR	W	NW Marine Drive	5.0
103.8	R	S	NW Marine Drive becomes SW Marine Drive	12.3
116.1	R	S	SW Marine Drive	0.4
116.5	CO	S	Merge onto SW Marine Drive at lights to continue over Arthur Laing bridge along Grant McConachie Way CAUTION: traffic fast	1.5

118.0	R	N	Bike path on south end of bridge just before overpass (continue to the right)	0.3
118.3	L	W	Grauer Road	1.1
119.4	R	S/W	Grauer Road/Templeton Street becomes Ferguson Road to Iona Beach Regional Park	6.7
126.1	CONTROL #3 Iona Beach Regional Park (past tunnel/spit near washrooms) – O/C 10:42-15:24			
126.1	T	N/E	Ferguson Road becomes Templeton Street	7.4
133.5	L	E	Miller Road	0.5
134.0	R	S	Wellington Crescent (easy to miss –1 st right turn off Miller Road) becomes Catalina	1.0
135.0	R	S	Airport Road merges onto Russ Baker Way becomes No. 2 Road	2.7
137.7	R	W	Granville Street becomes Railway Ave	3.2
140.9	R	W	Williams Road	1.6
142.5	L	S	Springmont Dr. W	0.7
143.2	R	S	Springmont Gate becomes 7 th Ave	1.0
144.2	L	E	Chatham Street	0.4
144.6	R	S	3 rd Avenue	0.1
144.7	L	E	Moncton St	2.0
146.7	R	S	No. 2 Road	0.8
147.5	L	E	London Road	0.1
147.6	CONTROL #4 Diplomat Bakery Beside Steveston Cycle (O/C 11:21-16:52)			
147.6	CO	E	London Road (prepare for immediate left on Dyke Road to the water)	
147.6	R	S	Dyke Road continue BL to continue SE	1.9

149.5	L	N	No. 3 Road	0.9
150.4	R	E	Finn Road	1.8
152.1	R	S	No 4 Road	0.8
152.9	L	E	Dyke Road	1.8
154.7	L	N	No. 5 Road	0.6
155.3	R	E	Rice Mill Road (cross over Hwy 99)	0.8
156.1	L	N	Unnamed road parallel Hwy 99 to connect with off ramp to Steveston Hwy)	1.1
157.2	R	E	Steveston Hwy	0.2
157.4	L	N	Sidaway Road	4.1
161.5	R	E	Westminster Hwy (cross over Hwy 91) becomes Boyd Street (prepare to connect with bike path on West side of Queensborough bridge – just before underpass)	11.6
173.1	R	S/N	Bike Path –to proceed north on West sidewalk of Queensborough bridge to end of bridge	1.1
174.2	L	W	7 th Avenue	0.2
174.4	R	W	Marine Drive	1.3
175.7	R	N	Bevan St/ Byrnepark Drive	0.2
175.9	L	W/S	Southridge Drive becomes Byrne Road to cross Marine Way	2.4
178.3	R	W	N Fraser Way becomes Boundary Road	2.5
180.8	L	W	Kent Ave	2.5
183.3	R	N	Elliott Street	0.7
184.0	R	N	Vivian Drive	2.0
186.0	R	E	E 45 th Avenue	0.1

186.1	L	N	Earles Street	1.9
188.0	L	W	29 Ave	0.5
188.5	R	N	Slocan Street	3.6
192.1	R	E	Adanac Street	1.4
193.5	L	N	Cassiar Street (connect to bike path at end of road to cross Hastings Street and reconnect to Cassiar Street via bike path) becomes Cambridge Street	1.2
194.7	L	N	Fellowes Street (look for path to connect with IWM Second Narrows bridge)	0.6
195.3	L	W/N	Bike path to connect with Iron Workers Memorial Second Narrows bridge north (prepare to take ramp off bridge and dismount bike to cross ramp)	1.6
196.9	L	N/W	Cross ramp at crosswalk and continue west on sidewalk	0.3
197.2	R/L	W	Cross at first traffic light to get on to Main Street west – becomes Cotton Drive	1.3
198.5	BL	W	Low Level Road becomes Esplanade (safest turn is to use the Traffic signal to cross)	2.6
201.1	L	S	Lonsdale	0.1
201.2	R	W	Carrie Cates Court	0.1
201.3			FINISH CONTROL Bean Around the World Coffee House – Lonsdale Quay, Carrie Cates Court, North Vancouver (O/C 12:53-2030)	

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