

The “How Flat is the Valley 200” Permanent #90

Submitted by: Gary Baker

Dist. (cum.)	Turn	Direction	Route	Dist. G0 kms
			Start Control Corner of Vedder Rd. & Thomas Rd. (Your choice)	
0		S	Vedder Rd (X bridge)/Vedder Mtn Rd./Yarrow Central Rd.	10.2
10.2	L	S/W	Boundary Rd / Towne Rd / Campbell Rd	6.2
16.4	L	S/W	Inter-Provincial / Wells Line Rd	8.4
24.8	L	S	Faddon Rd	0.9
25.7			CONTROL: Birchwood Dairy	
	L	W	Nelles Rd	0.1
25.8	L	S	Faddon Rd.	0.8
26.6	R	E	Vye Rd	0.8
27.4	L	S	Whatcom Rd (RRX)/Boundary Rd/2 nd Ave (RRX)	4.6
32	R	N	B St	0.2
32.2	L	W/N	4th Ave X Rte 11 / Riverside Rd	1.0
33.2	L	W	Farmer Rd	1.6
34.8	R	N	McCallum Rd	0.8
35.6	L	W	Huntingdon Rd	4.8
40.4	L	S/W	Townline Rd (easy to miss) CAUTION/Zero Ave.	21.2
61.6	R	N	216 th .St.	0.8
62.4	L	W/N	4 th Ave./204 th Ave.	3.2
65.6	L	W	8 th . Ave.	5.6
71.2			CONTROL: Extrema station on the left	

71.2	T	E	8 th Ave.	1.5
72.7	L	N	184 th St.	1.6
74.3	R	E	16 th Ave.	1.6
75.9	L	N	192 th St.	4
79.9	R	E	36 nd Ave.	3.2
83.1	L	N	208 th St./becomes Langley Bypass @ Fraser Hwy.	3.8
86.9	CO	N	Langley Bypass	0.4
97.3	R	E	56 th Ave.	1.4
88.7	L	N	216 th St.	2.5
91.2	R	N	Glover Rd.	4.8
96.0			CONTROL: Ft. Langley- your choice	
96	R	E	Mavis Rd	0.2
96.2	L	N/E	River Road (RRX)	1.6
97.8	R	S	240th St / 88 th Ave.	1.3
99.1	L	S	240th St (@ Rawlison Crescent)	2.5
101.6	L	E	72 nd Ave.	1.6
103.2	R	S	248 th Ave.	1.5
104.7	L	E	64 th Ave. (RRX)	3.4
108.1	R	S	264 th St.	1.6
109.7	L	E	56 th Ave.	0.3
110	R	E	Gloucester	1.6
111.6	R	S/E	272 nd St./Townshipline Rd (RRX)	7.1
118.7	L	N	Mt. Lehman Rd.	0.8
119.5	R	E	Hawkins Rd.	0.8
120.3	R		Olund/Bates Roads	2.5
122.8	R	E	Townshipline Rd (RRX)	5.0
127.8	R	S	Riverside Rd	0.8
128.6	L	E	Clayburn Rd.	0.1
128.7	R	S	Route 11/Gladys Ave	4.9
133.6	BR	SW	Thru Underpass to South Fraser Way	0.3
133.9	BR	S	Hwy#11/Sumas Way	0.5

134.4	L	E	Delair Rd East	2.3
136.7	R	E	Old Yale Rd	0.6
137.3	R	S/NE	North Parallel Rd / Eldridge Rd	5.8
143.1	R	E/NE	Atkinson Rd / North Parallel Rd	4.6
147.7	R	E	No. 3 Rd X Hwy 1 Overpass	0.7
148.4			CONTROL: Yellow Barn	
148.4	L	E	No. 3 Rd	1.9
150.3	L	N	Tolmie Rd	1.5
151.8	R	E/S	No. 2 Rd / Boundary Rd	1.3
153.1	L	E	Keith Wilson Rd X Veddar Canal	1.0
154.1	L	N	Chadsey Rd	3.1
157.2	L	W	Yale Rd West X Hwy 1 Overpass	0.8
158	R	NE	Industrial Way (RRX)	5.3
163.3	BL	NE	Progress Way	1.1
164.4	L	N/NE	Lickman Rd / Chilliwack Mtn Rd	1.7
166.1	R	N/E	Schweyey Rd / Wolfe Rd / Hodgins Ave	2.8
168.9	L	N	Corbould St	1.6
170.4	R	E	Berkeley Ave	0.5
171	L	N	Young Rd	0.2
171.2	R	E	Hope River Rd	4.2
175.4	R	E	Camp River Rd /Ferry River Rd.	8.2
183.6	R	S	McGrath Rd.	2.1
185.7	L	E	Yale Rd. E	0.1
185.8			CONTROL: Rosedale Market (On the right)	
	L	W	Yale Rd East	2.4
188.2	L	S/W	Annis Rd / Prairie Central Rd	7.4
195.6	L	S/W	Banford Rd / Lindell Rd / Bailey Rd	6.1
201.7	L	S	Chilliwack River Rd	0.9
202.6	R	W	Promontory Rd	0.6
203.2	L	S/W	Thomas Rd.	1.1
204.3			FINISH (corner of Thomas Rd/ Vedder Rd.) - Your choice.	

L-left R-right BL-bear left BR-bear right CO-continue on T-turnaround