

<u>Interval</u>	<u>Total</u>		<u>Interval</u>	<u>Total</u>	
0.0	0.0	➔ Central Av from Lincoln Community Centre	0.8	42.7	⬅️ Green Lane (14) Sobeys, Quiznos
0.2	0.2	➔ John St	0.9	43.6	⬆️ Jog L/R at Bartlett Rd (15) to Green Lane cross tracks
0.7	0.9	➔ Bartlett Rd (1)	5.8	49.4	➔ Victoria Av (16) Markets - fruit, snacks
1.0	1.9	⬅️ King St / RR 81 <b>busy</b>	0.5	49.9	⬅️ 1st Av
0.8	2.7	⬆️ Quarry Rd (2) <b>Caution - blind uphill</b>	1.2	51.1	➔ 21st St (17)
3.0	5.7	⬅️ Fly Rd / RR 73	3.7	54.8	⬅️ Main St in Jordan (18) Winery, restaurants on right
2.0	7.7	➔ Campden Rd / RR 22 (3) store	0.1	54.9	⬅️ 19th St
3.3	11.0	➔ Spring Creek Rd (4)	0.2	55.1	➔ 4th Av
4.2	15.2	⬆️ Jog L/R at Mountain Rd to Spring Creek Rd (5)	0.8	55.9	➔ Jordan Rd / RR 26
4.3	19.5	➔ Industrial Rd	1.2	57.1	⬅️ King St / RR 81 <b>busy</b>
1.2	20.7	⬅️ Young St (6)	0.4	57.5	➔ 17th St (19)
2.3	23.0	➔ S. Grimsby Rd 6 (7)	1.9	59.4	➔ 7th Av (20) winery
3.0	26.0	⬅️ Sobie Rd (8) becomes Church Rd	1.5	60.9	⬅️ 21st St (21)
3.9	29.9	➔ Ridge Rd W (9)	2.1	63.0	➔ Spring Creek Rd (22)
4.2	34.1	⬅️ Kemp Rd E (11) becomes Mountainview Rd	1.1	64.1	⬆️ Jog L/R at Victoria Av to Spring Creek Rd
2.2	36.3	➔ Locust Lane (12) wineries	2.6	66.7	➔ Tintern Rd (23)
1.2	37.5	➔ McLeod St becomes Lincoln Ave	1.3	68.0	➔ Yonge St
3.4	40.9	➔ South Service Rd (13)	1.1	69.1	⬆️ Cherry Av
1.0	41.9	➔ Ontario St	3.8	72.9	<b>Caution: steep downhill to Stop at busy crossroad (King St / RR 81)</b>
<b>unch / washrooms - Tim Hortons, KFC, McDonalds, etc.</b>			1.7	74.6	⬅️ John St (24)
			0.8	75.4	⬆️ Jog L/R at Maple Grove Rd to John St cross tracks
			4.1	79.5	⬅️ Central Av to Community Centre

