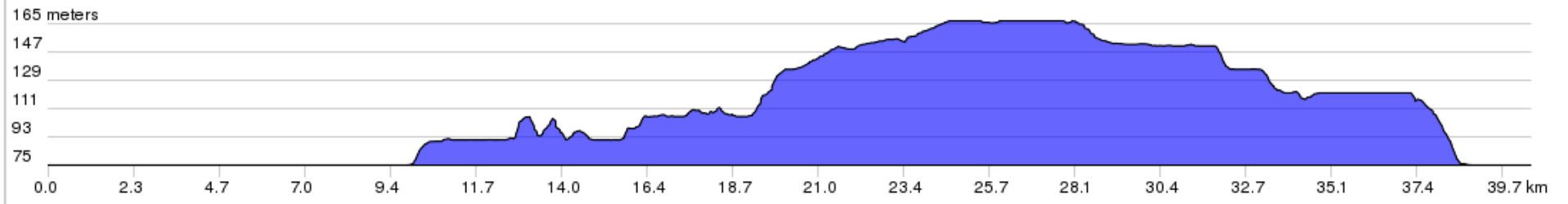
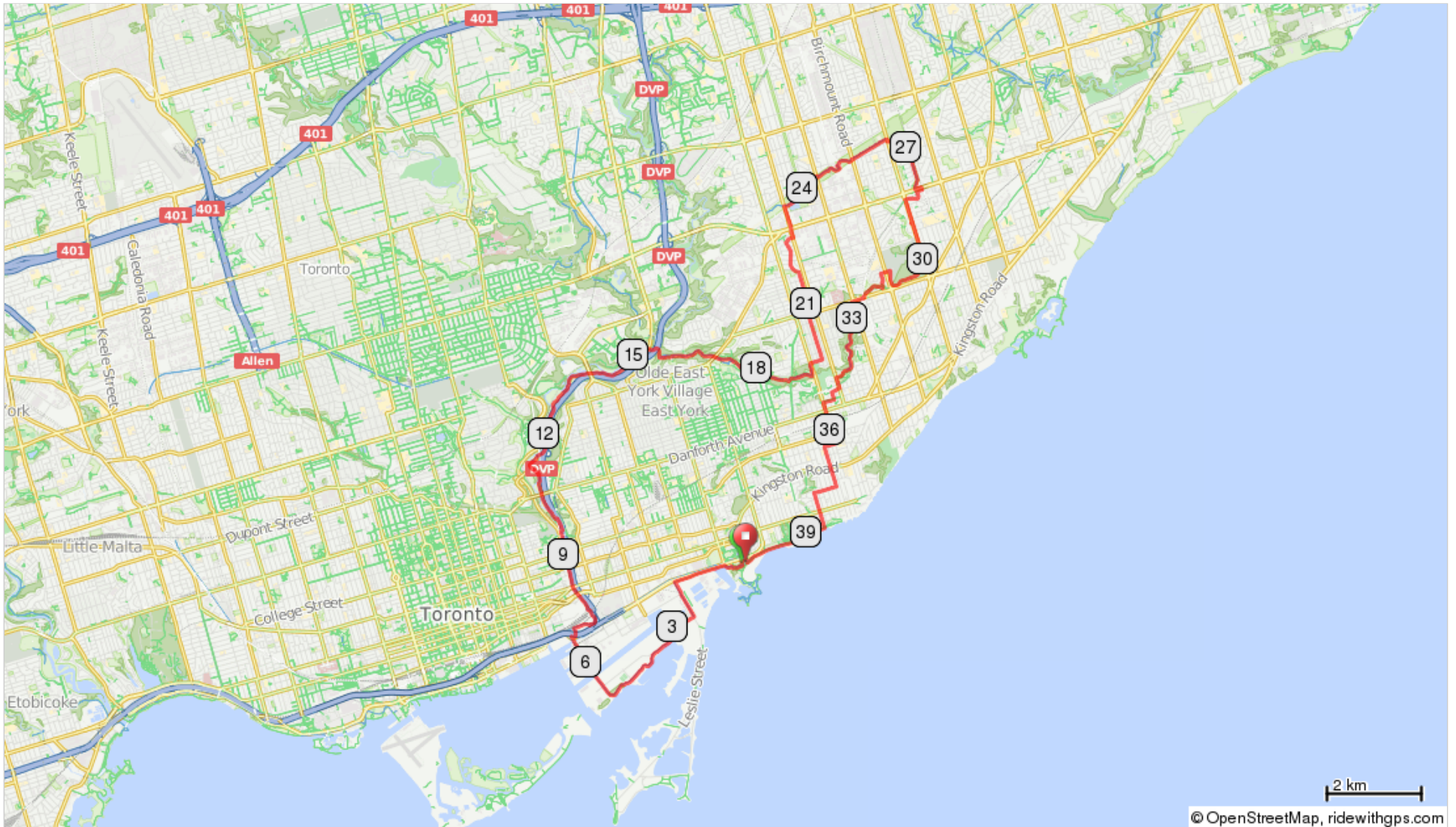


Boardwalk Place to Jack Goodlad Park



Boardwalk Place to Jack Goodlad Park

0.	▀	Start of route	0.0	0.2
1.	→	R to stay on Martin Goodman Trail	0.2	0.1
2.	→	Slight R to stay on Martin Goodman Trail	0.3	1.3
3.	←	L to stay on Martin Goodman Trail	1.7	0.8
4.	→	R onto Unwin Ave	2.5	0.8
5.	←	L toward Waterfront Trail bridge	3.3	3.4
6.	→	Cross Lake shore, keep R on bike path.	6.6	0.3
7.	→	R onto Lower Don River Trail/Rte 45	7.0	0.5
8.	←	Slight L at fork to stay on Lower Don River Trail/Rte 45	7.4	4.6
9.	⚠	Carefully cross Pottery Road. Wait for break in traffic.	12.0	0.2
10.	→	R to stay on Lower Don River Trail/Rte 45	12.2	-0.1

12.2 kilometers. +16/-0 meters

11.	▀	Formal regrouping point, wait here for the ride leader.	12.1	3.6
12.	↑	Continue onto Taylor Creek Trail	15.8	1.4
13.	←	Keep L to stay on Taylor Creek Trail	17.1	1.6
14.	←	L onto bike trail.	18.7	0.5
15.	←	L onto hilly path towards Vic. Park.	19.2	0.3
16.	←	L onto Victoria Park Ave	19.5	0.0
17.	→	R onto Donside Dr	19.5	0.3
18.	←	L onto Westbourne Ave	19.8	0.8
19.	↑	Cross St. Clair Ave, and follow path through school and playground.	20.6	0.3
20.	←	L toward Stamford Square S	20.9	0.1
21.	→	R onto Stamford Square S	21.0	0.1
22.	↑	Continue onto Stellarton Rd	21.1	0.2
23.	←	L onto Delwood Dr	21.2	0.1

9.0 kilometers. +96/-41 meters

24.	→	R onto Karnwood Dr	21.3	0.5
25.	←	L onto Edge Park Ave	21.8	0.1
26.	↑	Continue onto Harris Park Dr	21.9	0.4
27.	↑	Continue through shopping centre parking lot.	22.3	0.4
28.	←	L onto Pharmacy Ave	22.7	0.7
29.	→	R onto Gatineau Hydro Corridor Trail	23.4	3.0
30.	↑	Continue straight onto Bicycle Rte 26/Gatineau Hydro Corridor Trail	26.4	0.1
31.	←	Slight L onto Gatineau Hydro Corridor Trail	26.5	1.6
32.	←	L onto Transway Crescent	28.2	0.4
33.	←	L onto Kennedy Rd	28.6	0.5
34.	→	R into Tim Hortons.	29.1	-0.1
35.	☺	LUNCH BREAK at Tim Hortons.	29.0	0.2
36.	→	R onto Kennedy Rd	29.2	0.9

7.9 kilometers. +25/-20 meters

37.	→	R into cemetery.	30.0	0.0
38.	←	L	30.1	0.0
39.	→	Slight R	30.1	1.1
40.	←	L towards Brichmount Rd.	31.3	0.1
41.	↑	Continue straight onto Willowmount Dr	31.3	0.1
42.	←	L onto Anaconda Ave	31.5	0.3
43.	→	R onto bike trail.	31.7	0.1
44.	→	R at bottom of hill.	31.8	0.4
45.	→	R onto St Clair Ave E	32.2	0.3
46.	←	L and go on sidewalk at the south west corner of St. Clair and Warden Ave.	32.4	0.0
47.	←	L onto bike trail.	32.5	1.9
48.	←	L onto Pharmacy Ave	34.4	0.2
49.	→	R onto Albion Ave	34.6	0.2
50.	←	L onto St Dunstan Dr	34.8	0.2
51.	→	R onto Denton Ave	35.0	0.2
52.	←	L onto Victoria Park Ave	35.2	0.9

6.1 kilometers. +5/-36 meters

53.	→	R onto Swanwick Ave	36.1	0.2
54.	←	L onto Scarborough Rd	36.4	0.9
55.	→	R onto Pine Ave	37.2	0.5
56.	←	L onto Balsam Ave	37.7	0.7
57.	←	Slight L at Hubbard Blvd	38.5	0.0
58.	→	R onto Martin Goodman Trail	38.5	1.8
59.	→	R towards Boardwalk Place parking lot.	40.3	0.2
60.	▀	End of route	40.5	0.0

5.3 kilometers. +0/-46 meters