






























Newcastle Navigator (Medium Route, 74km)

Start / Finish at Newcastle Public School			total ascent = 450 m		
0.0	0.0	N. on Glass St.	0.2	45.0	 Queen Street
0.3	0.3	 Edward St. E.	0.2	45.2	 Lunch at Port Hope Town Hall Park <i>West on Augusta St. after lunch Augusta becomes Thomas St. then becomes Sherbourne St.</i>
0.3	0.6	 Mill St. S. (stop sign)	1.1	46.3	 Victoria St. S.
0.9	1.5	 Mill St. S. (stop sign)	0.3	46.6	 Ridout St. (lights) <i>becomes Lakeshore Rd.</i>
0.4	1.9	 Metcalf St. <i>becomes Conc. Rd. 1</i>	11.6	58.2	 Lakeshore Rd.
8.3	10.2	 Newtonville Rd. (stop sign)	10.4	68.6	 Lakeshore Rd. <i>(becomes Boulton St., then Mill St.)</i>
1.7	11.9	 Hill St. (stop sign) <i>(village of Newtonville - store)</i>	4.8	73.4	 Edward St. E.
0.9	12.8	 Reid Rd.	0.3	73.7	 Glass St.
4.1	16.9	 Reid Rd. <i>(jog R/L on Conc.4)</i>	0.3	74.0	 Newcastle Public School
2.2	19.1	 Conc. Rd. 5			
0.8	19.9	 Conc. Rd. 5 <i>(stop sign @ Durham Rd.18)</i>			
3.3	23.2	 East Townline Rd. <i>(becomes 6th Line)</i>			
3.1	26.3	 C.R.65 (Hamlet of Osaca) <i>(unmarked / stop sign)</i>			
1.1	27.4	 Mastwoods Rd.			
5.1	32.5	 4th Line			
3.2	35.7	 C.R.10 (Hamlet of Canton) <i>(unmarked / stop sign)</i>			
0.6	36.3	 4th Line			
1.8	38.1	 Sylvan Glen Rd.			
2.0	40.1	 Cranberry Rd. <i>(Jog L/R on C.R.74)</i>			
0.6	40.7	 Choate Rd. <i>becomes Cavan Street</i>			
4.1	44.8	 Walton St. (Port Hope)			

START/FINISH

LUNCH

