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0.0	0.0	■	Start of route
0.0	0.0	→	R onto Central Av from Lincoln Community Centre
0.2	0.3	→	R onto John St
0.7	1.0	→	R onto Bartlett Rd
1.0	2.0	←	L onto King St
0.8	2.8	→	Slight R onto Quarry Rd
3.0	5.8	←	L onto Fly Rd/Regional Rd 73
2.0	7.8	→	R onto Campden Rd/Regional Rd 22
3.4	11.2	→	R onto Spring Creek Rd
4.3	15.4	←	Jog left/right at Mountain Rd onto Spring Creek Rd
4.4	19.8	→	R onto Industrial Park Rd
1.2	21.0	←	L onto Young St
2.3	23.3	→	R onto S Grimsby Road 6
2.1	25.3	↑	S Grimsby Road 6 becomes Park Rd S

25.3 kilometers. +130/-33 meters

1.0	26.3	←	L onto Sobie Rd
0.9	27.2	→	Sobie Rd Turns R and becomes Church Rd
1.0	28.2	←	L onto Kemp Rd E
6.5	34.8	→	R onto Hysert Rd
1.5	36.2	→	R onto Ridge Rd W
5.3	41.5	←	Jog left/right at Mountain St/Regional Rd 12 onto Ridge Rd E
4.7	46.2	→	Keep R to stay on Ridge Rd E
0.1	46.3	↑	Continue onto Thirty Rd
1.4	47.7	←	L onto Kemp Rd E
0.7	48.4	↑	Kemp Rd E becomes Mountainview Rd
1.4	49.9	→	R onto Locust Ln
1.2	51.0	→	R onto McLeod St
0.2	51.3	↑	McLeod St becomes Lincoln Ave
3.2	54.5	→	R onto S Service Rd

29.1 kilometers. +74/-179 meters

0.9	55.4	→	R onto Ontario St/Regional Rd 18
0.7	56.1	←	L onto Greenlane
0.8	56.9	←	Jog left/right at Bartlett Rd onto Greenlane
5.9	62.8	→	R onto Victoria Ave
0.5	63.3	←	L onto First Ave
1.2	64.5	→	R onto Twenty-First St
3.7	68.3	←	L onto Wismer St/Main St (restaurant on the right)
0.1	68.4	←	L onto 19 St
0.2	68.6	→	R onto Fourth Ave
0.8	69.4	→	R onto Jordan Rd/Regional Rd 26
1.3	70.6	←	L onto King St
0.4	71.0	→	R onto 17 St
2.1	73.1	←	L onto Staff Ave
1.2	74.4	←	L onto 8 Ave
0.2	74.6	↑	Continue onto Pelham Rd/Regional Rd 69

20.1 kilometers. +128/-51 meters

1.6	76.1	→	R onto Centre St
1.5	77.6	→	R onto Sawmill Rd
3.6	81.2	→	R onto Beamer St
0.8	82.1	←	L onto Spring Creek Rd
1.3	83.4	←	Jog left/right at Victoria Ave/Regional Rd 24 onto Spring Creek Rd
2.6	86.0	→	R onto Tintern Rd
1.4	87.4	→	R onto Yonge St
1.1	88.4	←	Slight L onto Cherry Ave
5.6	94.1	←	L onto John St
0.8	94.8	←	Jog left/right at Maple Grove Rd onto John St
4.2	99.0	←	L onto Central Ave
0.3	99.3	←	L into Community Centre
0.0	99.3	■	End of route

24.7 kilometers. +33/-101 meters