

Leg	Dir	Type	Notes	Total
	↑	Generic	Leave RCA and proceed east Right on Cawston Ave	0.0
0.5	↑	Straight	Continue onto Cawston Ave	0.5
0.4	→	Right	Turn right onto Ethel St	0.9
2.9	→	Right	Turn right onto Raymer Ave	3.8
0.4	←	Left	Turn left onto Richter St	4.2
1.2	←	Left	Turn left on Lakeshore Rd	5.4
1.8	↑	Straight	At the roundabout, continue straight to stay on Lakeshore Rd	7.2
3.6	→	Right	Turn right to stay on Lakeshore Rd and continue to turn around at end of Lakeshore Rd. Approx 10.5km ahead.	10.8
19.1	→	Right	Turn right onto Uplands Dr and continue up onto Okaview Rd	29.8
3.0	←	Left	Turn left onto Chute Lake Rd Continue down to Barnaby Rd	32.8
1.0	→	Right	Turn right on Barnaby Rd	33.8
1.3	↑	Straight	Continue onto Steele Rd	35.1
0.7	←	Left	Turn left onto Gordon Dr	35.8
2.8	→	Right	Turn right onto DeHart Rd	38.6
0.9	↑	Straight	Continue straight onto Swamp Rd	39.5
2.1	↑	Straight	At the roundabout, continue straight onto Casorso Rd	41.6
0.5	↑	Straight	At roundabout, take exit 1 onto Benvoulin Road	42.1
4.0	↑	Straight	Continue onto Dilworth Dr	46.2
3.2	↑	Straight	Continue onto Rifle Rd	49.3
1.1	↑	Straight	Continue onto Longhill Rd	50.4
1.5	←	Left	Turn left onto Valley Rd at the roundabout exit 3	51.9
2.6	→	Right	Turn right onto Summit Dr	54.5
0.2	↑	Straight	Continue onto High Rd	54.7
1.0	←	Left	Turn left onto Clifton Rd	55.7
0.7	→	Right	Cross Clement Ave and turn right on Rails with Trails	56.4
0.7	←	Left	Turn left onto Pheasant St	57.1
0.1	→	Right	Turn right on path towards Gordon Dr	57.2
0.1	↑	Straight	Cross Gordon Dr and proceed down Cawston to FINSH line at the RCA on path!	57.3