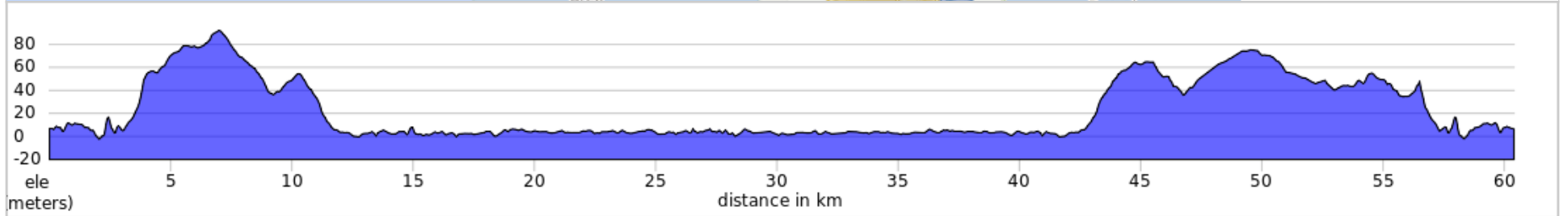
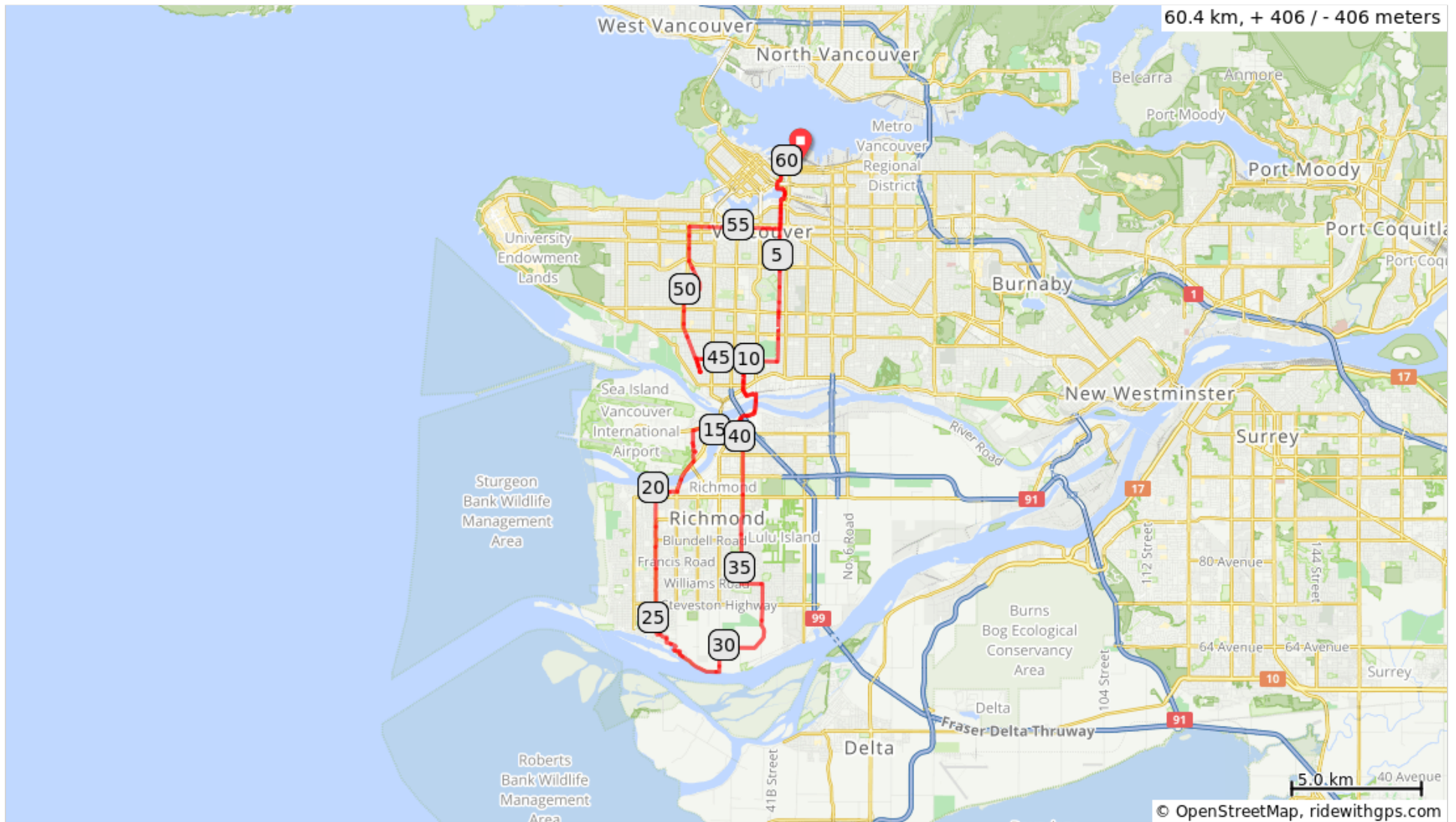


# 2018 MTS 60 km route



60.4 km, + 406 / - 406 meters



2018 MTS 60 km route

Num	Dist	Type	Note
1.	0.0	▶	Start of route
2.	0.1	←	Slight L onto East Waterfront Road
3.	0.5	→	R onto Main Street
4.	0.7	→	R onto Alexander Street
5.	1.1	←	Continue L onto Carrall Street
6.	1.9	←	Cross Pacific Blvd and continue straight onto the bike way.
7.	2.0	←	L onto Seaside Bike Path
8.	2.3	→	Stay on Seaside Bicycle Route until you reach the off to Ontario St.
9.	2.8	←	L to get to Ontario St & 1st Ave.

2.8 kilometers. +31/-32 meters

Num	Dist	Type	Note
10.	3.0	←	Continue Straight up Ontario St.
11.	3.9	↑	Continue on Ontario St all the way to 59 Ave.
12.	9.0	→	R onto W 59th Ave/N Arm Trail Greenway
13.	10.3	←	L onto Heather St/Heather Bikeway
14.	11.4	→	Cross Marine Dr. and stay on Heather St/Heather Bikeway
15.	11.7	←	L onto W Kent Ave N
16.	12.0	→	R onto Ash St/Canada Line Bikeway
17.	12.0	←	L onto Canada Line Bikeway/W Kent Ave S
18.	12.1	→	R and ramp up onto Canada Line Bikeway
19.	13.1	→	R onto River Dr

10.3 kilometers. +109/-112 meters

Num	Dist	Type	Note
20.	13.7	→	R to stay on River Rd and go past the River Rock Casino
21.	14.1	←	L onto No 3 Rd
22.	14.4	→	R onto Bridgeport Rd
23.	15.0	↑	Ramp on the R to Main Terminal
24.	16.0	↑	Merge onto Grant McConachie Way E
25.	16.3	←	Cross Templeton at the light and use the pedestrian cross walk to L onto Templeton by crossing Grant McConachie Way and go south on Templeton St
26.	16.8	←	At the end of Templeton Bike Path on your L

3.7 kilometers. +11/-15 meters

Num	Dist	Type	Note
27.	16.9	→	Slight R onto Wellington Crescent
28.	17.2	→	R onto Bike path at Airport Rd.
29.	18.0	↑	Cross Inglis Drive and stay on bike path
30.	18.2	←	L up to bridge sidewalk
31.	18.2	↑	Continue onto Number 2 Road Bridge
32.	18.9	→	Cross on-ramp using Crosswalk
33.	18.9	←	After you cross L to follow the bike lane south on the No. 2 Rd ramp
34.	18.9	→	R and take paved path toward Dover Crescent
35.	19.1	→	R onto Dover Crescent
36.	19.4	→	R onto Lynas Lane

2.6 kilometers. +10/-7 meters

Num	Dist	Type	Note
37.	19.5	←	L onto River Road
38.	19.9	←	L onto McCallan Road
39.	20.3	↑	Cross Westminster Hwy and enter bike path going south
40.	24.9	↑	Cross Gary St and continue straight onto Railway Ave. BIKE LANE
41.	25.6	←	L onto Brunswick Dr
42.	26.0	→	R onto Trites Rd
43.	26.2	←	L onto Dyke Rd
44.	26.9	↑	Continue onto London Rd
45.	27.0	→	R onto Dyke Rd
46.	27.1	←	Curve L to stay on Dyke Rd
47.	28.7	←	REST STOP / BATHROOMS

9.3 kilometers. +32/-31 meters

Num	Dist	Type	Note
48.	28.8	←	L onto No 3 Rd
49.	29.7	→	R onto Finn Rd
50.	31.4	↑	Continue straight at Finn and No 4 Rd.as Finn becomes No 4 Rd
51.	33.6	←	L onto Williams Rd
52.	34.5	→	R onto Garden City Rd
53.	36.9	↑	Cross Granville Ave E to stay on Garden City Rd N
54.	40.1	↑	Continue onto Great Canadian Way
55.	40.7	→	R onto River Rd
56.	41.3	←	L and take ramp onto Canada Line Bikeway over the Skytrain bridge
57.	42.3	←	L onto Canada Line Bikeway/W Kent Ave S

13.6 kilometers. +33/-34 meters

Num	Dist	Type	Note
58.	42.4	→	R onto Ash St/Canada Line Bikeway
59.	42.5	←	L onto W Kent Ave N
60.	42.7	→	R onto Heather St/Heather Bikeway
61.	43.0	→	Cross Marine Dr and stay on Heather St/Heather Bikeway
62.	44.2	←	L onto W 59th Ave/N Arm Trail Greenway
63.	45.6	→	R onto Park Dr
64.	45.6	←	Cross Granville St.
65.	46.2	←	L onto Angus Drive
66.	46.3	←	Slight L onto East Boulevard
67.	46.7	→	Sharp R onto West 64th Avenue
68.	46.8	□	REST STOP # 2

4.4 kilometers. +62/-30 meters

Num	Dist	Type	Note
69.	46.8	←	Sharp L onto Arbutus Greenway North bound
70.	53.0	→	R onto West 10th Avenue
71.	56.5	↑	L onto Ontario St
72.	57.5	←	Follow Ontario down onto the Seaside Bicycle Path
73.	57.8	↑	Follow the Seaside Bicycle Route around False Creek
74.	58.4	→	R toward Carrall St
75.	58.5	←	Continue onto Carrall St and follow it north to Gas Town
76.	59.3	→	R onto Alexander St
77.	59.6	←	L onto Main St
78.	59.9	←	L onto E Waterfront Rd

13.2 kilometers. +80/-112 meters

Num	Dist	Type	Note
79.	60.4	←	YEAH! YOU DID IT Enjoy the BBQ  EMERGENCY SAG WAGON 604-253-4421! SAG Wagon Call 604-253-4421
80.	60.4	🏁	End of route

0.5 kilometers. +0/-0 meters

---