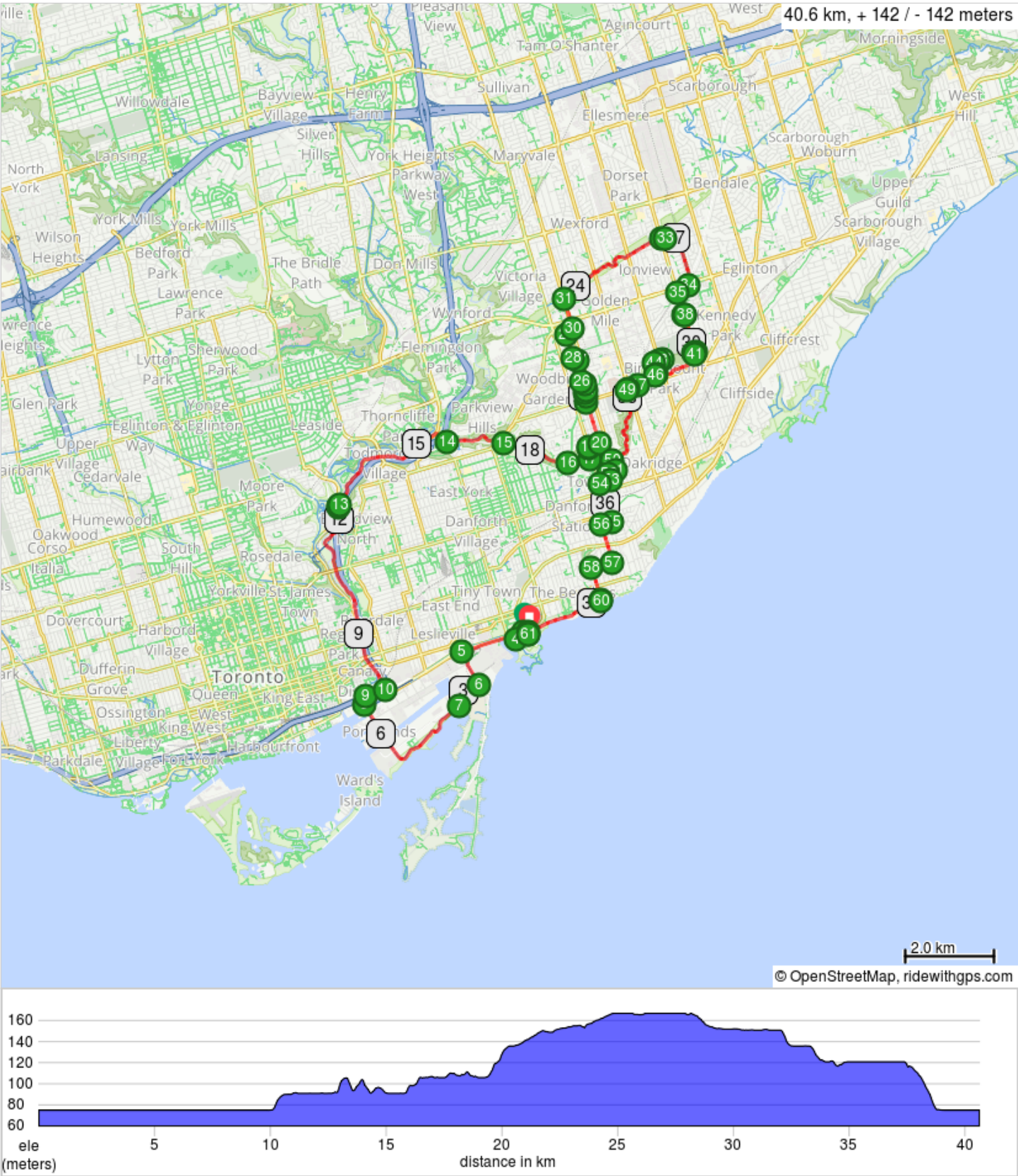

























# Anthans Cafe to Jack Goodlad Park SMR TBN















Num	Dist	Type	Note	Next
1.	0.0		Start of route	0.1
2.	0.1		R toward Martin Goodman Trail	0.1
3.	0.2		R onto Martin Goodman Trail	0.3
4.	0.5		Slight R to stay on Martin Goodman Trail	1.3
5.	1.8		L to stay on Martin Goodman Trail	0.9
6.	2.7		R onto Unwin Ave	0.8
7.	3.4		L toward Waterfront Trail bridge	3.4
8.	6.8		Cross Lake shore, keep R on bike path.	0.3
9.	7.1		R onto Lower Don River Trail/Rte 45	0.5
10.	7.6		Slight L at fork to stay on Lower Don River Trail/Rte 45	4.7
11.	12.3		Carefully cross Pottery Road. Wait for break in traffic.	0.1















12.3 kilometers. +17/-0 meters

Num	Dist	Type	Note	Next
12.	12.4		R to stay on Lower Don River Trail/Rte 45	0.0
13.	12.4		Formal regrouping point, wait here for the ride leader.	3.5
14.	15.9		Continue onto Taylor Creek Trail	1.4
15.	17.3		Keep L to stay on Taylor Creek Trail	1.6
16.	18.9		L onto bike trail.	0.5
17.	19.4		L onto hilly path towards Vic. Park.	0.3
18.	19.7		L onto Victoria Park Ave	0.0
19.	19.7		R onto Donside Dr	0.3
20.	19.9		L onto Westbourne Ave	1.0
21.	20.9		Cross St. Clair Ave, and follow path through school and playground.	0.1
22.	21.0		L toward Stamford Square S	0.1
23.	21.1		R onto Stamford Square S	0.1

8.8 kilometers. +88/-38 meters

Num	Dist	Type	Note	Next
24.	21.2		Continue onto Stellarton Rd	0.2
25.	21.4		L onto Delwood Dr	0.1
26.	21.5		R onto Karnwood Dr	0.5
27.	21.9		L onto Edge Park Ave	0.1
28.	22.1		Continue onto Harris Park Dr	0.6
29.	22.6		Continue through shopping centre parking lot.	0.2
30.	22.9		L onto Pharmacy Ave	0.7
31.	23.6		R onto Gatineau Hydro Corridor Trail	3.0
32.	26.6		Continue straight onto Bicycle Rte 26/Gatineau Hydro Corridor Trail	0.1
33.	26.7		Slight L onto Gatineau Hydro Corridor Trail	1.6
34.	28.3		L onto Transway Crescent	0.4
35.	28.7		L onto Kennedy Rd	0.5

7.6 kilometers. +28/-14 meters

Num	Dist	Type	Note	Next
36.	29.3		R into Tim Hortons.	0.0
37.	29.3		LUNCH BREAK at Tim Hortons.	0.0
38.	29.3		R onto Kennedy Rd	0.9
39.	30.2		R into cemetery.	0.0
40.	30.2		L	0.0
41.	30.3		Slight R	1.1
42.	31.4		L towards Brichmount Rd.	0.1
43.	31.5		Continue straight onto Willowmount Dr	0.1
44.	31.6		L onto Anaconda Ave	0.3
45.	31.9		R onto bike trail.	0.1
46.	31.9		R at bottom of hill.	0.5
47.	32.5		R onto St Clair Ave E	0.3
48.	32.7		L and go on sidewalk at the south west corner of St. Clair and Warden Ave.	0.0
49.	32.8		L onto bike trail.	1.9

4.0 kilometers. +1/-18 meters

Num	Dist	Type	Note	Next
50.	34.7	←	L onto Pharmacy Ave	0.2
51.	34.9	→	R onto Albion Ave	0.2
52.	35.1	←	L onto St Dunstan Dr	0.2
53.	35.3	→	R onto Denton Ave	0.2
54.	35.5	←	L onto Victoria Park Ave	0.9
55.	36.4	→	R onto Swanwick Ave	0.2
56.	36.7	←	L onto Scarborough Rd	0.9
57.	37.5	→	R onto Pine Ave	0.5
58.	38.0	←	L onto Balsam Ave	0.7
59.	38.8	←	Slight L at Hubbard Blvd	0.0
60.	38.8	→	R onto Martin Goodman Trail	1.8
61.	40.6	☐	End of route	0.0

7.9 kilometers. +1/-45 meters