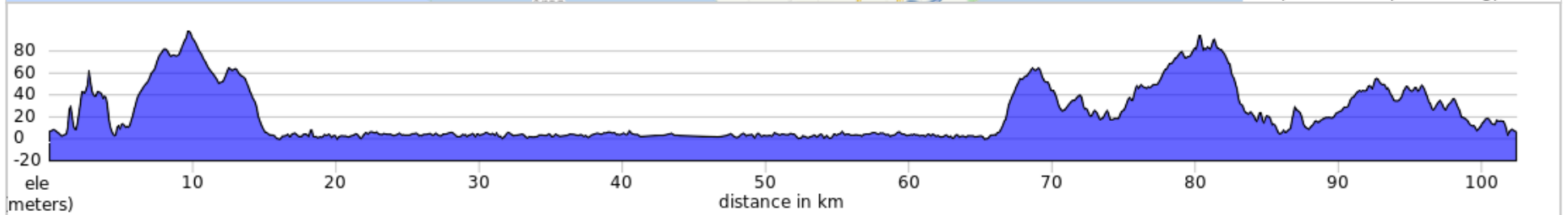
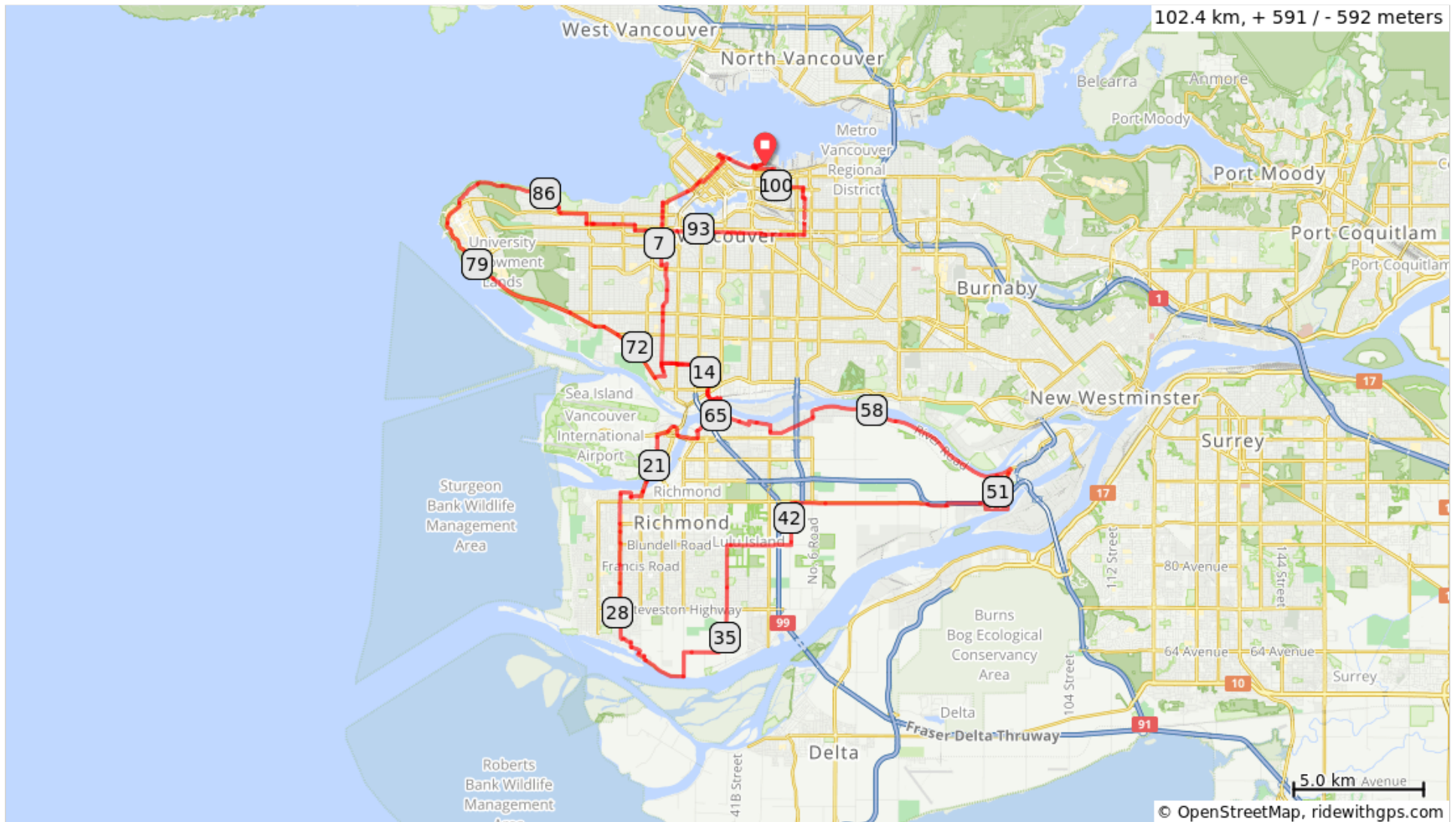


# 2018 MTS 100 km route



2018 MTS 100 km route

Num	Dist	Type	Note
1.	0.0		Start of route
2.	0.5	←	Starting from the Mission go west on Waterfront Rd towards Canada Pl.
3.	1.2	←	Follow Waterfront Rd. under Canada pL.
4.	1.8	←	L and take ramp up to Cordova St.
5.	2.0	↑	Continue onto W Cordova St
6.	2.1	→	R onto Burrard St
7.	2.2	←	L onto W Hastings St/BC-7A
8.	2.3	→	R onto the Hornby bike path
9.	3.4	→	R onto Helmcken St
10.	3.5	←	L onto Burrard St

3.5 kilometers. +70/-34 meters

Num	Dist	Type	Note
11.	4.2	←	Go over the Burrard St. Bridge using the bike path
12.	5.1	→	R onto Cornwall Ave
13.	5.3	←	L onto Cypress St.
14.	5.9	↑	Stay on Cypress St to Matthews Ave.
15.	7.7	←	L onto Matthews Ave
16.	8.0	→	R onto Angus Dr
17.	11.8	←	L onto W 59th Ave/N Arm Trail Greenway
18.	12.5	←	Just after Granville St L onto W 59th Ave/N Arm Trail Greenway
19.	13.6	→	R onto Heather St
20.	14.7	→	Cross SW Marine Dr and stay on Heather St
21.	15.0	←	L onto W Kent Ave N

11.5 kilometers. +117/-123 meters

Num	Dist	Type	Note
22.	15.3	→	R onto Ash St/Canada Line Bikeway
23.	15.4	→	R and take ramp up onto Canada Line Bikeway bridge
24.	16.4	→	R onto River Dr
25.	17.0	→	R to stay on River Rd and go past River Rock Casino
26.	17.4	←	L onto No 3 Rd
27.	17.7	→	R onto Bridgeport Rd
28.	18.3	↑	Ramp to Main Terminal
29.	19.3	↑	Merge onto Grant McConachie Way E
30.	19.6	←	L onto Templeton St. Use Pedestrian crosswalk.

4.6 kilometers. +22/-23 meters

Num	Dist	Type	Note
31.	20.1	←	Take bike path on L toward Wellington Crescent
32.	20.2	→	Slight R onto Wellington Crescent
33.	20.5	→	R onto bike path on Airport Rd.
34.	21.3	↑	Cross Inglis Dr and stay straight on bike path
35.	21.5	←	L up to bridge sidewalk
36.	22.3	→	R and take path
37.	22.4	→	R onto Dover Crescent
38.	22.7	→	R onto Lynas Ln
39.	22.9	←	L onto River Road
40.	23.3	←	L onto Mccallan Rd
41.	23.7	↑	Cross Westminster Hwy onto path

4.0 kilometers. +13/-10 meters

Num	Dist	Type	Note
42.	24.4	↑	Cross Granville onto Bike path along Railway Ave.
43.	28.9	←	L onto Brunswick Dr
44.	29.3	→	R onto Trites Rd
45.	29.5	←	L onto Dyke Rd
46.	30.2	↑	Continue onto London Rd
47.	30.3	→	R onto Dyke Rd
48.	31.9	←	REST STOP / BATHROOMS
49.	32.1	←	L onto No 3 Rd
50.	33.1	→	R onto Finn Rd
51.	34.8	↑	Continue straight onto No 4 Rd. DO NOT R. Finn Rd. becomes No. 4 Rd.
52.	38.6	→	R onto Blundell Rd

15.0 kilometers. +42/-42 meters

Num	Dist	Type	Note
53.	41.1	←	L onto Sidaway Rd. SINGLE FILE please
54.	42.7	→	R onto Westminster Highway service Road
55.	46.8	←	Slight L onto Westminster Highway
56.	47.6	→	Cross Nelson and take segregated bike path on the R to stay along Westminster highway
57.	48.6	→	Slight R onto Westminster Highway
58.	48.7	←	Cross railway tracks and L under Connector overpass toward Westminster Hwy
59.	48.7	→	R onto Westminster Hwy

10.1 kilometers. +10/-10 meters

Num	Dist	Type	Note
60.	50.8	→	Curve R to stay on Westminster Hwy
61.	50.8	←	L to stay on Westminster Hwy
62.	52.0	←	L onto River Rd
63.	52.1	←	L to stay on River Rd
64.	60.4	←	Continue L onto No 6 Rd
65.	60.7	→	R onto Vulcan Way
66.	62.5	→	R onto No 5 Rd
67.	62.8	←	L onto River Rd
68.	63.6	←	L onto Shell Rd
69.	63.7	→	R onto River Dr
70.	65.0	→	R and take ramp up onto Canada Line Bikeway Bridge
71.	66.0	←	L onto Canada Line Bikeway/W Kent Ave S

17.2 kilometers. +47/-47 meters

Num	Dist	Type	Note
72.	66.1	←	L onto W Kent Ave N
73.	66.4	→	R onto Heather St/Heather Bikeway
74.	66.6	→	Cross Marine Dr. and stay on Heather St/Heather Bikeway
75.	68.0	←	L onto W 59th Ave/N Arm Trail Greenway
76.	69.8	←	L onto Angus Dr.
77.	70.3	→	R onto W 64th Ave
78.	70.4	☒	REST STOP #2
79.	70.5	↑	Continue on 64 Ave to Marine Dr.
80.	70.8	→	R onto SW Marine Dr.
81.	75.1	↑	Continue on SW Marine Dr. to UBC
82.	79.2	←	Stay on Marine Dr. around to the north side of UBC

13.2 kilometers. +157/-84 meters

Num	Dist	Type	Note
83.	82.0	←	At East Mall L to stay on NW Marine Dr
84.	82.2	←	Go down the hill WATCH YOUR SPEED!
85.	84.2	←	REST STOP #3 / BATHROOMS
86.	84.2	←	Continue East on NW Marine Dr.
87.	86.4	←	L to stay on NW Marine Dr. DON'T GO UP Trimble.
88.	87.1	←	L onto W 4th Ave
89.	88.0	→	R onto Highbury St
90.	88.4	↑	L onto W 8th Ave/Off-Broadway Bikeway
91.	90.1	↑	At the roundabout, continue straight to stay on W 8th Ave/Off-Broadway Bikeway

10.9 kilometers. +56/-109 meters

Num	Dist	Type	Note
92.	90.2	→	R onto Larch St.
93.	90.5	←	L onto W 10th Ave/10th Avenue Bikeway
94.	95.3	→	R onto Prince Edward St
95.	95.4	←	L onto E 10th Ave
96.	97.0	↑	L onto Woodland Dr
97.	98.5	←	L onto William St
98.	98.6	→	R onto McLean Dr
99.	98.9	→	Cross Venables St and take a jog to the R to stay north on McLean Dr.
100.	99.0	←	L onto Adanac St/Adanac Bikeway
101.	99.4	→	Cross Vernon Dr

9.3 kilometers. +67/-82 meters

Num	Dist	Type	Note
102.	99.5	←	L onto Glen Dr
103.	99.6	→	R onto Adanac Bikeway/Union St
104.	100.0	↑	Cross Hawks Ave and go straight into Bike way cut through
105.	100.2	→	R onto Heatley Ave
106.	100.4	↑	Go straight through path to stay on Heatley Ave.
107.	100.9	←	L onto Alexander St
108.	101.7	→	R onto Main St
109.	101.9	←	L onto E Waterfront Rd

2.6 kilometers. +18/-21 meters

Num	Dist	Type	Note
110.	102.4	←	YEAH! YOU DID IT!  SAG WAGON 604-253-4421
111.	102.4	🚩	End of route

0.5 kilometers. +0/-0 meters