

NorSquatch...206 km

Permanent #77

submitted by: Dug Andrusiek

Dist. (cum.)	Turn	Direction	Route Description	Dist. (int.)
0.0	R		Lonsdale Quay (Bean Around the World or Choice)	0.1
0.1	L	N	Lonsdale Ave	0.1
0.2	R	E	Esplanade turns into Low Level Rd	0.6
0.8	L	W	Follow Main/Cotton/Main to east side of Ironworker's Memorial Bridge	3.7
4.3	R	S	Take east side of Ironworker's Memorial Bridge to bike route	1.5
5.8	C/O	S	Follow route to Cassiar	0.7
6.5	C/O	S	Cross Hastings Street on east side to follow Cassiar bike route	1.1
7.6	L	E	Adanac/Union/Frances bike route	1.6
9.2	R	S	Carleton Ave	1.1
10.3	L	S/E	Douglas Rd	0.3
10.6	BL	E	Halifax	0.6
11.2	R	S	Willingdon	0.1
11.3	L	E	Lougheed Hwy East	3.0
14.3	BR	S/E	Winston-becomes Government	6.1
20.4	R	E	Lougheed- Hwy 7	3.0
23.4	R	S	King Edward Street	0.5
23.9	L	E	United Boulevard	3.3
27.2	R	E	Mary Hill Bypass	1.8
29.0	R	S/E	Argue (extension of Shaughnessy St)	2.4
31.4	L	N	Pitt River Road	0.0
31.4	R	N/E	Mary Hill Bypass	3.1
34.5	BR	S/E	Lougheed Hwy East	7.5
42.0	R	S	207 Street	0.5
42.5	L	E	River Road	3.5
46.0	C/O	S/E	merge with Haney Bypass	1.9
47.9	R	S/E	Lougheed- Hwy 7	32.2
80.1	R	S/E	Lougheed- Hwy 7	10.9
91.0	R	N/E	Lougheed- Hwy 7	12.3
103.3	L	N	Control #1 Harrison Mills: Saquatch Inn or Convenience Store (+ .3km)	0.0
103.3	R	W	Lougheed- Hwy 7	12.3
115.6	L	S/E	Lougheed- Hwy 7	10.9
126.5	L	S/W	Lougheed- Hwy 7	32.2
158.7	L	N/W	Haney Bypass	2.6
161.3	L	W	Lougheed- Hwy 7	17.0

BL=BEAR LEFT BR=BEAR RIGHT ST=STRAIGHT CO=CONTINUE T=TURN

178.3	R	N	Westwood St	1.3
179.6	L	W	Guildford Way	2.9
182.5	C/O	W	Murray St	1.8
184.3	R	N to S	Loop around onto Moody St	0.3
184.6	R	W	Clarke St	1.2
185.8	R	N/W	Barnet Hwy/Inlet Dr	8.6
194.4	R	W	Hastings	0.1
194.5	R	N to S	pedestrian overpass	0.1
194.6	R	W	follow alley behind seniors residence	0.2
194.7	L	S	Duncan Ave	0.2
194.9	R	W	Union St (follow Union/Frances bike route)	3.8
198.8	R	N	Carleton Ave	0.7
199.5	L	W	Oxford Street	0.9
200.3	R	N	Boundary Rd N	0.7
201.0	L	W	Fellowes St	0.2
201.2	R	N	Ironworker's Memorial Bridge	1.5
202.8	L	W	Main Street/Cotton/Low Level Rd/Esplanade	3.7
206.5	L	S	Lonsdale Ave	0.1
206.6			Finish Control-Lonsdale Quay- Your Choice Congratulations!	

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