(BCR 5861) Early Bird 'Sidney Veloce' 28Nov2026

Dist	Type	Note	Next
0.0	✎	Start/Finish Tim Hortons/ BC Liquor Store DO NOT PARK IN LOT	0.0
0.0	✎	START Staffed: Tim Hortons	0.0
0.0	←	West towards park	0.1
0.1	→	R onto Seventh Street	0.1
0.2	←	L onto Beacon Avenue	0.3
0.4	←	L onto Patricia Bay Highway, 17	6.3
6.7	→	R onto Mount Newton Cross Road	0.6
7.2	←	L onto Central Saanich Road	2.3
9.6	←	L onto East Saanich Road	0.1
9.6	→	R onto Central Saanich Road	0.5
10.1	→	R onto Central Saanich Road	1.4
11.5	←	L onto Tanner Road	0.8
12.4	→	R onto Patricia Bay Highway, 17	10.7
23.1	→	R onto Vernon Avenue	0.2
23.3	→	R onto Carey Road	0.8
24.1	←	L onto Carey Road	0.3
24.4	←	L onto Columbine Way	0.6
25.0	✎	Control 1 Information: Stop sign. Columbine @ Interurban 24.1km	0.0
25.0	✎	CONTROL 1 Information	0.0
25.0	→	R onto Interurban Road	2.0
26.9	→	R onto Wilkinson Road	0.7
27.6	→	R onto Loenholm Road	0.3

27.6 kilometers. +145/-91 meters

Dist	Type	Note	Next
27.9	←	L onto Grange Road	0.1
28.0	→	R onto Carey Road	0.4
28.4	←	L onto Ridgebank Crescent	0.1
28.5	←	Keep L to stay on Ridgebank Crescent	0.4
28.9	→	R onto Vanalman Avenue	0.5
29.3	←	L onto Glanford Avenue	0.7
30.0	→	R onto Quadra Street	0.4
30.4	←	L onto Chatterton Way	1.0
31.4	→	R onto Royal Oak Avenue	0.9
32.3	→	R onto Royal Oak Drive	1.6
33.9	→	R onto Blenkinsop Road	3.6
37.5	→	R onto McKenzie Avenue	0.8
38.3	←	L onto Lochside Regional Trail	2.0
40.3	↗	Continue onto Galloping Goose Trail	9.0
49.3	↑	Continue onto Galloping Goose Trail (new)	0.2
49.5	↑	Continue over new bridge	0.1
49.6	↑	Continue on Galloping Goose Trail	1.1
50.7	→	Cross Sooke Road	0.0
50.7	↑	Continue onto Aldene Avenue	1.3
52.0	←	L onto Hagel Road	0.2
52.2	→	R onto Galloping Goose Regional Trail	0.9
53.0	↑	Cross Veterans Memorial Parkway	0.0
53.1	←	Cross Kelly Road	0.1
53.1	↗	Keep R onto Galloping Goose Regional Trail	1.5

25.5 kilometers. +125/-91 meters

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Dist	Type	Note	Next
54.7	←	L onto sidewalk	0.0
54.7	→	R onto Aggregate Court	0.0
54.7	←	L onto Glen Lake Road	0.0
54.8	↑	Continue onto Happy Valley Road	7.5
62.3	→	R onto William Head Road	1.9
64.2	→	R onto Lombard Drive	0.4
64.6	✎	CONTROL 2 Information	0.0
64.6	✎	Control 2 Information: Stop sign. Lombard @ Galloping Goose Trail km 63.9	0.0
64.6	↑	Continue on Lombard Drive	0.3
64.9	→	R onto Rocky Point Road	0.7
65.6	←	L onto Kangaroo Road	3.4
69.0	→	R onto Lindholm Road	2.8
71.8	←	L onto Happy Valley Road	5.3
77.2	↑	Continue onto Glen Lake Road sidewalk	0.1
77.3	→	R onto Galloping Goose Regional Trail	1.6
78.9	←	L onto Veterans Memorial Parkway	1.3
80.2	↱	R onto trail after railway tracks	0.1
80.2	↑	Continue onto Atkins Avenue	1.3
81.5	→	R onto Atkins Avenue	1.9
83.4	→	R onto Galloping Goose Regional Trail	0.9
84.4	→	R onto E&N Rail Trail - Humpback Connector	4.8
89.1	→	Continue R across tracks	0.1
89.2	←	L onto Colville Road	1.3

36.1 kilometers. +258/-373 meters

Dist	Type	Note	Next
90.5	→	R onto Lampson Street	0.2
90.7	←	L onto E&N Rail Trail - Humpback Connector	1.6
92.3	✎	CONTROL 3 Bollards @ Catherine St: Information	0.0
92.3	→	R onto Catherine Street trail	0.0
92.3	✎	Control 3 Information: Crosswalk, Catherine Street bikeway	0.0
92.3	←	L onto crosswalk	0.0
92.4	→	R onto Catherine/Kimta bikeway	0.6
93.0	↑	Continue on E&N Trail	0.2
93.2	←	Bear L to stay on E&N trail	0.1
93.3	←	L onto Galloping Goose Trail	0.1
93.4	↱	Continue onto Harbour Road bikeway	0.5
93.9	→	R onto Galloping Goose Regional Trail	0.8
94.6	↱	Keep R onto Galloping Goose Regional Trail	2.3
96.9	↱	Continue onto Lochside Regional Trail	2.0
99.0	←	L to cross McKenzie Avenue	0.2
99.1	→	R to stay on Lochside Regional Trail	0.1
99.3	←	L to stay on Lochside Regional Trail	3.4
102.6	←	L onto Royal Oak Drive	1.5
104.1	→	R onto Falaise Crescent	1.6
105.7	↰	Continue onto L trail	0.5
106.2	↑	Continue onto Cherry Tree Bend	0.4
106.5	←	L onto Haliburton Road	0.0
106.6	→	R onto Patricia Bay Highway, 17	2.6

17.4 kilometers. +108/-70 meters

Dist	Type	Note	Next
109.2	←	L onto Sayward Road	0.2
109.4	→	R onto Brookleigh Road	2.3
111.7	→	R onto Oldfield Road	2.8
114.6	→	R onto Keating Cross Road	1.0
115.6	←	L onto Central Saanich Road	0.4
115.9	←	L onto Central Saanich Road	0.5
116.4	←	L onto East Saanich Road	0.1
116.5	→	R onto Central Saanich Road	2.3
118.8	→	R onto Mount Newton Cross Road	0.4
119.2	←	L onto Patricia Bay Highway, 17	11.2
130.4	→	R onto Exit 33 to Lands End Rd	0.2
130.6	←	L onto Lands End Road	6.1
136.7	↑	Continue onto Chalet Road	1.9
138.6	←	L onto Birch Road	0.9
139.5	✎	Control 4 Business: Deep Cove Store or Coop Gas	0.0
139.5	✎	CONTROL 4 Deep Cove Store or Coop Gas	0.1
139.6	→	R onto West Saanich Road	6.3
145.9	←	L onto McTavish Road	2.8
148.6	→	R onto East Saanich Road	5.3
153.9	→	R onto Veyaness Road	2.5
156.4	→	R onto Keating Cross Road	0.0
156.5	→	R into Keating Centre	0.0
156.5	✎	Control 5 Business: Your choice, Keating Centre, Keating Cross Rd @ Veyaness Rd OR Staffed	0.0

49.9 kilometers. +335/-342 meters

Dist	Type	Note	Next
156.5	✎	CONTROL 5	0.0
156.5	←	L to exit	0.0
156.5	→	R onto Keating Cross Road	0.4
156.9	→	R onto Oldfield Road	0.4
157.3	↑	Continue onto trail	0.2
157.6	↑	Continue onto Seabrook Road	1.4
159.0	→	Continue onto White Road	0.2
159.1	←	L onto Veyaness Road	0.3
159.5	←	L onto East Saanich Road	1.4
160.8	→	R onto Wallace Drive	1.5
162.4	↑	Continue onto Aldous Drive	0.8
163.1	←	L onto Amity Drive	0.1
163.3	→	Continue onto Moxon Terrace	0.5
163.7	↑	Continue onto Lowe Road	0.2
163.9	→	R onto East Saanich Road	1.8
165.8	←	At roundabout, take exit 3 onto Willingdon Road	1.0
166.8	↑	At roundabout, take exit 1 onto Willingdon Road	2.0
168.8	→	R onto West Saanich Road	2.9
171.7	←	L onto Downey Road	1.0
172.7	←	L onto Derrick Road	0.2
172.9	→	R onto Norris Road	0.6
173.5	→	R onto Madrona Drive	0.8
174.3	→	R onto Wain Road	3.6
177.9	←	L onto Tatlow Road	3.3

21.4 kilometers. +101/-131 meters

Dist	Type	Note	Next
181.2	→	R onto Chalet Road	0.9
182.1	↑	Continue onto Land's End Road	6.0
188.1	→	R onto Patricia Bay Highway, 17	1.1
189.2	→	R onto Wain Road	0.3
189.5	←	L onto Swartz Bay Road	0.4
190.0	→	R onto McDonald Park Road	1.3
191.3	←	L onto Resthaven Avenue	1.7
193.0	←	L onto Malaview Avenue	0.2
193.2	→	R onto Fifth Street	1.4
194.6	↑	At roundabout, take exit 2 onto Fifth Street	0.4
194.9	↑	Continue onto Lochside Drive	1.4
196.3	←	L onto Lochside Drive	0.3
196.6	←	L onto Lochside Drive	4.1
200.7	→	R onto Mount Newton Cross Road	0.1
200.9	←	L onto Lochside Regional Trail	1.8
202.7	↑	Continue onto Lochside Drive	2.1
204.8	←	L onto Martindale Road	1.3
206.1	→	R onto Welch Road	1.4
207.4	↑	Continue onto Hunt Road	1.5
209.0	←	L onto Fowler Road	0.8
209.8	↑	Continue onto Cordova Bay Road	0.5
210.3	→	R onto Lochside Drive	2.3
212.6	↰	Continue onto Maplegrove Street	0.3
212.9	←	L onto Sunnymead Way	0.2
213.1	←	L onto Galey Way	0.1

35.2 kilometers. +229/-207 meters

Dist	Type	Note	Next
213.2	→	R onto Cordova Bay Road	0.7
213.9	←	L onto Cordova Bay Road	1.9
215.8	↑	Continue onto Cedar Hill Road	0.5
216.3	↑	Continue onto Shelbourne Street	0.4
216.7	←	L onto San Juan Avenue	1.0
217.7	↰	Slight L onto trail	0.3
218.0	↑	Continue onto San Juan Ave	1.1
219.1	→	R onto Gordon Head Road	2.4
221.5	←	L onto Cedar Hill Cross Road	1.5
223.0	→	R onto Cadboro Bay Road	2.5
225.5	←	L onto Bowker Avenue	0.1
225.6	→	R onto Hampshire Road	0.9
226.4	→	R onto Oak Bay Avenue	0.0
226.5	←	L onto Hampshire Road	0.7
227.2	✎	Control 6 Information: Stop sign, Hampshire@McNeill	0.0
227.2	→	R onto McNeill Avenue	0.2
227.3	→	R onto Victoria Avenue	0.6
227.9	←	L onto Granite Street	0.3
228.2	→	R onto Foul Bay Road	2.9
231.1	↑	Continue onto Henderson Road	1.0
232.1	↑	Continue onto University Drive	0.2
232.4	↑	Continue onto Ring Road	0.9
233.3	→	R onto Finnerty Road	0.2
233.5	↑	At roundabout, take exit 2 onto Finnerty Road	0.6

20.4 kilometers. +184/-144 meters

Dist	Type	Note	Next
234.0	→	R onto Arbutus Road	1.7
235.8	✎	CONTROL 7 Information: Stop sign	0.0
235.8	✎	CONTROL 7 Information: Stop sign, Arbutus Rd@Telegraph Bay Rd	0.3
236.0	↑	Continue onto Cadboro Bay Road	1.4
237.4	↗	Keep R onto Cadboro Bay Road	0.0
237.4	↑	Continue onto Cadboro Bay Road	0.3
237.8	←	L onto Upper Terrace Road	0.4
238.1	↗	Keep R onto Uplands Road	0.1
238.3	←	L onto Weald Road	0.6
238.8	↑	Continue onto Nottingham Road	0.3
239.1	←	L onto Dorset Road	0.3
239.4	←	L onto Dorset Road	0.4
239.8	→	R onto Beach Drive	5.0
244.8	←	L onto King George Terrace	1.0
245.8	↑	Continue onto Crescent Road	0.6
246.4	↑	Continue onto Ross Street	0.0
246.4	←	L onto Robertson Street	0.1
246.5	↑	Continue onto Hollywood Crescent	0.7
247.2	↑	Continue onto Dallas Road	2.6
249.8	↖	Bear L onto Dallas Road	1.8
251.6	↗	R into bus loop	0.0
251.6	✎	Control 8 Information: Niagara Bus Loop	0.0
251.6	✎	CONTROL 8 Information	0.0

18.1 kilometers. +98/-115 meters

Dist	Type	Note	Next
251.6	→	R onto Dallas Road	0.4
252.0	→	Continue onto Erie Street	0.2
252.2	←	L onto St. Lawrence Street	0.2
252.4	→	Continue onto Kingston Street	0.2
252.6	←	L onto Montreal Street	0.1
252.7	→	R onto Quebec Street	0.1
252.8	←	L onto Pendray Street	0.1
252.9	↑	Continue onto Belleville Street	0.5
253.4	→	R onto Government Street	0.8
254.2	←	L onto Simcoe Street	0.2
254.4	↑	Continue onto Circle Drive	0.1
254.5	←	L onto Circle Drive	0.8
255.2	↖	Keep L on bicycle path	0.0
255.3	←	L onto Dallas Road	2.1
257.4	↑	Continue onto Hollywood Crescent	0.7
258.1	↑	Continue onto Robertson Street	0.1
258.2	→	R onto Ross Street	0.0
258.2	↑	Continue onto Crescent Road	0.7
258.8	↑	Continue onto King George Terrace	1.2
260.0	→	R onto Beach Drive	5.2
265.2	←	L onto Dorset Road	0.4
265.6	→	R onto Dorset Road	0.3
265.9	→	R onto Nottingham Road	0.3
266.2	↑	Continue onto Weald Road	0.2
266.4	↑	Keep R onto Weald Road	0.0

14.8 kilometers. +94/-73 meters

Dist	Type	Note	Next
266.4	↰	L to continue on Weald Road	0.3
266.7	→	R onto Uplands Road	0.1
266.8	↰	Keep L onto Uplands Road	0.1
266.9	↰	Slight L onto Upper Terrace Road	0.4
267.3	→	R onto Cadboro Bay Road	1.7
269.0	↑	Continue onto Telegraph Bay Road	0.2
269.2	←	L onto Arbutus Road	1.7
271.0	→	R onto Arbutus Road	1.1
272.0	→	R onto Gordon Head Road	0.3
272.4	←	L onto Ferndale Road	0.5
272.8	→	R onto Ferndale Road	1.2
274.0	↑	Continue onto Tyndall Avenue	0.2
274.2	←	L onto Grandview Drive	0.0
274.3	→	R onto Tyndall Avenue	1.6
275.8	→	R onto Feltham Road	0.7
276.5	→	R onto Shelbourne Street	1.0
277.5	→	R onto Kenmore Road	0.2
277.7	←	L onto Majestic Drive	1.0
278.8	←	L onto Ash Road	0.6
279.4	→	R onto Cordova Bay Road	1.9
281.3	↑	Continue onto Royal Oak Drive	0.6
281.9	→	R onto Lochside Drive	0.8
282.7	↗	Slight R onto Lochside Regional Trail	0.2
283.0	↰	Slight L onto Lochside Drive	2.3
285.3	←	L onto Cordova Bay Road	0.1

18.9 kilometers. +182/-157 meters

Dist	Type	Note	Next
285.4	↗	Slight R onto Lochside Regional Trail	0.3
285.7	→	R onto Lochside Drive	0.3
286.0	↑	Continue onto Lochside Regional Trail	5.7
291.7	↰	Keep L onto Lochside Regional Trail	1.8
293.5	→	R onto Mount Newton Cross Road	0.1
293.6	←	L onto Lochside Drive	4.1
297.8	→	R onto Lochside Drive	0.3
298.1	→	R onto Lochside Drive	1.4
299.4	↑	Continue onto Fifth Street	0.3
299.8	↑	At roundabout, take exit 2 onto Fifth Street	0.4
300.2	←	L onto Bevan Avenue	0.3
300.5	→	R onto Seventh Street	0.0
300.6	→	R into mall	0.1
300.6	✎	FINISH Tim Hortons	0.0
300.6	✎	Start/Finish Tim Hortons/ BC Liquor Store DO NOT PARK IN LOT	0.0

15.4 kilometers. +51/-96 meters

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