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

Dist	Type	Note	Next
0.0	✎	STARTFINISH Sidney Tim Hortons/ BC Liquor Store DO NOT PARK IN LOT	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	✎	CONTROL1 Saanich Information: Stop sign. Columbine @ Interurban 24.1km	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
27.9	←	L onto Grange Road	0.1
28.0	→	R onto Carey Road	0.4
28.4	←	L onto Ridgebank Crescent	0.1

28.4 kilometers. +145/-91 meters

Dist	Type	Note	Next
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
54.7	←	L onto sidewalk	0.0
54.7	→	R onto Aggregate Court	0.0
54.7	←	L onto Glen Lake Road	0.0

26.3 kilometers. +151/-89 meters

Rev: 22Nov26

Dist	Type	Note	Next
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	↑	Continue on Lombard Drive	0.3
64.9	✎	CONTROL2 Metchosin Information: Stop sign. Lombard @ Galloping Goose Trail km 63.9	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
80.1	→	R onto crosswalk Cross Goldstream Avenue	0.0
80.2	↑	Continue onto E&N Trail	1.5
81.7	←	L to crosswalk	0.0
81.7	→	R onto Atkins Avenue	1.5
83.2	→	R onto Galloping Goose Regional Trail	0.9
84.1	→	R onto E&N Rail Trail - Humpback Connector	4.8
88.9	→	Continue R across tracks	0.1
88.9	←	L onto Colville Road	1.3
90.2	→	R onto Lampson Street	0.2
90.5	←	L onto E&N Rail Trail - Humpback Connector	1.6
92.1	→	R onto Catherine Street trail	0.0

37.3 kilometers. +291/-413 meters

Dist	Type	Note	Next
92.1	✎	CONTROL3 Vic West Information: Crosswalk, Catherine Street bikeway	0.0
92.1	←	L onto crosswalk	0.0
92.1	→	R onto Catherine/Kimta bikeway	0.6
92.8	↑	Continue on E&N Trail	0.2
93.0	←	Bear L to stay on E&N trail	0.1
93.1	←	L onto Galloping Goose Trail	0.1
93.1	↗	Continue onto Harbour Road bikeway	0.5
93.6	→	R onto Galloping Goose Regional Trail	0.8
94.4	↱	Keep R onto Galloping Goose Regional Trail	2.3
96.7	↱	Continue onto Lochside Regional Trail	2.0
98.7	←	L to cross McKenzie Avenue	0.2
98.9	→	R to stay on Lochside Regional Trail	0.1
99.0	←	L to stay on Lochside Regional Trail	3.4
102.4	←	L onto Royal Oak Drive	1.5
103.8	→	R onto Falaise Crescent	1.6
105.4	↖	Continue onto L trail	0.5
105.9	↑	Continue onto Cherry Tree Bend	0.4
106.3	←	L onto Haliburton Road	0.0
106.3	→	R onto Patricia Bay Highway, 17	2.6
109.0	←	L onto Sayward Road	0.2
109.2	→	R onto Brookleigh Road	2.3
111.5	→	R onto Oldfield Road	2.8
114.3	→	R onto Keating Cross Road	1.0
115.3	←	L onto Central Saanich Road	0.4

23.3 kilometers. +172/-109 meters

Dist	Type	Note	Next
115.7	←	L onto Central Saanich Road	0.5
116.2	←	L onto East Saanich Road	0.1
116.3	→	R onto Central Saanich Road	2.3
118.6	→	R onto Mount Newton Cross Road	0.4
119.0	←	L onto Patricia Bay Highway, 17	11.2
130.2	→	R onto Exit 33 to Lands End Rd	0.2
130.3	←	L onto Lands End Road	6.1
136.4	↑	Continue onto Chalet Road	1.9
138.3	←	L onto Birch Road	0.9
139.3	✎	CONTROL4 Deep Cove Business: Deep Cove Store or Coop Gas	0.1
139.3	→	R onto West Saanich Road	6.3
145.6	←	L onto McTavish Road	2.8
148.4	→	R onto East Saanich Road	5.3
153.7	→	R onto Veyaness Road	2.5
156.2	→	R onto Keating Cross Road	0.0
156.2	→	R into Keating Centre	0.0
156.2	✎	CONTROL5 Keating Business: Your choice, Keating Centre, Keating Cross Rd @ Veyaness Rd OR Staffed	0.0
156.3	←	L to exit	0.0
156.3	→	R onto Keating Cross Road	0.4
156.7	→	R onto Oldfield Road	0.4
157.1	↑	Continue onto trail	0.2
157.3	↑	Continue onto Seabrook Road	1.4
158.7	→	Continue onto White Road	0.2
158.9	←	L onto Veyaness Road	0.3

43.6 kilometers. +271/-262 meters

Dist	Type	Note	Next
159.2	←	L onto East Saanich Road	1.4
160.6	→	R onto Wallace Drive	1.5
162.1	↑	Continue onto Aldous Drive	0.8
162.9	←	L onto Amity Drive	0.1
163.0	→	Continue onto Moxon Terrace	0.5
163.5	↑	Continue onto Lowe Road	0.2
163.7	→	R onto East Saanich Road	1.8
165.5	←	At roundabout, take exit 3 onto Willingdon Road	1.0
166.6	↑	At roundabout, take exit 1 onto Willingdon Road	2.0
168.6	→	R onto West Saanich Road	2.9
171.4	←	L onto Downey Road	1.0
172.5	←	L onto Derrick Road	0.2
172.7	→	R onto Norris Road	0.6
173.3	→	R onto Madrona Drive	0.8
174.1	→	R onto Wain Road	3.6
177.7	←	L onto Tatlow Road	3.3
181.0	→	R onto Chalet Road	0.9
181.8	↑	Continue onto Land's End Road	6.0
187.8	→	R onto Patricia Bay Highway, 17	1.1
189.0	→	R onto Wain Road	0.3
189.3	←	L onto Swartz Bay Road	0.4
189.7	→	R onto McDonald Park Road	1.3
191.1	←	L onto Resthaven Avenue	1.7
192.8	←	L onto Malaview Avenue	0.2

33.9 kilometers. +226/-284 meters

Dist	Type	Note	Next
192.9	→	R onto Fifth Street	1.4
194.3	↑	At roundabout, take exit 2 onto Fifth Street	0.4
194.7	↑	Continue onto Lochside Drive	1.4
196.1	←	L onto Lochside Drive	0.3
196.4	←	L onto Lochside Drive	4.1
200.5	→	R onto Mount Newton Cross Road	0.1
200.6	←	L onto Lochside Regional Trail	1.8
202.4	↑	Continue onto Lochside Drive	2.1
204.5	←	L onto Martindale Road	1.3
205.8	→	R onto Welch Road	1.4
207.2	↑	Continue onto Hunt Road	1.5
208.7	←	L onto Fowler Road	0.8
209.5	↑	Continue onto Cordova Bay Road	0.5
210.0	→	R onto Lochside Drive	2.3
212.3	↰	Continue onto Maplegrove Street	0.3
212.7	←	L onto Sunnymead Way	0.2
212.9	←	L onto Galey Way	0.1
213.0	→	R onto Cordova Bay Road	0.7
213.6	←	L onto Cordova Bay Road	1.9
215.5	↑	Continue onto Cedar Hill Road	0.5
216.0	↑	Continue onto Shelbourne Street	0.4
216.5	←	L onto San Juan Avenue	1.0
217.5	↰	Slight L onto trail	0.3
217.8	↑	Continue onto San Juan Ave	1.1
218.9	→	R onto Gordon Head Road	2.4

26.1 kilometers. +227/-167 meters

Dist	Type	Note	Next
221.3	←	L onto Cedar Hill Cross Road	1.5
222.7	→	R onto Cadboro Bay Road	2.5
225.2	←	L onto Bowker Avenue	0.1
225.3	→	R onto Hampshire Road	0.9
226.2	→	R onto Oak Bay Avenue	0.0
226.2	←	L onto Hampshire Road	0.7
226.9	✎	CONTROL6 Oak Bay Information: Stop sign, Hampshire@McNeill	0.0
226.9	→	R onto McNeill Avenue	0.2
227.1	→	R onto Victoria Avenue	0.6
227.7	←	L onto Granite Street	0.3
227.9	→	R onto Foul Bay Road	2.9
230.9	↑	Continue onto Henderson Road	1.0
231.9	↑	Continue onto University Drive	0.2
232.1	↑	Continue onto Ring Road	0.9
233.0	→	R onto Finnerty Road	0.2
233.2	↑	At roundabout, take exit 2 onto Finnerty Road	0.6
233.8	→	R onto Arbutus Road	1.7
235.5	✎	CONTROL7 10Mile Pt Information: Stop sign, Arbutus Rd@Telegraph Bay Rd	0.3
235.8	↑	Continue onto Cadboro Bay Road	1.4
237.2	↱	Keep R onto Cadboro Bay Road	0.0
237.2	↑	Continue onto Cadboro Bay Road	0.3
237.5	←	L onto Upper Terrace Road	0.4
237.9	↱	Keep R onto Uplands Road	0.1

19.0 kilometers. +118/-185 meters

Dist	Type	Note	Next
238.0	←	L onto Weald Road	0.6
238.6	↑	Continue onto Nottingham Road	0.3
238.9	←	L onto Dorset Road	0.3
239.2	←	L onto Dorset Road	0.4
239.6	→	R onto Beach Drive	5.0
244.6	←	L onto King George Terrace	1.0
245.5	↑	Continue onto Crescent Road	0.6
246.2	↑	Continue onto Ross Street	0.0
246.2	←	L onto Robertson Street	0.1
246.3	↑	Continue onto Hollywood Crescent	0.7
247.0	↑	Continue onto Dallas Road	2.6
249.5	↰	Bear L onto Dallas Road	1.8
251.3	↱	R into bus loop	0.0
251.4	✎	CONTROL8 James Bay Information: Niagara Bus Loop	0.0
251.4	→	R onto Dallas Road	0.4
251.8	→	Continue onto Erie Street	0.2
252.0	←	L onto St. Lawrence Street	0.2
252.2	→	Continue onto Kingston Street	0.2
252.3	←	L onto Montreal Street	0.1
252.4	→	R onto Quebec Street	0.1
252.5	←	L onto Pendray Street	0.1
252.6	↑	Continue onto Belleville Street	0.5
253.1	→	R onto Government Street	0.8
253.9	←	L onto Simcoe Street	0.2
254.2	↑	Continue onto Circle Drive	0.1

16.3 kilometers. +66/-90 meters

Dist	Type	Note	Next
254.2	←	L onto Circle Drive	0.8
255.0	↰	Keep L on bicycle path	0.0
255.0	←	L onto Dallas Road	2.1
257.2	↑	Continue onto Hollywood Crescent	0.7
257.8	↑	Continue onto Robertson Street	0.1
257.9	→	R onto Ross Street	0.0
257.9	↑	Continue onto Crescent Road	0.7
258.6	↑	Continue onto King George Terrace	1.2
259.8	→	R onto Beach Drive	5.2
264.9	←	L onto Dorset Road	0.4
265.4	→	R onto Dorset Road	0.3
265.6	→	R onto Nottingham Road	0.3
265.9	↑	Continue onto Weald Road	0.2
266.1	↑	Keep R onto Weald Road	0.0
266.2	↰	L to continue on Weald Road	0.3
266.5	→	R onto Uplands Road	0.1
266.6	↰	Keep L onto Uplands Road	0.1
266.6	↰	Slight L onto Upper Terrace Road	0.4
267.0	→	R onto Cadboro Bay Road	1.7
268.8	↑	Continue onto Telegraph Bay Road	0.2
269.0	←	L onto Arbutus Road	1.7
270.7	→	R onto Arbutus Road	1.1
271.8	→	R onto Gordon Head Road	0.3
272.1	←	L onto Ferndale Road	0.5
272.6	→	R onto Ferndale Road	1.2

18.4 kilometers. +173/-138 meters

Dist	Type	Note	Next
273.8	↑	Continue onto Tyndall Avenue	0.2
274.0	←	L onto Grandview Drive	0.0
274.0	→	R onto Tyndall Avenue	1.6
275.6	→	R onto Feltham Road	0.7
276.3	→	R onto Shelbourne Street	1.0
277.3	→	R onto Kenmore Road	0.2
277.5	←	L onto Majestic Drive	1.0
278.5	←	L onto Ash Road	0.6
279.1	→	R onto Cordova Bay Road	1.9
281.0	↑	Continue onto Royal Oak Drive	0.6
281.7	→	R onto Lochside Drive	0.8
282.5	↗	Slight R onto Lochside Regional Trail	0.2
282.7	↖	Slight L onto Lochside Drive	2.3
285.0	←	L onto Cordova Bay Road	0.1
285.2	↗	Slight R onto Lochside Regional Trail	0.3
285.4	→	R onto Lochside Drive	0.3
285.8	↑	Continue onto Lochside Regional Trail	5.7
291.5	↖	Keep L onto Lochside Regional Trail	1.8
293.2	→	R onto Mount Newton Cross Road	0.1
293.4	←	L onto Lochside Drive	4.1
297.5	→	R onto Lochside Drive	0.3
297.8	→	R onto Lochside Drive	1.4
299.2	↑	Continue onto Fifth Street	0.3
299.5	↑	At roundabout, take exit 2 onto Fifth Street	0.4
299.9	←	L onto Bevan Avenue	0.3

27.3 kilometers. +139/-180 meters

Dist	Type	Note	Next
300.3	→	R onto Seventh Street	0.0
300.3	→	R into mall	0.1
300.4	✎	STARTFINISH Sidney Tim Hortons/ BC Liquor Store DO NOT PARK IN LOT	0.0

0.5 kilometers. +0/-0 meters