(BCR 5860) Parallels with Latitude

Dist	Type	Note	Next
0.0		Start/Finish Tim Hortons, Brooks Landing	0.0
0.0		START Exit onto Highland Boulevard between TH and CoOp Gas	0.0
0.1	→	R onto Departure Bay Road	0.1
0.1	←	L onto Island Highway North, 19A	0.3
0.4	→	R onto Waddington Road	0.0
0.5	←	L onto E&N Trail At crosswalk	1.5
2.0	←	Slight L onto Holly Avenue	0.4
2.3	→	R onto Bradley Street	0.1
2.4	←	L onto Wall Street	0.5
2.9	↑	Continue onto Machleary Street	0.5
3.4	←	L onto Wentworth Street	0.2
3.6	→	R onto Milton Street	1.3
4.9	→	R onto Victoria Road	1.2
6.1	↑	Continue onto Old Victoria Road	1.7
7.9	↑	Continue onto Old Victoria Road	0.3
8.1	←	L onto sidewalk	0.2
8.4	↑	Continue onto Trans Canada Highway, 1	0.8
9.2	←	L onto Cedar Road	3.1
12.2	→	R onto Cedar Road	11.8
24.1	←	L onto Trans-Canada Hwy/BC-1 S (signs for Victoria)	5.4
29.5	→	Slight R onto First Avenue	0.1
29.6	→	At crosswalk, turn onto plaza with old tractor	0.0

29.6 kilometers. +241/-264 meters

Dist	Type	Note	Next
29.6		Control 1 Aggie Hall, 1st Ave Ladysmith 49th Parallel Marker	0.0
29.6	←	Take crosswalk to enter Symonds Street	0.0
29.7	←	At roundabout, take exit 3 onto First Avenue	0.2
29.9	↑	Cross TCH onto Ludlow Road	0.2
30.1	←	L onto Rocky Creek Road	1.9
32.0	←	L onto Hwy 1 ON-RAMP	0.1
32.1	↑	Continue onto Trans Canada Highway, 1	2.2
34.4	→	R onto Brenton-Page Road	1.2
35.6	←	L onto Code Road	1.8
37.3	→	R onto Cedar Road	7.7
45.0	→	R onto Woobank Road	1.9
46.9	←	L onto Holden Corso Road	1.0
47.9	→	R onto MacMillan Road	0.3
48.2	←	L onto Harmac Road	1.0
49.2	↑	Continue onto Cedar Road	3.0
52.2	→	R onto Trans-Canada Hwy/BC-1 N (signs for Nanaimo/British Columbia 19)	0.8
53.0	→	R across TRAFFIC ISLAND	0.0
53.0	↑	Continue onto trail	0.4
53.3	↑	Continue onto Haliburton Street	0.3
53.6	→	R to stay on Haliburton St	2.2
55.9	→	R onto Needham St	0.1

26.3 kilometers. +206/-226 meters

Dist	Type	Note	Next
56.0	←	L onto Irwin St	0.3
56.3	→	R onto Farquhar Street	0.1
56.4	←	L onto Fry Street	0.4
56.8	↑	Continue onto Esplanade	0.4
57.2	→	R onto Front Street	0.2
57.5	↗	Keep R onto Front St Bikeway	1.0
58.4	↑	Continue on Comox Road	0.1
58.5	→	R	0.0
58.5	↗	Slight R onto Terminal Avenue North	0.4
58.9	↗	Keep R onto Vancouver Avenue	1.0
59.9	←	L onto Saint George Street	0.4
60.3	↑	Continue thru Subway parking lot	0.1
60.4	←	L onto Juniper Street	0.0
60.4	→	R onto Princess Royal Avenue	0.1
60.6	↰	Continue onto Estevan Road	1.2
61.8	↑	Continue onto Departure Bay Road	0.1
61.8	←	L into Brooks Landing Mall	0.1
61.9	↑	Continue along mall road	0.2
62.2	←	L thru mall	0.1
62.2	→	R onto Highland Boulevard	1.3
63.5	↰	Keep L onto Highland Boulevard	0.1
63.6	→	R onto E&N Trail	2.7
66.2	→	R onto E&N Trail	1.4
67.6	→	R onto far sidewalk	0.2
67.8	↑	Continue across crosswalk	0.0

11.9 kilometers. +138/-40 meters

Dist	Type	Note	Next
67.8	←	L onto Metral Bikeway	2.9
70.7	→	R onto Mall Ring Road	0.5
71.2	→	R onto Mall Exit Road	0.1
71.3	←	L onto Island Highway North	11.7
83.0	→	R onto NW Bay Rd	3.4
86.4	→	R onto Claudet Road	1.8
88.1	↑	Continue onto Marina Way	1.8
90.0	✎	Control 2 : Information Beachcomber Regional Park	0.0
90.0	↑	Continue on Marina Way	0.5
90.4	←	Keep L onto Reef Road	1.1
91.6	←	L onto Marina Way	0.6
92.2	↑	Continue onto Claudet Road	1.8
94.0	→	R onto Northwest Bay Road	6.2
100.2	←	L onto Franklin's Gull Road	0.1
100.3	→	R onto East Island Hwy, 19A	15.0
115.3	↑	At roundabout, take exit 1 onto West Island Highway, 19A	58.6
173.9	↑	Continue onto Cliffe Ave, Hwy 19A	2.1
176.1	→	R onto Hwy 19A	0.2
176.3	*i*	GRATE Metal bridge deck	0.1
176.4	→	R onto Comox Road	3.5
179.8	→	At the roundabout, continue straight onto Comox Ave	0.4
180.3	→	At the roundabout, continue straight to stay on Comox Ave	0.4
180.7	←	L onto Anderton Road	1.4

112.9 kilometers. +902/-990 meters

Dist	Type	Note	Next
182.1	→	R onto Guthrie Road	1.3
183.3	←	L onto Pritchard Road	1.7
185.0	↑	At roundabout, take exit 2 onto Military Row	1.6
186.6	↑	Continue onto Little River Road	2.4
189.0	←	L onto Wilkinson Road	0.3
189.3	→	R onto Singing Sands Road	0.5
189.7	✎	Control 3 : Information 1938 Singing Sands Rd, Little River, Comox	0.5
190.2	→	R onto Wilkinson Road	0.8
191.0	←	L onto Ellenor Road	1.3
192.4	→	R onto Anderton Road	1.3
193.6	↑	Continue onto Waveland Road	2.5
196.2	←	L onto Bates Road	3.8
200.0	←	Slight L onto Coleman Road	4.2
204.1	→	R onto North Island Highway, 19A	28.9
233.1	↑	Enter the roundabout	2.0
235.0	✎	Control 4 : Information 50th Parallel Marker, Seawalk, Campbell River	0.0
235.0	←	L onto South Island Highway	1.9
236.9	↑	At roundabout, take exit 2 onto South Island Highway	24.6
261.6	→	R onto Howard Road	2.9
264.5	→	R onto Merville Road	0.4
264.9	↗	Slight R onto Headquarters Road	1.8
266.7	←	L onto Fitzgerald Road	0.1
266.7	←	L onto Tsolum River Road	4.9

86.1 kilometers. +557/-542 meters

Dist	Type	Note	Next
271.7	→	R onto Headquarters Road	5.6
277.3	→	R onto Piercy Road	3.4
280.7	←	L onto Greaves Crescent	0.0
280.7	✎	Control 5 Mailboxes, Greaves Crescent @ Piercy Road	1.3
282.0	←	L onto Cessford Road	1.6
283.6	→	R onto Condensory Road	1.8
285.4	→	R onto 1st Street	0.0
285.4	◢	GEAR DOWN	0.1
285.5	←	L onto Cliffe Avenue	0.2
285.7	→	R onto 3rd Street	0.5
286.2	↑	Continue onto Harmston Avenue	0.5
286.8	→	R onto Cumberland Road	1.0
287.8	↑	At roundabout, take exit 2 onto Cumberland Road	3.1
290.9	→	R onto Comox Valley Parkway	2.4
293.3	↑	Continue onto Cumberland Road	1.6
295.0	↑	Continue onto 4th Street	0.5
295.4	✎	Control 6 4th St @ Dunsmuir Ave	0.0
295.5	←	L onto Dunsmuir Avenue	0.4
295.9	↑	Continue onto Royston Road	6.3
302.2	→	R onto South Island Highway, 19A	55.3
357.4	✎	Control 7 Shell Gas, Qualicum Beach	0.0
357.4	↑	Continue on Island Highway, 19A	0.0
357.5	↑	At roundabout, take exit 2 onto West Island Highway, 19A	13.8

90.7 kilometers. +663/-728 meters

Dist	Type	Note	Next
371.2	→	R onto Industrial Way	1.3
372.6	←	L onto Franklin's Gull Road	0.2
372.7	→	R onto Northwest Bay Road	9.6
382.4	←	L onto East Island Highway, 19	10.2
392.6	→	Exit 29 onto Island Hwy, 19A	1.9
394.5	→	R on Chevron Road	0.1
394.6	←	L on Mall Ring Road	0.2
394.7	←	L onto Mall Exit Road	0.1
394.8	↑	Continue onto Metral Bikeway	2.8
397.7	↱	R onto Mostar sidewalk	0.2
397.9	←	L across Mostar Road to E&N Trail	1.4
399.2	←	L to stay on E&N Trail	3.9
403.1	↑	Enter pedestrian underpass	0.1
403.2	→	R onto Highland Boulevard Into Brooks Landing mall	0.2
403.4	←	L beside highway ramp	0.1
403.4	→	R on mall road	0.1
403.5	→	Keep R to Tim Hortons	0.1
403.5	✎	FINISH Tim Hortons, Brooks Landing	0.0
403.6	✎	Start/Finish Tim Hortons, Brooks Landing	0.0

46.1 kilometers. +330/-282 meters