Dist	Type	Note	Next
0.0	i	Garry Point Park Bathrooms and water available.	0.1
0.1	↑	Follow the west and north perimeter of the parking lot to exit at Seventh Avenue and Chatham St	0.1
0.2	←	L onto Seventh Avenue	0.3
0.6	→	R onto Garry Street	1.6
2.1	→	R onto Railway Avenue	0.5
2.6	←	L onto Moncton Street	0.8
3.4	→	R onto Number 2 Road	0.8
4.2	←	L onto London Rd	0.1
4.3	→	R onto Dyke Rd	1.8
6.2	↑	Continue onto Dyke Trail through parking lot after No. 3 Rd	1.2
7.4	→	R to stay on South Dyke Trail	0.7
8.1	↑	Continue onto Dyke Rd	2.2
10.3	←	L onto No 5 Rd	3.9
14.2	→	R onto Blundell Road	0.8
15.0	←	L onto Sidaway Road	1.6
16.6	→	R onto Westminster Hwy. Use side path on south side	7.1
23.7	→	R onto Fraserwood Pl	0.3
23.9	←	L onto Fraserwood Way CO Dyke Rd	1.8
25.8	↖	Slight L onto side path	0.2
26.0	←	L onto paved pathway, signs for Delta	1.2
27.3	↑	Cross Cliveden Ave using crosswalk, continue onto Alex Fraser Bridge pathway	2.9

27.3 kilometers. +124/-121 meters

Dist	Type	Note	Next
30.2	↑	Continue toward Weight Scale Rd CO side path	0.4
30.6	→	R onto Nordel Way	0.6
31.3	→	R onto River Rd	0.2
31.4	←	L onto Mill Access Rd CAUTION keep L, blind corner	0.0
31.5	←	L onto bike path CO River Road	0.7
32.2	→	At the roundabout, take the 1st exit and stay on River Rd	6.6
38.8	←	L onto 68 St CO 60 Ave	3.4
42.2	←	L onto 64 St	0.9
43.1	→	R onto pathway CAUTION dark tunnel CO 64 St	1.7
44.8	→	R onto 48a Ave	0.7
45.5	↖	Slight L onto pathway, cross ped bridge over highway CO Ladner Trunk Rd (may use sidewalk)	0.3
45.8	→	R onto pathway	0.1
45.9	←	L onto 48a Ave	0.3
46.2	→	R onto 57a St	0.5
46.7	←	L onto Grove Ave	0.8
47.5	←	L onto Central Ave	0.2
47.7	→	R onto Linden Dr	0.3
48.0	←	L onto Westminster Ave	0.6
48.5	→	R onto Elliott St	0.2
48.7	←	L onto Chisholm St CO Georgia St	0.5
49.2	→	R onto 48 Ave CO 47a St	0.4
49.5	→	R onto River Rd W	3.0

22.3 kilometers. +69/-70 meters

Dist	Type	Note	Next
52.6	→	R onto Westham Island Rd CO Robertson Rd	4.2
56.8	✎	1st Control: Reifel Waterfowl Refuge Answer question on control card	4.2
61.0	→	R onto River Rd W	0.6
61.6	←	L onto 34 St	1.2
62.8	←	L onto 33a Ave	1.5
64.3	→	R onto 41b St	1.2
65.5	←	L onto Salish Sea Wy CO Salish Sea Dr	2.4
67.9	←	L onto Fisherman Wy	0.8
68.7	→	R onto 52 St	2.1
70.7	→	R onto 12 Ave	0.8
71.5	←	L onto English Bluff Rd	2.3
73.8	←	L onto 1 Ave	1.4
75.2	✎	2nd Control: Diefenbaker Park Answer question on control card	0.1
75.3	←	L onto 56 Street	0.6
76.0	→	R onto Southlands Drive	1.8
77.7	←	At roundabout, take exit 3 onto Boundary Bay Road	2.2
80.0	→	R onto Beach Grove Road	1.2
81.2	→	R onto Boundary Bay Dyke Trail	17.0
98.2	←	L onto Railway Road	0.8
99.0	→	R onto 127A Street CAUTION RRX	0.1
99.1	→	R onto Colebrook Road	3.7
102.8	→	R toward W King George Blvd Frontage Rd	0.5

53.2 kilometers. +137/-140 meters

Dist	Type	Note	Next
103.3	→	Merge onto King George Blvd	2.4
105.7	→	R toward Nicomekl Connector	0.2
105.8	←	L onto Nicomekl Rd CO Elgin Rd	0.5
106.3	→	R onto Crescent Road	3.7
110.0	←	L onto 128 Street	0.3
110.3	✎	3rd Control: Crescent Beach Legion Answer question on control card	2.6
112.9	→	R onto Marine Drive	6.3
119.2	✎	4th Control: Kent Street Answer question on control card	0.1
119.2	←	L onto Kent St	0.2
119.4	←	L onto Columbia Ave	1.1
120.5	→	R onto Centre St	0.2
120.7	←	L onto Pacific Ave	0.3
121.0	↗	Slight R onto Johnston Rd CO 152 St	3.1
124.1	↖	Slight L onto King George Blvd	2.4
126.5	↗	Slight R onto King George Blvd side path	2.8
129.3	↑	King George Blvd Frontage Rd exit	0.5
129.8	←	L onto Colebrook Rd	0.1
129.9	→	R at W King George Blvd Frontage Rd CAUTION RRX	0.1
130.0	←	L onto Colebrook Rd	4.1
134.1	←	L to stay on Colebrook Rd	0.7
134.8	→	R onto Delta - South Surrey Regional Greenway	1.6
136.5	↗	Slight R and CO Old Hwy 10 under new Hwy 10	0.3

33.7 kilometers. +327/-314 meters

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Dist	Type	Note	Next
136.7	→	R onto BC-10 W CO Ladner Trunk Rd	8.2
145.0	←	At the roundabout, take the 2nd exit onto 80th St	1.1
146.1	→	R onto Churchill St	0.2
146.3	←	At the roundabout, take the 2nd exit and stay on Churchill St	1.5
147.8	→	R onto 72 St	1.6
149.4	←	L onto 72 St/Burns Dr	0.6
150.0	←	L onto Burns Dr	0.4
150.4	✎	5th Control: Burns Drive Answer question on control card	0.0
150.4	→	R to stay on Burns Dr	1.5
151.9	↗	Slight R onto 64 St	0.9
152.8	→	R onto 60 Ave CO 68 St	3.4
156.1	→	R onto River Rd	6.6
162.7	↰	At the roundabout, take the 3rd exit and stay on River Rd	0.8
163.5	→	R toward River Rd CAUTION blind corner	0.0
163.6	→	R onto River Rd	0.1
163.7	←	L onto Nordel Way	0.7
164.4	←	L onto pathway north side of Weigh Scale Rd	0.4
164.9	←	Slight L to pass under Alex Fraser Bridge	0.2
165.1	→	Sharp R to access sidewalk over Alex Fraser Bridge	2.8

28.6 kilometers. +96/-104 meters

Dist	Type	Note	Next
167.9	↑	Continue straight to cross Clivedon Ave using the crosswalk CO bike path to Annacis Channel Bridge	1.1
169.0	←	L toward Boundary Rd	0.0
169.0	←	L onto Boundary Rd	0.7
169.7	←	L onto Westminster Hwy	0.7
170.4	→	R onto River Rd	6.8
177.3	✎	6th Control: No.7 Rd washroom Answer question on control card	0.1
177.3	→	R onto Number 7 Rd (don't miss the control)	3.6
180.9	→	R onto Westminster Hwy side path on south side	2.5
183.4	←	L onto Sidaway Rd	1.6
185.0	→	R onto Blundell Rd	0.8
185.8	←	L onto No 5 Rd	3.9
189.7	→	R onto Dyke Rd	1.8
191.5	→	R onto No 4 Rd	0.8
192.3	←	L onto Finn Rd	1.7
194.0	←	L onto Number 3 Rd	0.9
194.9	→	R onto Dyke Rd	1.8
196.8	←	L onto London Rd	0.1
196.9	→	R onto No 2 Rd	0.8
197.7	←	L onto Moncton Street	2.0
199.6	→	R onto Third Avenue	0.1
199.8	←	L onto Chatham Street	0.3
200.1	✎	Finish Control: Little Mexico Cantina Self sign. CONGRATULATIONS	0.0

35.0 kilometers. +136/-139 meters

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