

G4A - Ride#4 - 43.4km

43.4 kilometers

Leg	Dir	Type	Notes	Total
	↑	Generic	Meet at Kiosk on North end of Switch Bridge	0.0
0.1	↑	Straight	Ride south over Switch Bridge	0.1
0.1	↑	Straight	Continue onto Galloping Goose Trail	0.2
1.7	↑	Straight	Continue over Selkirk Trestle	1.9
0.3	↑	Straight	After crossing Selkirk Trestle take first trail on right	2.2
0.1	→	Right	Turn right (gear down) to go up hill into Banfield Park	2.3
0.5	→	Right	Turn right onto Selkirk Avenue	2.8
0.8	←	Left	Turn left onto Arcadia Street	3.6
0.2	→	Right	Turn right onto Craigflower Road	3.8
0.3	↑	Straight	Cross Tillicum Rd.	4.1
2.0	↑	Straight	Cross Admirals Rd.	6.1
0.8	←	Left	Onto View Royal Ave just past 4 Mile Pub	6.9
0.7	←	Left	Onto Beaumont Avenue	7.6
0.1	→	Right	Onto Kerwood Street	7.7
0.2	→	Right	Onto Stewart Avenue	7.9
0.1	←	Left	Onto View Royal Avenue	8.0
0.2	←	Left	Onto Bessborough Avenue	8.2
0.2	→	Right	Onto Governor's Point Rd	8.4
0.1	→	Right	Curve right onto Tovey Cres	8.5
0.0	←	Left	To stay on Tovey Cres	8.5
0.2	←	Left	Onto View Royal Ave	8.7
0.2	↑	Straight	Through gate	8.9
0.0	→	Right	Onto Palmer Station	9.0
0.1	←	Left	Onto Gibraltar Bay Dr	9.1
0.2	←	Left	Onto Gibraltar Bay Dr.	9.3
0.0	→	Right	Onto Knollwood Road	9.3
0.1	←	Left	Onto Island Highway	9.4
0.3	↑	Straight	Through lights and onto paved path	9.7
0.0	↑	Straight	Onto paved path and right on Galloping Goose	9.8
0.8	↑	Straight	Cross Burnside Rd. West & continue on Galloping Goose	10.6
2.3	↑	Straight	Continue on Galloping Goose	12.9
1.0	↑	Straight	Cross McKenzie Ave.	13.9
0.9	←	Left	Sharp left down to Interurban Rd.	14.8

Leg	Dir	Type	Notes	Total
0.1	→	Right	Onto Interurban Road	14.9
1.1	↑	Straight	Cross Marigold Rd	16.0
1.5	↑	Straight	Cross Wilkinson Rd.	17.4
1.8	→	Right	Onto Markham St adjacent to Camosun Campus	19.2
0.4	→	Right	Onto Glendale Trail	19.6
0.3	←	Left	Keep left to stay on Glendale Trail	19.9
0.2	←	Left	Keep left to stay on Glendale Trail	20.1
0.4	↑	Straight	Onto Mann Avenue	20.6
0.1	↑	Straight	Cross Wilkinson Rd.	20.7
0.7	←	Left	Onto Mapleton Pl	21.3
0.1	↑	Straight	Onto Saanich Trail	21.4
0.2	↑	Straight	Onto Viewmont Ave	21.6
0.3	→	Right	Into Royal Oak Shopping Centre	22.0
0.2	↑	Food	Coffee stop at Francellis	22.1
0.2	←	Left	Cross West Saanich Rd and get onto footpath heading north	22.4
0.2	↑	Straight	Down ramp and through pedestian tunnel	22.5
0.1	↑	Straight	On Royal Oak Ave	22.6
0.2	↑	Straight	Cross Chatterton Way	22.8
0.9	→	Right	Onto Carolwood Dr	23.7
0.8	←	Left	Turn left onto Emily Carr Drive	24.5
0.1	→	Right	Turn right onto Royal Oak Drive	24.5
1.1	↑	Straight	Onto Cordova Bay Rd	25.6
1.9	←	Left	Onto Ash Rd	27.5
0.6	→	Right	Turn right onto Majestic Dr	28.1
0.2	←	Left	Turn left onto Longacre Dr	28.3
0.3	←	Left	Turn left onto Hillview Ave	28.6
0.3	←	Left	Turn left onto Torquay Dr	28.9
0.4	→	Right	Turn right onto Barrie Rd	29.3
0.3	←	Left	Turn left onto Tyndall Ave	29.7
0.1	→	Right	Curve right onto Ferndale Rd	29.7
1.2	←	Left	To stay on Ferndale Rd	30.9
0.5	→	Right	Curve right onto Gordon Head Rd	31.4
0.3	←	Left	Left onto Arbutus Rd	31.7
1.0	←	Left	Keep left onto Arbutus Rd	32.8

Leg	Dir	Type	Notes	Total
1.8	→	Right	Onto Telegraph Bay Rd	34.5
0.3	→	Right	Curve right onto Cadboro Bay Rd	34.8
0.8	↑	Straight	Cross Sinclair Rd	35.6
0.5	↑	Straight	Keep right on Cadboro Bay Rd.	36.1
0.4	→	Right	Onto Cedar Hill Cross Rd	36.5
1.1	↑	Straight	Cross Henderson Rd.	37.6
1.1	←	Left	Slight left onto Poplar Ave	38.6
0.1	↑	Straight	Cross Richmond Rd	38.7
0.2	→	Right	Onto Pear St	38.9
0.1	↑	Straight	Cross Shelbourne St.	39.0
0.2	←	Left	Onto Thistle St	39.2
0.1	→	Right	Onto Rowan St	39.3
0.3	←	Left	Onto Cedar Hill Rd	39.6
0.2	→	Right	Onto Derby Rd	39.8
0.2	←	Left	Onto path	40.1
0.0	→	Right	Onto Cedar Hill Golf Course Pathway	40.1
0.4	↑	Straight	Onto Derby Road	40.6
0.3	→	Right	Onto Salisbury Way	40.9
0.3	←	Left	Onto Tattersall Dr	41.2
0.4	↑	Straight	Cross Quadra St	41.7
0.7	→	Right	Turn right onto Saanich Road	42.4
0.1	←	Left	Turn left onto Darwin Avenue	42.5
0.5	←	Left	Onto Lochside Trail	43.0
0.4	←	Left	Keep left and end ride at Switch Bridge	43.4

Ride With GPS · <https://ridewithgps.com>