

G4A - Ride#8 - 54.1 km Revised May 24 2022

54.1 kilometers

Leg	Dir	Type	Notes	Total
	↑	Generic	Meet at Kiosk on North end of Switch Bridge	0.0
0.0	←	Left	Ride north then immediately turn left, heading west on Galloping Goose (GG)	0.0
2.0	↑	Straight	Cross McKenzie Ave on GG	2.0
2.2	↑	Straight	Under Helmcken Rd. on GG	4.2
2.1	↑	Straight	Continue on GG	6.3
0.9	↑	Straight	Cross Atkins Rd. on GG	7.2
1.8	→	Right	On Wale Rd	9.0
0.5	→	Right	Curve right on Goldstream Ave	9.4
1.4	↑	Straight	Continue on Goldstream Ave.	10.9
0.3	↑	Straight	Continue through Roundabout on Goldstream Ave.	11.1
0.2	→	Right	Onto Peatt Road	11.4
0.4	↑	Straight	Continue through Roundabout on Peatt Road	11.8
0.2	←	Left	Get into left turn lane at end of Peatt Road	12.0
0.1	←	Left	Turn left onto Veterans Memorial Parkway, claiming middle lane to go straight over TransCanada Hwy. (Middle lane is straight thru or right turn; Right lane is right turn only)	12.1
0.2	↑	Straight	Over Trans Canada Hwy	12.3
0.9	←	Left	Left onto Treanor Ave OR Thru parking lot behind Checkered Flag restaurant to cross VMP safely	13.1
0.5	↑	Straight	Past Lake Ida Anne Park on your right	13.6
0.4	←	Left	On Setchfield Ave	14.0
1.0	←	Left	On Florence Lake Rd	15.0
0.7	→	Right	On McCallum Rd	15.7
1.1	←	Left	On Leigh Rd	16.8
0.9	↑	Straight	Cross Goldstream Ave & continue on Leigh Rd.	17.7
0.8	→	Right	Turn right onto Langford Pkwy	18.5
1.0	←	Left	On Langford Lake Rd (just past YM/YWCA)	19.5
0.2	→	Right	On Alouette Dr.	19.7
0.5	↑	Straight	Straight through Roundabout, 2nd exit onto Glen Lake Rd.	20.2
0.9	↑	Straight	Continue onto Glen Lake Road	21.1

Leg	Dir	Type	Notes	Total
0.1	↑	Straight	Continue onto Happy Valley Road	21.2
2.1	←	Left	On Latoria Rd	23.2
3.7	→	Right	On Metchosin Rd	27.0
4.8	→	Right	On Happy Valley Rd	31.8
0.0	↑	Food	Left to Broken Paddle for coffee	31.8
0.1	←	Left	After coffee turn left onto Happy Valley Road	31.9
7.5	↑	Straight	Straight onto Glen Lake Rd	39.4
0.1	→	Right	On Glen Lake Rd	39.5
0.9	→	Right	Roundabout Take 1st exit onto Glen Lake Rd.	40.4
0.7	←	Left	Turn left onto Jenkins Avenue	41.0
1.3	↑	Straight	Continue onto Kelly Road	42.3
0.2	←	Left	On Veterans Memorial Parkway, 14	42.5
1.2	↑	Straight	Thru intersection	43.7
0.1	→	Right	Get off bikes at Atkins Rd and walk bikes over to the E& N connector- Humpback Connector	43.8
2.2	←	Left	Turn left onto Galloping Goose Regional Trail	46.0
1.1	←	Slight Left	Keep left onto Galloping Goose Regional Trail	47.1
2.8	↑	Straight	Under Helmcken Rd. on GG	49.8
2.2	↑	Straight	Cross McKenzie Ave. on GG	52.0
2.1	↑	Generic	End ride @ Switch Bridge	54.1

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