

## G4A - Ride#7 - 56.4km - Revised May 2022

56.7 kilometers

Leg	Dir	Type	Notes	Total
	↑	Generic	Meet at Kiosk on North end of Switch Bridge	0.0
0.0	←	Left	From kiosk ride north then immediately left, heading west on Galloping Goose (GG)	0.0
0.9	↑	Straight	GG-Cross Tillicum Rd.	1.0
0.4	↑	Straight	GG-Cross over Interurban Rd.	1.3
0.7	↑	Straight	GG-Cross McKenzie Ave.	2.0
2.2	↑	Straight	GG-Cross under Helmcken Rd.	4.2
1.3	↑	Straight	GG-Cross Burnside Rd. W	5.5
1.5	↑	Straight	GG-Cross over Six Mile Rd.	7.0
0.2	↑	Straight	GG-Cross Atkins Rd.	7.2
0.9	↑	Straight	GG-Cross Atkins Rd.	8.1
0.9	←	Left	Left onto Wale Rd.	9.0
0.3	→	Right	Cross Island Hwy and go up to the GG	9.3
1.3	↑	Straight	Proceed straight across at the light to Aldeane	10.6
1.0	←	Left	On Marlene Dr.	11.6
0.2	↑	Straight	Cross Hagel Rd.	11.8
0.3	←	Left	On Pickford Rd.	12.1
0.4	←	Left	On Kelly Rd.	12.5
0.3	→	Right	On Metchosin Rd.	12.9
0.4	↑	Straight	Cross Sooke Rd. on Xwalk & continue on Metchosin Rd.	13.2
8.3	→	Right	On Happy Valley Rd.	21.5
0.5	←	Left	On Rocky Point Rd.	22.1
5.0	→	Right	On Matheson Lake Park Rd.	27.1
1.4	←	Left	On Lake trail to beach	28.5
0.2	←	Left	Beach & picnic lunch (toilets here)	28.7
0.2	→	Right	Turn slight right	28.9
0.2	→	Right	Turn right onto Galloping Goose Regional Trail	29.1
0.0	↑	Straight	Continue onto Galloping Goose Regional Trail	29.1
0.2	↑	Straight	Continue onto Galloping Goose Regional Trail	29.3
4.7	↑	Straight	GG-Cross Lombard Dr.	34.0
0.6	↑	Straight	GG-Cross Taylor Rd.	34.6
0.3	↑	Straight	GG-Cross Rocky Point Rd.	34.8

Leg	Dir	Type	Notes	Total
1.5	↑	Straight	GG-Cross Bennett Rd.	36.3
0.7	↑	Straight	GG-Cross Lindholm Rd.	37.0
0.7	↑	Straight	GG-Cross Happy Valley Rd.	37.8
1.7	↑	Straight	GG-Cross Happy Valley Rd.	39.5
1.0	↑	Straight	GG-Cross Luxton Rd.	40.5
1.1	↑	Straight	GG-Cross Marwood Ave.	41.6
0.7	↑	Straight	GG-Cross Sooke Rd.	42.3
0.9	↑	Straight	GG-Cross Jacklin Rd. using Xwalk	43.2
0.5	↑	Straight	GG-Cross Brittany Dr.	43.7
0.2	↑	Straight	GG-Cross 3 Xwalks to continue on GG kitty-corner	44.0
0.6	↑	Straight	GG-Cross Pickford Rd.	44.5
1.6	↑	Straight	GG-Cross Sooke Rd. on 3 Xwalks to continue on GG	46.1
1.2	→	Right	Ride down concrete sidewalk to intersection	47.3
0.1	↑	Straight	Take 3 Xwalks to cross Island Hwy. to continue on Wale Rd.	47.5
0.3	→	Right	Cross Wilfert Rd & onto Galloping Goose (follow GG all the way back)	47.7
1.9	↑	Straight	GG-Cross over Six Mile Rd.	49.7
2.8	↑	Straight	GG-Cross under Helmcken Rd.	52.5
2.9	↑	Straight	GG-Cross over Interurban Rd.	55.3
0.3	↑	Straight	GG-Cross Tillicum Rd.	55.7
1.0	→	Right	To Switch Bridge Info Kiosk	56.7
0.1	↑	Generic	End ride @ Switch Bridge	56.7

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