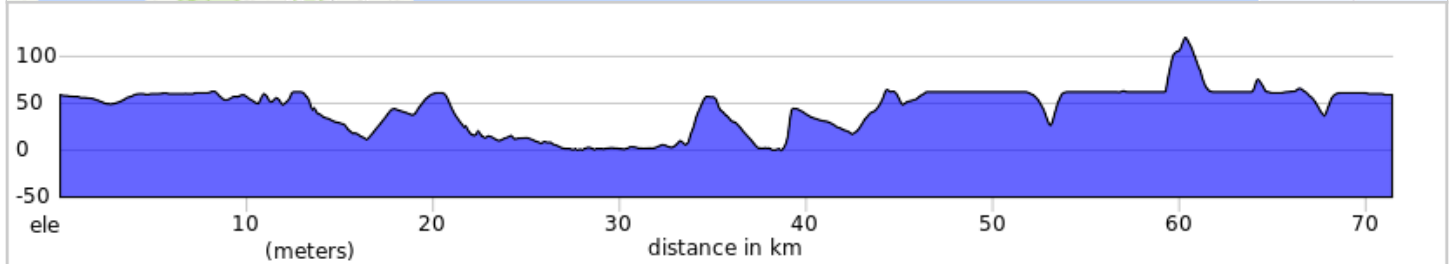
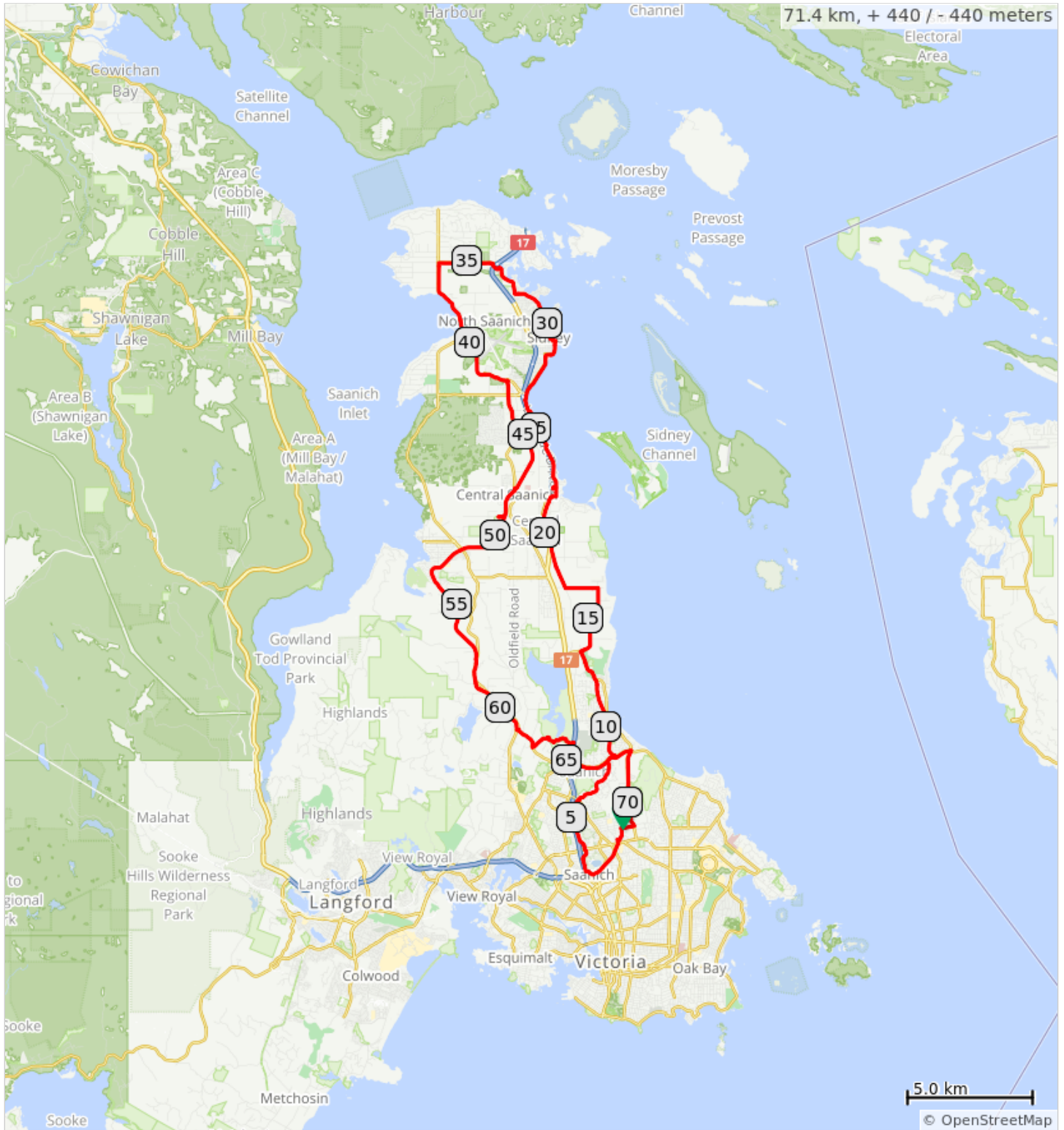


VG4A - Ride #11



VG4A - Ride #11

Num	Dist	Prev	Type	Note	Next
1.	0.0	0.0	↙	Start at Blenkinsop Connector, heading south	0.0
2.	0.0	0.0	↙	Slight L onto Lochside Regional Trail	1.1
3.	1.1	1.1	↙	Keep L onto Lochside Regional Trail	0.6
4.	1.8	0.6	↑	Continue onto Lochside Regional Trail	0.7
5.	2.4	0.7	➔	R and cycle through Saanich Municipal parking lot	0.3
6.	2.8	0.3	➔	R onto Douglas Connector	0.2
7.	3.0	0.2	↗	Slight R onto Douglas Street	0.3
8.	3.3	0.3	↙	Keep L	0.4
9.	3.7	0.4	➔	R onto Douglas Street	2.2
10.	5.9	2.2	➔	R onto Quadra Street	0.0
11.	6.0	0.0	←	L onto Chatterton Way	0.1
12.	6.1	0.1	➔	R onto Emily Carr Drive	2.1
13.	8.2	2.1	➔	R onto Royal Oak Drive	0.5
14.	8.7	0.5	↙	Sharp L onto Lochside Drive	0.8
15.	9.5	0.8	↑	Continue onto Lochside Regional Trail	0.2
16.	9.8	0.2	←	L onto Lochside Drive	1.3
17.	11.0	1.3	↑	Continue onto Lochside Drive	1.0
18.	12.0	1.0	↙	Keep L onto Lochside Regional Trail	0.2
19.	12.2	0.2	↙	Keep L onto Cordova Bay Road	0.4
20.	12.5	0.4	↗	Slight R onto Fowler Road	0.8
21.	13.3	0.8	➔	R onto Hunt Road	0.3
22.	13.6	0.3	↘	Sharp R onto Hunt Road	2.8
23.	16.5	2.8	←	L onto Martindale Road	1.3
24.	17.8	1.3	➔	R onto Lochside Drive	2.1
25.	19.9	2.1	↗	Keep R onto Lochside Regional Trail	0.4
26.	20.3	0.4	↙	Sharp L onto Lochside Regional Trail	0.0
27.	20.3	0.0	↻	Cross Jus Kun Road	0.0
28.	20.3	0.0	↗	Keep R onto Lochside Regional Trail	1.3
29.	21.7	1.3	↙	Sharp L onto Lochside Regional Trail	0.2
30.	21.8	0.2	➔	R onto Mount Newton Cross Road	0.1
31.	22.0	0.1	←	L onto Lochside Drive	0.3
32.	22.3	0.3	←	L onto Hackett Crescent. Coffee @ Marigold Cafe	0.3
33.	22.6	0.3	←	L onto Lochside Drive	3.8
34.	26.3	3.8	➔	R onto Lochside Drive	0.3

26.3 kilometers. +118/-168 meters

Num	Dist	Prev	Type	Note	Next
35.	26.6	0.3	→	R onto Lochside Drive	1.7
36.	28.3	1.7	↑	At roundabout, take exit 1 onto Ocean Avenue	0.8
37.	29.1	0.8	↑	At roundabout, take exit 2 onto Seaport Place	0.1
38.	29.2	0.1	←	L into alleyway	0.1
39.	29.3	0.1	→	R onto Second Street	0.1
40.	29.4	0.1	←	L onto Sidney Avenue	0.1
41.	29.5	0.1	→	R onto Third Street	0.8
42.	30.2	0.8	←	L onto Malaview Avenue	0.4
43.	30.6	0.4	→	R onto Resthaven Drive	1.7
44.	32.3	1.7	→	R onto McDonald Park Road	0.5
45.	32.8	0.5	↙	Sharp L onto McDonald Park Road	0.9
46.	33.6	0.9	←	L	0.4
47.	34.0	0.4	↘	Keep L	0.0
48.	34.1	0.0	←	L onto Wain Road	2.1
49.	36.2	2.1	←	L onto West Saanich Road	2.9
50.	39.1	2.9	←	L to access flight path	0.0
51.	39.1	0.0	↘	Sharp R onto The Flight Path	0.3
52.	39.4	0.3	↻	Follow the Flight Path	1.3
53.	40.7	1.3	↑	Continue onto The Flight Path	0.8
54.	41.5	0.8	←	L	0.0
55.	41.5	0.0	→	R onto Willingdon Road	0.0
56.	41.5	0.0	↑	At roundabout, take exit 1 onto Willingdon Road	0.5
57.	42.0	0.5	←	L onto The Flight Path	0.5
58.	42.5	0.5	↗	Keep R	0.0
59.	42.5	0.0	↘	Slight L onto Willingdon Road	0.0
60.	42.5	0.0	↑	At roundabout, take exit 1 onto East Saanich Road	1.8
61.	44.3	1.8	←	L onto Lowe Road	0.8
62.	45.1	0.8	→	R onto Aldous Terrace	2.3
63.	47.4	2.3	←	L onto East Saanich Road	0.1
64.	47.5	0.1	→	R onto Wallace Drive	1.2
65.	48.7	1.2	→	R onto Hovey Road. Lunch @ Centennial Park.	0.5
66.	49.2	0.5	↘	Sharp R onto Wallace Drive	8.3
67.	57.5	8.3	→	R onto Interurban Rail Trail	1.6
68.	59.1	1.6	↑	Continue onto Interurban Road	1.9

32.8 kilometers. +217/-159 meters

Num	Dist	Prev	Type	Note	Next
69.	61.0	1.9	←	L	0.0
70.	61.0	0.0	←	L onto Interurban Road	0.1
71.	61.1	0.1	→	R onto West Saanich Road	1.0
72.	62.1	1.0	↙	Sharp L onto Beaver Lake Road	0.2
73.	62.3	0.2	↻	Make a U-turn onto Beaver Lake Road	0.4
74.	62.7	0.4	↘	Keep L onto Beaver Lake Road	0.9
75.	63.6	0.9	→	R onto trail	0.6
76.	64.2	0.6	→	R onto Elk Lake Drive	0.9
77.	65.1	0.9	↙	Sharp L onto Royal Oak Drive	2.7
78.	67.8	2.7	↘	Sharp R onto Blenkinsop Road	3.1
79.	70.9	3.1	→	R onto Blenkinsop Greenway	0.5
80.	71.4	0.5	↗	Keep R onto Blenkinsop Greenway	0.0
81.	71.4	0.0	↙	Sharp L onto Lochside Regional Trail, arrive back at the Connector	0.0

12.3 kilometers. +41/-71 meters