

**Party in the Parks 219k**

Dist.(cum.)	Direction	Route Description	Dist.(int.)
0.0		<b>START: Vancouver - Cornwall Street Siegel's Bagels</b>	
0.0	L	Cypress St	0.0
0.0	L	Cornwall Ave (cross road to bike path)	0.1
0.1	SO	Continue onto Burrard St bridge bike path	0.3
0.4	R	Pacific St (remain in segregated path)	0.9
1.3	R	Hornby St (down bike route)	0.1
1.4	R	Beach Ave	0.1
1.5	L	Slight left toward Beach Ave	0.7
2.2	R	N Lagoon Dr	2.0
4.2	R	Turn right to stay on N Lagoon Dr	0.0
4.2	L	Turn left to stay on N Lagoon Dr	1.0
5.2	SO	At roundabout, take the 1st exit onto Stanley Park Dr	0.1
5.3	L	Turn left	1.8
7.1	L	Stanley Park Dr	0.1
7.2	L	Take the exit road to Stanley Park Causeway	2.9
10.1	R	Stanley Park Causeway (Lion's Gate lane)	0.1
10.2	R	Turn right at bike-lane off ramp	2.1
12.3	R	HARSH U-turn down hill onto small road	0.3
12.6	L	Bridge Rd	0.0
12.6	L	Welch St	0.3
12.9	SO	Continue onto 1st St W	2.1
15.0	SO	Continue onto 2nd St W	0.8
15.8	R	Slight right onto 3rd St W	0.4
16.2	R	Forbes Ave	0.4
16.6	SO	Continue straight onto W Esplanade	0.4
17.0	R	Slight right onto Low Level Rd	1.1
18.1	SO	Continue onto Cotton Rd	2.1
20.2	SO	Continue onto Main St	0.7
20.9	SO	Continue onto Dollarton Hwy	1.0
21.9	SO	Continue onto Deep Cove Rd	6.6
28.5	R	Slight right onto Gallant Ave	0.7

29.2		<b>CONTROL #1 - Deep Cove YOUR CHOICE</b>	
29.2	SO	Return back up Gallant and Deep Cove Rd	2.2
31.4	R	Mt Seymour Pkwy	5.5
36.9	R	Lillooet Rd	1.0
37.9	R	Slight right onto Monashee Dr	0.3
38.2	L	Turn left to stay on Monashee Dr	0.4
38.6	SO	Continue onto Lillooet Rd	3.1
41.7	L	Slight left, through to roundabout	0.0
41.7	SO	Continue onto the Demonstration Forest Trail	0.2
41.9	R	Ride until trail reaches end, stop at Road	9.2
51.1	U	Return back down Demonstration Forest Trail	9.5
60.6	SO	Ride back onto Lillooet Rd	3.1
63.7	SO	Continue onto Monashee Dr	0.4
64.1	R	Turn right to stay on Monashee Dr	0.3
64.4	SO	Continue onto Lillooet Rd	1.0
65.4	SO	Continue onto Fern St	0.6
66.0	L	Mountain Hwy	0.7
66.7	L	Main St	0.1
66.8	SO	Take the BC-1 E/Trans Canada Highway exit	0.1
66.9	R	Slight right onto sidewalk for bike path	2.0
68.9	L	TIGHT CORNERS - at bike path exit N Skeena St	0.3
69.2	R	Cambridge St	0.1
69.3	SO	Continue straight onto N Cassiar St/Cassiar Bikeway	0.6
69.9	R	path to cross Hastings Intersection	0.1
70.0	SO	Cross intersection, enter bike path, Cassiar St ahead	0.4
70.4	L	Adanac St	0.5
70.9	SO	Cross diagonally at Boundary Rd N	0.0
70.9	SO	Adenac becomes Union St at crossing	0.3
71.2	L	Ingleton Ave	0.2
71.4	R	Frances St	3.1
74.5	L	Fell Ave, enter bike path on park ahead	0.0
74.5	R	Turn right at junction, heading away from road	0.2
74.7	R	Emerge on side road (Hammaraskjold Dr)	0.1
74.8	SO	Continue straight until Kensington Ave	0.3
75.1	SO	Continue onto Union St	0.8

75.9	SO	At roundabout, continue straight to stay on Union St	0.4
76.3	L	Duthie Ave	0.6
76.9	SO	At the roundabout, take the 2nd exit onto Barnet Rd	0.7
77.6	L	Turn left toward Inlet Dr	0.1
77.7	SO	Continue straight onto the Barney Highway	0.1
77.8	SO	Continue onto Barnet Rd E	7.3
85.1	L	Clarke St	1.0
86.1	CONTROL #2 - Port Moody YOUR CHOICE		
86.1	SO	Continue on Clarke St	0.2
86.3	L	Moody St, ramp down	0.3
86.6	L	Murray St	1.8
88.4	L	loco Rd	0.4
88.8	L	Turn left to stay on loco Rd	4.1
92.9	R	1st Ave	0.7
93.6	SO	Continue onto Bedwell Bay Rd	1.2
94.8	SO	Continue straight to stay on Bedwell Bay Rd	0.5
95.3	L	Tum Tumay Whueton Dr	4.2
99.5	R	Bedwell Bay Rd	1.3
100.8	L	Slight left to stay on Bedwell Bay Rd	4.0
104.8	SO	Continue onto 1st Ave	0.7
105.5	L	loco Rd	4.1
109.6	L	Heritage Mountain Blvd	2.1
111.7	SO	At the roundabout, take the 1st exit onto David Ave	5.7
117.4	R	Shaughnessy St	3.3
120.7	L	Lougheed Hwy/BC-7 E	3.0
123.7	L	Sherling Avenue	0.0
123.7	R	Cross onto Bike lane on roadside	0.4
124.1	SO	Continue on bike route until crosswalk	0.4
124.5	R	Cross road, up ramp onto and over bridge	1.1
125.6	L	Old Dewdney Trunk Frontage Rd	0.2
125.8	L	Old Dewdney Trunk Rd	2.1
127.9	L	Harris Rd	3.1
131.0	R	McNeil Rd	3.8
134.8	L	Rannie Rd	8.7

143.5	CONTROL #3 - Pitt Lake Information Control		
143.5	U	Return back on Rannie Rd	8.7
152.2	SO	Rannie becomes Neaves Rd	4.1
156.3	R	132nd Ave	0.8
157.1	L	203 St	3.4
160.5	SO	Continue onto 113b Ave	0.9
161.4	SO	At roundabout, go straight towards Bridge/Hwy 1	0.2
161.6	L	At roundabout, take the 2nd exit towards bridge	0.3
161.9	SO	Ride onto bridge sidewalk/bike path	2.4
164.3	R	Descend spiraling bike path	0.2
164.5	L	L onto road and into roundabout	0.1
164.6	SO	At the roundabout, take the 3rd exit onto 100a Ave	0.0
164.6	R	199b St	0.4
165.0	L	101 Ave	0.1
165.1	SO	Continue onto 197 St	0.7
165.8	R	197 St turns slightly right and becomes 98b Ave	0.3
166.1	L	Turn left over railroad tracks	0.2
166.3	R	Telegraph Trail	0.2
166.5	L	L onto Golden Ears bike path	4.3
170.8	R	Exit bike path and ride on shoulder of 176th	0.1
170.9	SO	Continue on as road becomes BC-17	11.5
182.4	L	Bridgeview Dr	0.8
183.2	R	112b Ave	0.3
183.5	L	126a St	0.1
183.6	R	112a Ave	0.5
184.1	L	124 St	0.6
184.7	R	112 Ave	0.1
184.8	L	112 Ave goes under bridge and becomes 111a Ave	0.3
185.1	L	Turn left up ramp and onto Pattullo Bridge sidewalk	1.5
186.6	SO	At bridge end, keep left until road crosswalk	0.1
186.7	R	Cross over bridge entrance, and onto Albert Crescent	0.3
187.0	L	Albert Crescent	0.1
187.1	R	First St	0.2
187.3	R	Turn onto Royal Ave to cross road	0.1
187.4	SO	Cross Royal onto First St	0.1
187.5	SO	At Vancouver St, choose to ride on path or on First st	0.0

187.5	R	Join onto Millenium Trail	0.9
188.4	SO	Exit Millennium Trail/Remain on First	0.3
188.7	L	7th Ave	0.0
188.7	SO	At the roundabout, continue straight onto Seventh Ave	0.2
188.9	R	Eighth St	0.9
189.8	L	Turn left toward Seventh Ave, entering park	0.1
189.9		<b>CONTROL #4 - New Westminster (Moody Park) Information Control</b>	
189.9	SO	Continue straight through park onto Seventh Ave	0.3
190.2	SO	At roundabout, continue to stay on Seventh Ave	1.7
191.9	R	Twentieth St	0.0
191.9	L	Seventh Ave	0.6
192.5	R	Marine Dr	1.3
193.8	R	Byrnepark Dr	0.2
194.0	L	Byrne Creek Cycle Path	0.6
194.6	L	Cross road to remain on cycle path	0.0
194.6	SO	Remain on cycle path until Marine Way	0.6
195.2	SO	Cross Marine Way	0.0
195.2	SO	Ride onto Byrne Road	1.2
196.4	R	N Fraser Way	0.3
196.7	L	Glenlyon Pkwy (starting 1 loop)	1.2
197.9	R	N Fraser Way (part of loop)	1.1
199.0	R	Glenlyon Pkwy	1.2
200.2	L	N Fraser Way (loop finished)	1.0
201.2	SO	Continue straight onto Boundary Rd N	0.2
201.4	L	East Kent Ave N	2.2
203.6	SO	Continue onto Kent Avenue Bikeway	1.4
205.0	SO	Continue onto East Kent Ave N	0.7
205.7	L	Crompton St	0.0
205.7	R	East Kent Ave S/Kent Avenue Bikeway	1.9
207.6	R	Ontario St	0.0
207.6	L	W Kent Ave N	0.8
208.4	R	Cambie St	4.5
212.9	L	W 29th Ave at bike-lane light	0.5
213.4	R/L	29th Avenue Bikeway - Navigate onto W 28th Ave	1.9

215.3	R	Angus Dr	0.5
215.8	L	Matthews Ave	0.3
216.1	R	Cypress St	0.4
216.5	SO	Cross Roundabout at 19th and descend Cypress	2.0
218.5		<b>FINISH: Vancouver - Cornwall Street Siegel's Bagels</b>	
			R = R, L = L, SO = SO Onward, U = U-Turn