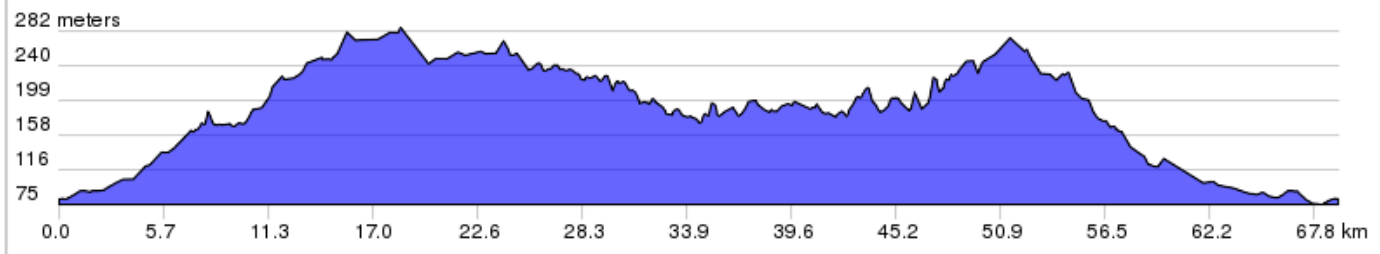
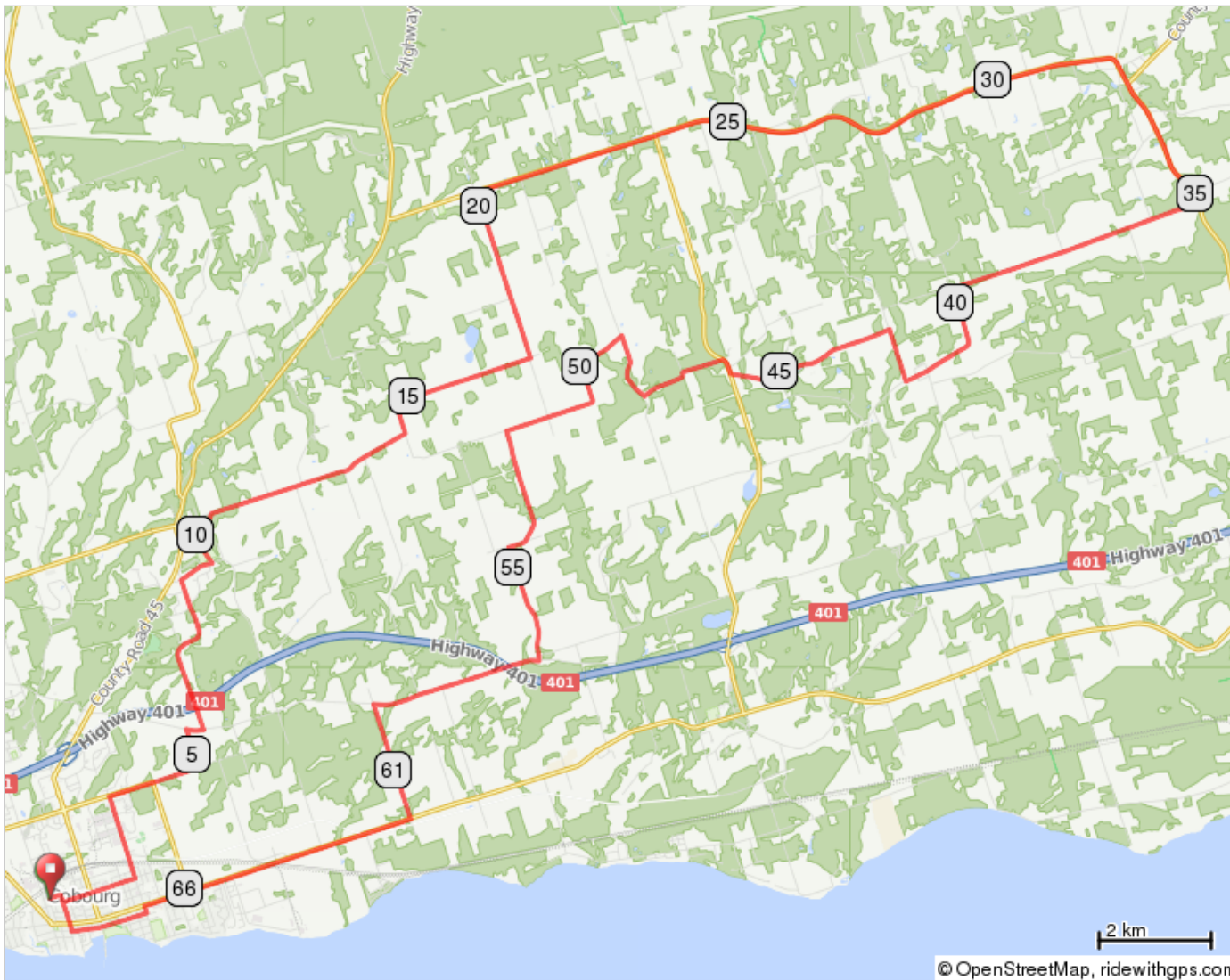


Uphill, Downhill 69k (NHCC)

Distance: 69.2 km
Elevation: + 666 / - 666 m



Uphill, Downhill 69k (NHCC)

0.0	▀	Start of route
0.2	→	R onto Ball St
0.3	←	L onto University Ave W
1.7	←	L onto D'Arcy St
3.2	→	R onto Elgin St E/County Rd 20
4.7	←	Slight L onto Greer Rd
5.5	→	R onto Danforth Rd
5.8	←	L onto Nagle Rd
8.8	→	R onto Van Luven Rd
9.5	←	L and navigate through park/community centre
10.5	→	R onto Community Centre Rd
12.9	↑	Continue onto Community Center Rd
14.2	←	L to stay on Community Center Rd

14.2 kilometers. +196/-28 meters

17.2	←	L onto Stewart Rd
20.3	→	R onto Centreton Rd
31.8	↑	Continue onto Percy St
32.8	↑	Continue onto County Rd 25
35.1	→	R onto Pipeline Rd
36.0	↑	Continue onto Shelter Valley Rd
42.0	→	R onto Broomfield Rd
42.9	←	L onto Pipeline Rd
46.0	→	R onto County Rd 23
46.3	←	L onto Boomerang Rd
47.8	→	R onto Clouston Rd
49.1	←	L onto Grills Rd
50.6	↑	Continue onto The Scots Line
52.2	←	L to stay on The Scots Line
54.6	←	L onto Hoskin Rd
56.7	→	R onto Danforth Rd E

42.5 kilometers. +392/-491 meters

59.7	←	L onto McEwen Rd
61.9	→	R onto Route 2
64.7	↑	Continue onto King St E
66.8	←	L onto D'Arcy St
66.9	→	R onto Queen St
67.8	↑	Continue onto Albert St
68.3	→	R onto Durham St
68.4	↑	Continue onto Ball St
69.0	←	L onto Furnace St
69.2	▀	End of route

12.5 kilometers. +19/-67 meters