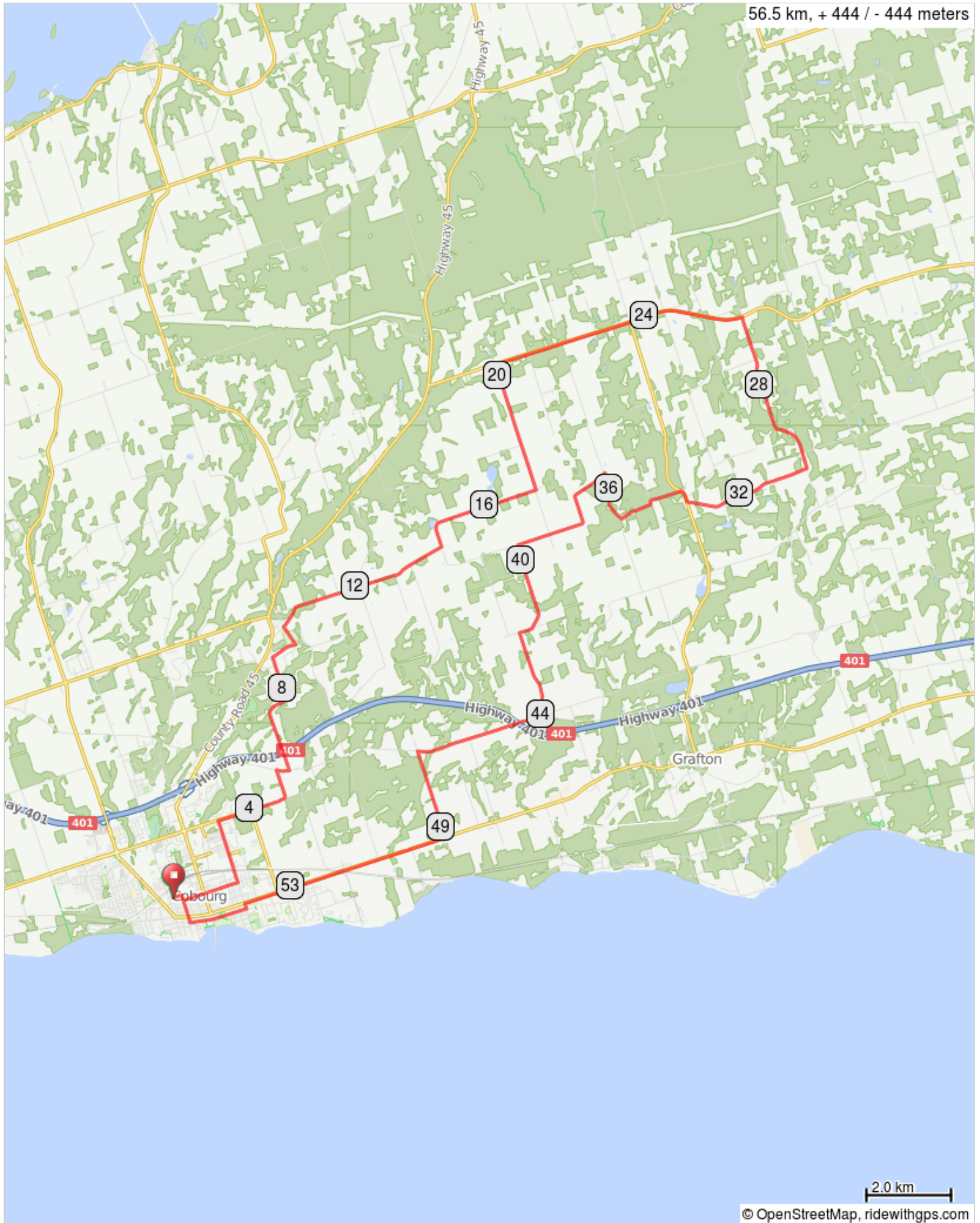


Uphill, Downhill 56k (NHCC)



Uphill, Downhill 56k (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

5.8 kilometers. +57/-2 meters

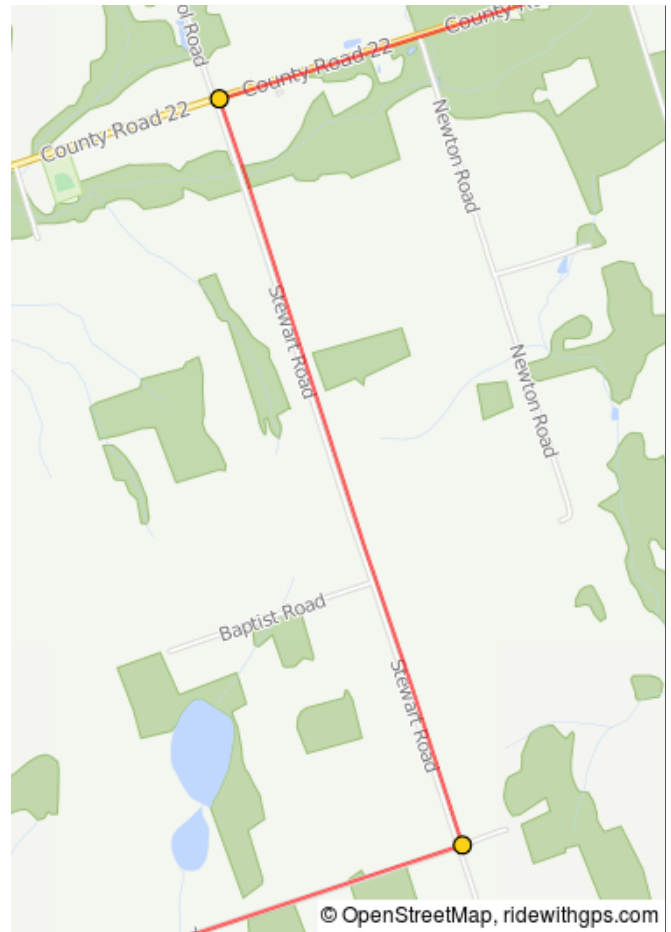


8.8	→	R onto Van Luven Rd
9.5	←	L and navigate through park/community centre
10.5	→	R onto Community Centre Rd
12.9	↑	Continue onto Community Center Rd
14.2	←	L to stay on Community Center Rd

8.4 kilometers. +88/-9 meters



17.2	←	L onto Stewart Rd
20.3	→	R onto Centreton Rd



6.1 kilometers. +19/-43 meters

26.3	→	R onto Broomfield Rd
30.3	→	R onto Pipeline Rd
33.3	→	R onto County Rd 23
33.6	←	L onto Boomerang Rd
35.2	→	R onto Clouston Rd
36.4	←	L onto Grills Rd



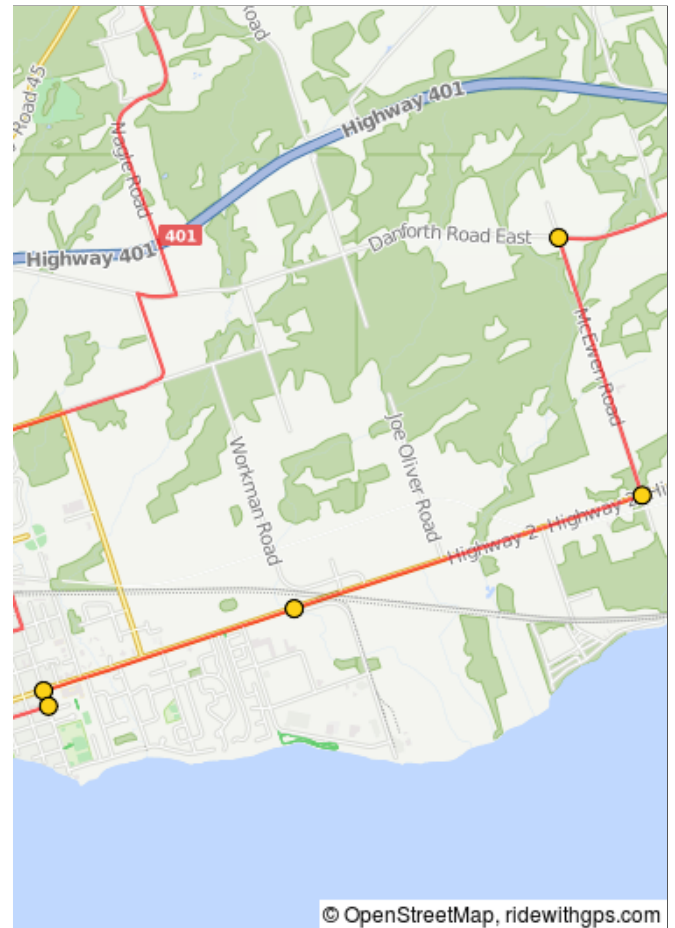
16.1 kilometers. +155/-144 meters

38.0	↑	Continue onto The Scots Line
39.6	←	L to stay on The Scots Line
41.9	←	L onto Hoskin Rd
44.1	→	R onto Danforth Rd E



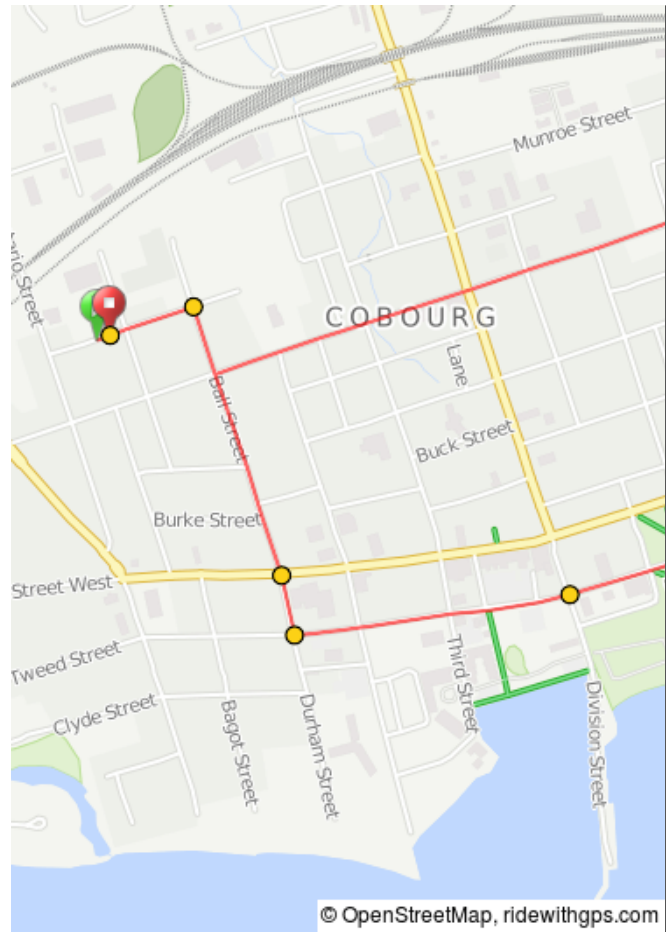
7.6 kilometers. +31/-113 meters

47.1	←	L onto McEwen Rd
49.2	→	R onto Route 2
52.1	↑	Continue onto King St E
54.2	←	L onto D'Arcy St
54.3	→	R onto Queen St



10.3 kilometers. +12/-51 meters

55.1	↑	Continue onto Albert St
55.7	→	R onto Durham St
55.8	↑	Continue onto Ball St
56.4	←	L onto Furnace St
56.5	🚩	End of route



2.2 kilometers. +6/-1 meters