

Num	Dist	Note	Next
1.	0.0	Start of route	0.2
2.	0.2	L toward S Service Rd	0.1
3.	0.3	R onto S Service Rd	8.1
4.	8.5	R onto Stormont, Dundas and Glengarry County Road 2	3.2
5.	11.7	Bienvenue a Quebec! Continue onto Chemin de la Frontière/QC-338 E	11.4
6.	23.1	Veer R onto Rue Principale	1.6
7.	24.7	Rue Principale ends, becomes Piste cyclable Soulanges	0.2
8.	24.9	Through lights, continue onto bike path	1.6
9.	26.5	Go under bridge, quick R, Immediate Sharp L onto Soulanges Canal Trail. Take LEFTMOST Trail	2.0
10.	28.5	R over wooden bridge	0.1
11.	28.5	Quick R to stay on trail	0.1
12.	28.6	Quick L to stay on trail	0.7

28.6 kilometers. +24/-29 meters

Num	Dist	Note	Next
13.	29.4	BREAK #1 Parc Wilson... Toilette!	0.3
14.	29.6	**A long stretch of bike path with a few hidden automobile entrances: Caution!**	17.0
15.	46.6	L onto Rue Centrale in Pointe Des Cascades	0.3
16.	46.8	L onto Avenue des Cascades	0.1
17.	47.0	R onto CH Lotbinière/QC-338 E	0.9
18.	47.9	Slight R onto Rue Meloche	2.2
19.	50.1	Continue onto CH Lotbinière/QC-338 E	0.1
20.	50.2	Slight R onto Rue Bellerive	1.1
21.	51.3	Continue onto CH Lotbinière/QC-338 E	1.6
22.	52.8	Slight R onto Avenue Saint-Jean-Baptiste	0.9
23.	53.8	R on To Harwood/Autoroute 20, Cross Bridge	1.1

25.2 kilometers. +17/-39 meters

Num	Dist	Note	Next
24.	54.8	SHARP R onto Chemin Duhamel	0.6
25.	55.5	L onto 5e Avenue	0.4
26.	55.9	R onto Rue Bellevue	0.6
27.	56.5	LUNCH! Parc Bellevue	0.7
28.	57.2	Back up Rue Bellevue, R onto 5e Avenue	2.0
29.	59.1	5e Avenue becomes Grand Boulevard, continue straight.	1.7
30.	60.9	R onto 1ère Ave	0.2
31.	61.1	L at Montée Sagala, Bike Path over Bridge	1.2
32.	62.3	At Bottom of Bridge "Off Ramp", R onto Rue Sainte-Anne	0.8
33.	63.1	Continue onto Rue Lakeshore	4.1
34.	67.1	Slight L onto Boulevard Beaconsfield	5.6
35.	72.7	Continue straight onto Chemin Lakeshore	0.6

18.9 kilometers. +35/-34 meters

Num	Dist	Note	Next
36.	73.3	Continue onto Chemin du Bord-du-Lac	5.1
37.	78.4	Continue onto Chemin Bord-du-Lac	5.0
38.	83.4	Continue onto Boulevard Saint-Joseph (Bike Path at side of Road)	2.7
39.	86.1	R onto Boulevard Saint-Joseph	1.6
40.	87.8	Continue onto Chemin du Musée	0.7
41.	88.5	Take Bike Path beside Boulevard Lasalle	3.2
42.	91.7	BREAK 2: Parc du Canal de l'Aqueduc	0.2
43.	91.9	Continue onto Bike Path	8.3
44.	100.1	L off Bike Path around Auditorium de Verdun	0.2
45.	100.4	L onto Rue de l'Église (Bike Path)	1.4
46.	101.8	R, continue on Bike path beside Ave de la Verendrye	0.6

29.1 kilometers. +72/-81 meters

Num	Dist	Note	Next
47.	102.4	Follow Bike Path under Expressway, R onto Rue Angers	0.4
48.	102.9	Bike path continues north of Rue Saint-Patrick	0.0
49.	102.9	R, continue on bike path	2.5
50.	105.4	Cross canal to North Side at Rue des Seigneurs Steel Bridge	0.2
51.	105.6	Continue on Bike path	1.2
52.	106.7	SHARP L then R under bridge to Rue de la Commune	0.5
53.	107.2	Continue on Rue de la Commune	0.2
54.	107.4	Assemble by The Wall.	1.7
55.	109.1	L onto Rue St-Hubert	0.9
56.	110.0	YOU MADE IT!!! Bienvenue a Montreal.	0.0
57.	110.0	End of route	0.0

8.2 kilometers. +29/-18 meters