

This ride is designed as a multi-modal trip, traveling from Bellingham to Vancouver by bicycle and returning via train. It is necessary to make reservations for both people and bicycles. The train can carry several bikes but is sometimes full on summer weekends. The train station in Bellingham is in the Fairhaven neighborhood. It is also possible to take the train from Seattle to Bellingham to start the ride and return to Seattle from Vancouver, or to start from any train station between Seattle and Bellingham (Edmonds, Everett, or Mount Vernon). Call Amtrak (1-800-872-7245) for schedules and reservations.

Delta miles	Daily miles	Description
0.0	0.0	Go north on Samish Way from RSVP Motel area in Bellingham
0.2	0.2	Bear left on Maple St
0.1	0.3	Bear right on Ellis St
0.2	0.5	Bear left onto Holly St
0.6	1.1	Bear right onto Prospect St
0.3	1.4	Bear left onto Dupont St
0.6	2.0	Cross Broadway and bear right onto Elm St
0.4	2.4	Bear left onto Northwest Ave
1.7	4.1	Follow road as it curves and passes under I-5. Watch for merging traffic. Road becomes Northwest Dr, then Northwest Rd. Stay on Northwest Rd as it makes several turns and eventually becomes Wisner Lake Rd.
11.4	15.5	Left on Guide Meridian (SR 539). Watch for traffic coming over the hill from the left. Ride single file over bridges with narrow shoulders.
1.0	16.5	Left at light onto Birch Bay – Lynden (by Bob's Burgers)
1.4	17.9	Right on Berthusen Rd
1.7	19.6	Right on Badger Rd
0.2	19.8	Left on Jackman Rd
2.0	21.8	Right on H St.
0.8	22.6	Left on Guide Meridian (SR 539)
0.6	23.2	Border crossing. Have ID ready (a passport or birth certificate is recommended). Continue north on Aldergrove Rd (264 th)
4.2	27.4	Cross Fraser Highway (Tim Horton's to right; approach via 32 nd)
0.9	28.3	Left onto Robertson Cres.
3.3	31.6	Right 240 th Ave
0.4	32.0	Left on 48 th St
0.5	32.5	Left on 236 th Ave
0.1	32.6	Right on 47 th St
0.4	33.0	Left on 233 rd Ave
0.1	33.1	Right on 46 th Ave
0.2	33.3	Right on 232 nd St (Livingston Rd)
2.3	35.6	Left on 64 th Ave (Medd Rd)
2.0	37.6	Right on 216 th St
0.5	38.1	Bear left on Crush Rd, cross Glover Rd (hill ahead)
0.8	38.9	Bear left onto 72 nd Ave (Jericho Rd)
2.2	41.1	Right on 194 th St
0.5	41.6	Left on 76 th Ave; cross 192 nd St
1.3	42.9	Right on 184 th St
0.5	43.4	Left on 80 th Ave

2.1	45.5	Right on 168 th St
0.5	46.0	Left on 84 th ave
0.5	46.5	Right on 164 th St
0.1	46.6	Left on 85 th Ave
0.3	46.9	Right on 162 nd St
0.4	47.3	Left on 88 th Ave
0.8	48.1	Right on 156 th St
0.9	49.0	Left on trail one block short of 96 th Ave. Follow trail and side streets to 148 th St. Use push button to cross busy 152 nd St. Mac's convenience store at 96 th and 152 nd has ATM for Canadian currency; BECU ATM cards work fine.

To go to Happy Holiday Inn

1.0	50.0	Turn right on 148 th St
0.6	50.6	Left on 100 th Ave
0.5	51.1	Right on 144 th St, immediately turn left on 100 th Ave (same name as previous road)
0.2	51.3	Right on 143 rd St
0.1	51.4	Left on 100A Ave
0.2	51.6	Right on 141 st St
0.6	52.2	Left on 103A Ave
0.1	52.3	Right on 140 th St
0.1	52.4	Left at light on 104 th Ave
0.1	52.5	Happy Holliday Inn one block on right (13939 104 th Ave). To get to Surrey Central Skytrain Station, walk west on 104 th Ave to 136 th St (King George Highway); cross the road and walk through the Safeway parking lot. Station is on west side of Safeway on 135 th St. Or you could catch the bus going west on 104 th to the station. An adult day pass allows you to use the Skytrain, city buses, and the Seabus to North Vancouver

To go to Green Timbers Super 8 Motel

1.0	50.0	Cross 148 th St and remain on trail, which eventually curves left
0.8	50.8	Right (WNW) on Fraser Highway (not 96 th Ave)
0.2	51.0	Cross 140 th St
0.2	51.2	Green Timbers Super 8 Motel on right (13893 Fraser Highway). King George Skytrain Station (last on the line) one block to west

Second day route via Patullo Bridge

To go from Green Timbers Super 8 Motel

0.0	0.0	From Green Timbers, go left (east) on Fraser Highway
0.2	0.2	Left on 140 th St
0.8	1.0	Cross 104 th Ave

To go from Happy Holiday Inn (Total mileage assumes this option)

0.0	0.0	From Happy Holiday, go left (east) on 104 th Ave
0.1	0.1	Left on 140 th St
0.5	0.6	Left on 108 th Ave, cross King George Highway
0.5	1.1	Right on 135 th St
0.2	1.3	Cross Gateway Drive; get onto bike trail at end of 135 th and descend hill underneath the Skytrain line. Watch for turning traffic when crossing Haddon Rd and 132 nd St
1.2	2.5	Left on 128A St
0.1	2.6	Right on 111 th Ave
0.1	2.7	Left on 128 th St
0.1	2.8	Right on 110 th Ave
0.5	3.3	Cross Scott Rd and bear right onto Patullo Place
0.1	3.4	Follow road as it curves left and becomes 111A Ave
0.1	3.5	Bear right at bike route sign and ascend sidewalk on southwest side of Patullo Bridge. There is no bicycle or pedestrian access on the other side and no railing or other separation from the traffic (sidewalk is raised about a foot above the roadway), so be careful.
1.0	4.5	At far end of bridge, cross ramp at marked crosswalk and then go right on Wellington St, which then curves left and becomes Dufferin St. You are now in New Westminster.
0.1	4.6	Left on Agnes St
0.1	4.7	Right on First St (Albert Cres)
0.1	4.8	Cross Royal Ave (use hand signal)
0.5	5.3	Left on Fifth Ave
0.4	5.7	Right on Fifth St
0.4	6.1	Left on Eighth Ave
0.5	6.6	Right on Tenth St
0.5	7.1	Left on London St
0.2	7.3	Right on 12 th St (Kingsway)
0.1	7.4	Left on Tenth Ave
0.1	7.5	Right on 13 th St (enter city of Burnaby)
0.1	7.6	Left on 11 th Ave (Stride)
0.4	8.0	Right on 18 th St
0.3	8.3	Left on 14 th Ave
0.1	8.4	Cross Griffiths St (19 th St)
0.1	8.5	Right on 20 th St
0.1	8.6	Left on Southpointe Dr
0.1	8.7	Right on Station Hill Dr. Take the trail that parallels the street on the right. It goes through the woods. Bear right at the first

		fork in the trail (just before the Byrne Creek Ravine Park sign). Staying on the paved trail, continue across some RR tracks and under the Skytrain line. Take the trail to the left by the 7-11 Trail map sign.
0.4	9.1	Cross Rumble St and continue to left on the trail.
0.5	9.6	Cross Gilley Ave
0.1	9.7	Bear right on Prenter St; road then curves left and becomes Beresford St (no sign)
0.5	10.2	Left on Antrim Ave
0.1	10.3	Right on Victory St
0.1	10.4	Cross Royal Oak Ave
0.8	11.2	Right on McKay Ave
0.3	11.5	Cross Imperial St (heavy traffic) and jog slightly
0.2	11.7	Bear left onto Maywood St. After crossing Willingdon Ave, Maywood dead-ends in a circle. Take the path and cross Patterson Ave (no sign) and enter Central Park. Take the trail just to the right of the small building and go through the park (follow the sign pointing to 'Horseshoe Pitch'); you should emerge at the intersection of Boundary Rd and 45 th Ave.
0.8	12.5	Exit park and ride west on 45 th Ave (the Ridgeway Bike Route; you are now in the city of Vancouver)
1.2	13.7	Right on Earles St (Sunrise Bike Route)
0.6	14.3	Cross Kingsway
0.6	14.9	Left on 29 th Ave
0.3	15.2	Right on Slocan St
0.2	15.4	Left on 26 th ave
0.1	15.5	Right on Penticton St
0.0	15.5	Left on 25 th Ave
0.2	15.7	Right on Kamloops St
0.0	15.7	Left on 24 th Ave
0.1	15.8	At Nanaimo St (a busy road), cross using the hand signal and take either the trail or Vaness Ave
0.1	15.9	Right on Walker St, descend hill
0.2	16.1	Left on 19 th Ave
0.1	16.2	Right into Trout Lake Park via parking lot; follow trail to north through park
0.5	16.7	At end of trail, turn left onto 13 th Ave
0.2	16.9	Right on Victoria St
1.4	18.3	Left on Adanac St (Adanac Bike Route). Be careful crossing Commercial St (space for 1 bike in gap in center of road). Follow Adanac Bike Route.
1.4	19.7	Right on Gore Ave, passing Chinatown to left
0.5	20.2	Left on Powell Ave, which becomes Water St through Gastown
0.4	20.6	Merge with Cordova St
0.1	20.7	Waterfront Center is on right between Seymour and Granville Streets. See note about Amtrak at end of attachment.

To avoid the Patullo Bridge it is now possible to use the Sky-Train to carry bikes on weekends and at off-peak hours on weekdays. They allow two bikes in the last car of the train. Unfortunately, tandems are not permitted. For example, to access the Scott Road Station (the last station before the bridge), turn right from

110th Ave onto 126th St and ride to the station. Use the elevator or stairs to get up to the platform on the second floor and take a train whose destination is listed as Waterfront. You can get off at any station on the other side of the river. One option is Edmonds Station (the fourth one). This allows you to avoid most of the hill coming up from the Fraser Valley. This puts you at approximately mile 8.7. On the far side of the station, take the trail that runs between the Choices Market and the Sky-Train line.

Alternative second day to avoid Patullo Bridge

To go from Green Timbers Super 8 Motel

0.0	0.0	From Green Timbers, go left (east) on Fraser Highway
0.2	0.2	Right on 140 th St

To go from Happy Holiday Inn

0.0	0.0	From Happy Holiday, go left (east)
0.1	0.1	Right on 140 th St
1.5	1.6	Right on 92 nd Ave
0.5	2.1	Cross King George Highway (136 th St)
0.7	2.8	Turn left on Prince Charles Blvd, which then curves to right
0.5	3.3	Right on 128 th St and then immediately left on 90 th Ave
1.0	4.3	Turn right on Holt Rd, which curves left to intersect with 120 th .
0.2	4.5	Turn right on 120 th (Scott Rd)
0.1	4.6	Left on 92 nd Ave, cross RR tracks
0.5	5.1	Left on 116 th St
1.0	6.1	Right on 84 th Ave
0.9	7.0	Right on Brooke Rd
0.3	7.3	Cross Nordel Way
0.2	7.5	Left on Dunlop Rd
0.8	8.3	Right on Centre St; descend steep hill (Alex Fraser Bridge looms overhead on left – don't be intimidated)
0.3	8.6	Left on River Rd (sometimes heavy traffic)
0.1	8.7	Cross RR tracks and pass under bridge (if you're returning via Amtrak, these are the tracks you'll be on)
0.3	9.0	Left at light on Nordel Way
0.4	9.4	Left on Nordel Ct.
0.2	9.6	Pass under bridge again and bear right into parking lot. Pick up bike and walk over to trail under bridge. Stay on east side of bridge. Go south to trail ramp and ...
0.1	9.7	proceed north up ramp and over bridge on separated bike/pedestrian path. The main channel of the Fraser River is below.
1.8	11.5	At intersection with Cliveden Ave, use hand signal to carefully cross off-ramp to left and then use next hand signal to cross Cliveden. Then carefully cross on-ramp; trail then curves left and parallels ramp onto bridge across Annacis Channel.
0.6	12.1	Shortly after two overhead green and white signs, trail makes abrupt 90 degree right turn and descends 'rectangular spiral'.
0.1	12.2	At bottom of spiral, go left to get to Boundary Rd (no sign) and then turn left (heading north).
0.5	12.7	Pass under freeway bridge; turn left onto Westminster Hwy
0.4	13.1	Right onto River Rd (a different River road than the one on the south side of the Fraser River)
4.4	17.5	Small park on right with water and restrooms
1.1	18.6	Left on Number 6 Rd
0.2	18.8	Right on Vulcan way

1.0	19.8	Right on Number 5 Rd
0.2	20.0	Left on River Rd
0.6	20.6	Left on Shell Rd
0.1	20.7	Right on River Rd
0.5	21.2	Left on Number 4 Rd
0.4	21.6	Turn right into parking lot. Cross in front of store and ...
0.1	21.7	... go left to light at Bridgeport Rd
0.1	21.8	Cross Bridgeport Rd and follow ramp as it curves right. Stay on shoulder and then get on sidewalk to cross the Oak St Bridge
1.6	23.4	At end of Oak St Bridge follow sidewalk and immediately make hairpin right turn to pass under the bridge. After passing under it, enter the road (also called Oak St), turning right to approach the light at SW Marine Dr. **
0.1	23.5	Turn left at light at SW Marine Dr and then immediately bear right on 73 rd Ave and then immediately turn right on Osler St
0.1	23.6	Left on 72 nd Ave
0.1	23.7	Right on Selkirk St
0.1	23.8	Left on 71 st Ave
0.0	23.8	Right on Hudson St
0.1	23.9	Left at light on 70 th Ave
0.3	24.2	Cross Granville St
0.1	24.3	Right on Cornish St, joining the Cypress Bike Route (follow this route all the way to First Ave)
0.1	24.4	Left on 68 th Ave
0.1	24.5	Right on Adera St
0.2	24.7	Left on 64 th St
0.1	24.8	Right on East Blvd (just before RR tracks).
0.3	25.1	Near 60 th Ave, East Blvd bears slightly to right and becomes Angus Dr. There are several crossings of major east-west roads, some of which have hand signals for cyclists.
2.5	27.6	Left on Mathews Ave
0.2	27.8	Right on Cypress St. Watch for more hand signals at busy crossroads
1.4	29.2	Right on First Ave
0.1	29.3	Left on Burrard St; use bike lane
0.1	29.4	Follow bike lanes up onto the Burrard Bridge (cyclists on outside and pedestrians on right)
0.7	30.1	At far end of bridge, carefully cross off-ramp and then proceed northeast on Burrard St
0.3	30.4	Right on Helmcken St
0.2	30.6	Left on Granville St. After a few blocks Granville is restricted to buses, taxicabs, emergency vehicles, and bicycles
0.8	31.4	End of Granville St at Waterfront Center. Entrance to old CPR RR station if you're going for the Seabus for North Vancouver.

** Alternatively, continue on sidewalk a little farther to Shaughnessy and turn right. Take it to Kent Ave and turn right again. After passing under the bridge, turn right again onto Oak St and rejoin the route at mileage 23.5

		To get to Amtrak (at the VIA Rail Station) from Waterfront Center, go east (sort of) on Cordova and turn right on Main St.
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		Turn left on National and then right on Station St; VIA Rail train station is on left. From the Seaside Trail, go to the intersection of Quebec and National (northeast of the Science Center) and ride east on National to Station St and turn right; train station is on the left.
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