

Delta miles	Daily miles	Description
0.0	0.0	Board WSDOT ferry in Anacortes for Sidney, B.C.
0.2	0.2	Exit from Sidney ferry area and go left on Ocean Ave
0.2	0.4	Left on 5 <sup>th</sup> St (tourist info at corner); 5 <sup>th</sup> becomes Lochside Dr
1.2	1.6	Right on McTavish Rd
0.1	1.7	Left on Patricia Bay Highway (Hwy 17)
1.1	2.8	Right on Amity Dr
0.3	3.1	Left on Aldous Terrace; Aldous becomes Wallace Dr
1.4	4.5	Left on Saanich Rd
0.1	4.6	Right on Wallace Dr
2.3	6.9	Right on West Saanich Rd
0.3	7.2	Left on Verdier Ave
0.8	8.0	Mill Bay ferry dock; Butchart Gardens approx. 1 mile to south
0.0	8.0	Disembark from ferry and exit dock area
0.2	8.2	Right on Mill Bay Rd
3.3	11.5	Left on DeLoume Rd
0.1	11.6	Right on Trans-Canada Highway (Hwy 1)
2.5	14.1	Right on Chapman, which curves around to right and left
1.0	15.1	Right on Hutchison Rd
0.4	15.5	Left on Telegraph Rd
2.0	17.5	Bear right at junction with Fisher Rd
0.3	17.8	Bear left at junction with Cherry Point Rd
1.7	19.5	Right on Cowichan Bay Rd, which becomes Tzouhalem Rd
6.9	26.4	Continue straight at junction with Maple Bay Rd; enter Duncan
0.7	27.1	Right on Lakes Rd
0.3	27.4	Left on Beverly St, which curves to right and left
1.1	28.5	Right on Trans-Canada Highway (Hwy 1)
1.3	29.8	Right on Drinkwater Rd
0.0	29.8	Left on Bell-McKinnon Rd
3.3	33.1	Right on Westholme Rd
1.3	34.4	Bear right at junction with Mt. Sicker Rd; becomes Chemainus Rd
1.1	35.5	Bear left at junction with Crofton Rd
4.3	39.8	Downtown Chemainus; B&Bs located in town

#### End of first day

0.0	0.0	Continue north on Chemainus Rd
6.3	6.3	Cross RR and turn right on Trans-Canada Highway (Hwy 1)
10.7	17.0	Ignore Duke's Point ferry signs at junction with Hwy 19 (unless you want to go to Tsawassen)
1.0	18.1	At junction with Hwy 19 North, follow ramp up to gap in barrier
0.2	18.3	Exit to right through gap in barrier
0.1	18.4	Left at sidewalk; turn right at dangerous crossing (no visibility of cars turning right) at Cedar Rd to continue on Highway 1
0.5	18.9	Ignore confusing Bike Route sign; pass under trestle
0.2	19.1	Right on Chase River Rd (no sign)
0.3	19.4	Right on Haliburton St; curve to left and enter Nanaimo
1.9	21.3	Right on Grace St
0.1	21.4	Left on Esplanade St
0.1	21.5	Right on Front St (ignore Bike Route sign); road curves several

		times and becomes Comox Rd (ignore Gabriola Island ferry signs)
0.8	22.3	Right on Terminal Ave
0.2	22.5	Bear right onto Stewart Ave
0.7	24.2	Departure bay ferry dock; board ferry for Horseshoe Bay
0.1	24.3	Exit ferry area in West Vancouver; walk right on Bay St and then ride to left on Keith Rd
0.2	24.5	Right on Bruce St
0.1	24.6	Left on Royal Ave
0.2	24.8	Right on Chatham St
0.1	24.9	Left on Nelson Ave; ascend steep hill for 1 block
0.1	25.0	Left on Marine Drive
0.1	25.1	Right on Marine Drive (do not cross over bridge)
7.1	32.2	Right on 29 <sup>th</sup> St
0.1	32.3	Cross RR and turn left on Bellevue Ave(necessary to recross RR at mile 33.1)
2.2	34.5	Right on 13 <sup>th</sup> St; cross RR and enter Ambleside Park. (restrooms) Stay just to right of tracks; enter packed dirt trail and then turn left and go under trestle. Leave 10 feet or so between riders on dirt path; many pedestrians and dogs.
0.8	35.3	Leave dirt trail and turn right in shopping center parking lot, then curve left onto Taylor Way
0.3	35.6	Turn right at stop sign (Bridge Rd) and cross Capilano River; curve to right on Tomahawk Ave
0.5	36.1	Left on Welch St; pass under Lions Gate Bridge
0.9	37.0	Right on Garden Ave
0.1	37.1	Left on First St
1.1	38.2	Right on Marine Drive
0.4	38.6	Bear right on Forbes Ave
0.2	38.8	Bear left on Esplanade Way
0.2	39.0	Right on Chesterfield Ave
0.2	39.2	Turn left at end of Chesterfield and enter Seabus ferry dock area; purchase tickets from machine and ride at the back of the Seabus
0.3	39.5	Exit Seabus; depart through last door on left before escalators; ride to left on Waterfront Rd
0.5	40.0	Left onto ramp, which curves to right and becomes Main St
0.3	40.3	Left on Cordoba St
0.1	40.4	Right on Gore Ave
0.4	40.8	Left on Union St to join Adanac Bike Route; be careful crossing Commercial St (space for 1 bike in gap in center of road)
0.8	41.6	Follow Adanac Bike Route signs onto Vernon Dr and Adanac St
0.6	42.2	Right on Victoria Dr
1.4	43.6	Left on 13 <sup>th</sup> Ave
0.2	43.8	Right at end of road turn right and enter Trout Lake Park on trail
0.5	44.3	Exit from Trout Lake Park on 19 <sup>th</sup> Ave and turn left
0.1	44.4	Right on Copley St
0.2	44.6	Left on Vaness Ave
0.1	44.7	Turn right on Nanaimo St and immediately get into left turn pocket (before crossing under Skytrain line)
0.0	44.7	Left on 24 <sup>th</sup> Ave
0.1	44.8	Right on Kamloops St
0.0	44.8	Left on 25 <sup>th</sup> Ave
0.2	45.0	Right on Penticton St

0.0	45.0	Left on 26th Ave
0.1	45.1	Right on Slocan St
0.2	45.3	Left on 29 <sup>th</sup> Ave
0.3	45.6	Right on Earles St, join Sunrise Bike Route
0.6	46.2	Cross Kingsway
0.6	46.8	Left on 45 <sup>th</sup> Ave (Ridgeway Bike Route)
1.2	48.0	Cross boundary Rd into Burnaby and enter Central Park; note that there is a hand signal for cyclists at Boundary and 45 <sup>th</sup> . Follow dirt path through the park, bearing right (southeast) around the barricade at the entrance. A swimming pool will appear on your right, followed by a pond. There will also be a horseshoe pitch on the left. Continue straight past the pond (heading mainly east).
0.6	48.6	Exit the park (there should be some restrooms and a small paved area). Cross Patterson Ave (no sign) at crosswalk and follow sidewalk onto Maywood St
0.2	48.9	Right on McKay Ave
0.1	49.0	Cross Imperial St; heavy traffic (jog slightly to left)
0.3	49.2	Left on Victory St
1.0	50.2	Cross Royal Oak Ave
0.1	50.3	Left on Antrim Ave
0.1	50.4	Right on Beresford St (7-11 trail runs parallel to Beresford for several blocks)
0.5	50.9	Beresford curves right and becomes Prenter, which immediately ends at Irwin St. Go right on Irwin and then immediately turn left on Curragh Ave *
0.1	51.0	Left on Rumble St
0.1	51.1	At intersection with Gilley Ave, prepare for a left turn, but immediately take trail under SkyTrain line. *
0.5	51.6	Cross Rumble St. (per the sign, use the crosswalk, which then requires a short backtrack to get on the trail on the south side of Rumble)
0.1	51.7	At T intersection in trail (near trail map sign), go right; pass under SkyTrain line, cross RR tracks, and enter woods. Stay on pavement.
0.1	51.8	Bear left just after sign for Byrne Creek Ravine Park. Exit park next to Ckoices Market. Trail continues, parallelling Station Hill Dr.
0.2	52.0	Turn left on Southpointe Dr
0.1	52.1	Turn right on 20 <sup>th</sup> St
0.1	52.2	Turn left on 14 <sup>th</sup> Ave
0.1	52.3	Cross Griffiths St at light
0.1	52.4	Right on 18 <sup>th</sup> St
0.3	52.7	Left on Eleventh Ave
0.4	53.1	Right on 13 <sup>th</sup> St
0.1	53.2	Left on Tenth Ave
0.1	53.3	Right on 13 <sup>th</sup> St
0.2	53.5	Left on Eighth Ave
0.1	53.6	Cross Twelfth St (aka Kingsway)
0.8	54.4	Right on Fifth St
0.4	54.8	Left on 5 <sup>th</sup> Ave; take barrier through diversion
0.4	55.2	Right on First St (Queen's Park to left)
0.5	55.7	Cross Royal Ave

0.1	55.8	Cross Agnes Ave. Road curves to left as it descends hill and leads to crosswalk at ramp.
0.1	55.9	Cross ramp leading to sidewalk on west side of Patullo bridge. There is nothing on the other side and no railing – be careful.
1.0	56.9	Take bicycle exit and turn left onto 111A Ave (not marked)
0.1	57.0	Bear right onto Patulla PI (not marked)
0.1	57.1	Cross Scott Rd onto 110 <sup>th</sup> Ave
0.5	57.6	Left on 128 <sup>th</sup> St as road curves
0.1	57.7	Right on 111 <sup>th</sup> Ave
0.1	57.8	Left on 128A St
0.1	57.9	Get onto bike trail which ascends hill alongside King George Highway and under the Skytrain line. Watch for turning traffic at intersections with 132 <sup>nd</sup> St and Haddon Rd. Cross Haddon Rd and bear left onto City Parkway at end of path.
1.2	59.1	Cross Gateway Place *
0.2	59.3	Cross 108 <sup>th</sup> Ave (busy road)
0.3	59.6	Left on 105A Ave
0.2	59.8	Cross King George Highway (136 <sup>th</sup> St) at light (very busy road)
0.1	59.9	Right on East Whalley Ring Road (137 <sup>th</sup> St)
0.2	60.1	Cross 104 <sup>th</sup> Ave (busy road)
0.3	60.4	Left on 102 <sup>nd</sup> Ave
0.4	60.8	Left on 140 <sup>th</sup> St
0.2	61.0	Left on 104 <sup>th</sup> Ave. Happy Holiday Motel one block on right (mile 61.1); Surrey Central Skytrain station approximately _ mile to west and south beyond Safeway Store.

#### End of second day

0.0	0.0	From Happy Holiday, go to left (east)
0.1	0.1	Right on 140 <sup>th</sup> St
0.1	0.2	Left on 103A Ave
0.1	0.3	Right on 141 <sup>st</sup> St
0.6	0.9	Left on 100A Ave
0.2	1.1	Right on 143 <sup>rd</sup> St
0.1	1.2	Left on 100 <sup>th</sup> Ave
0.2	1.4	Right on 144 <sup>th</sup> St
0.0	1.4	Left on 100 <sup>th</sup> Ave (same street name as before) or take trail on north side of 100 <sup>th</sup> Ave
0.5	1.9	Right on 148 <sup>th</sup> St
0.5	2.4	Cross 96 <sup>th</sup> Ave
0.1	2.5	Left on trail after 95 A Ave; follow trail as it jogs left at 150 <sup>th</sup> St over to 95 A Ave and then right at 151 A St back to the trail
0.6	3.1	Cross 152 <sup>nd</sup> St (use hand signal, this is a busy street)
0.5	3.6	Right on 156 <sup>th</sup> St
0.8	4.4	Left on 88 <sup>th</sup> Ave
0.8	5.2	Right on 162 <sup>nd</sup> St
0.4	5.6	Left on 85 <sup>th</sup> Ave
0.3	5.9	Right on 164 <sup>th</sup> St
0.1	6.0	Left on 84 <sup>th</sup> Ave
0.5	6.5	Right on 168 <sup>th</sup> St
0.5	7.0	Left on 80 <sup>th</sup> Ave
1.1	8.1	Cross 176 <sup>th</sup> St
1.0	9.1	Right on 184 <sup>th</sup> St
0.5	9.6	Left on 76 <sup>th</sup> Ave.

1.3	10.9	Right on 194 <sup>th</sup> St.
0.5	11.4	Left on 72 <sup>nd</sup> Ave (Jericho Rd)
2.2	13.6	Bear right onto Crush Cr and descend hill
0.8	14.6	Cross Glover Rd and bear right onto 216 <sup>th</sup> St
0.5	15.1	Left on 64 <sup>th</sup> Ave (Medd Rd)
2.0	17.1	Right on 232 <sup>nd</sup> St (Livingstone Rd)
2.3	19.4	Left on 46 <sup>th</sup> Ave
0.2	19.6	Left on 233 <sup>rd</sup> St
0.1	19.7	Right on 47 <sup>th</sup> Ave
0.4	20.1	Left on 236 <sup>th</sup> St
0.1	20.2	Right on 48 <sup>th</sup> Ave
0.5	20.7	Right on 240 <sup>th</sup> St (Brown Rd)
0.4	21.1	Left on Robertson Cr
3.3	24.4	Right on 264 <sup>th</sup> St (Aldergrove Rd, Hwy 13)
0.9	25.3	Cross Fraser Highway
3.3	28.8	Bear left and follow main road to border crossing
0.9	29.7	Cross border into US; road becomes Guide Meridian (Hwy 539)
0.6	30.3	Right on H St
0.8	31.1	Left on Jackman Rd
2.0	33.1	Right on Badger Rd
0.2	33.3	Left on Berthusen Rd
1.0	34.3	Stop sign as Loomis Trail merges from right; stay on Berthusen
0.7	35.0	Left on Birch Bay-Lynden Rd *
1.4	36.4	Right on Guide Meridian; cross several bridges
1.0	37.4	Right on Wisner Lake Rd, which makes several turns before becoming Northwest Rd
7.5	44.9	Cross Smith Rd
3.9	48.8	Bear left and pass under I-5; road becomes Northwest Ave
1.7	50.5	Bear right onto Elm St
0.4	50.9	Cross Broadway and bear left onto Dupont St
		Bear right onto Prospect
		Left on Champion St
		Bear right onto Magnolia St
		Right on Garden St
		Left on Chestnut St
		Right on Indian St
		Left on Maple St
0.1	54.0 ?	Bear right onto North Samish Way; motels on right and left. Ramada Inn (RSVP sag stop) is on right.

### End of third day

0.0	0.0	Go south on North Samish Way
0.2	0.2	Right on Bill McDonald Pkwy
0.2	0.4	Left on 32 <sup>nd</sup> St
1.1	1.5	Right on Donovan Ave
0.1	1.6	Left on 30 <sup>th</sup> St
0.2	1.8	Right on Old Fairhaven Pkwy
1.6	3.4	Left on 12 <sup>th</sup> St; cross bridge
0.1	3.5	Bear left onto Chuckanut Dr; pass Fairhaven Park
1.2	4.7	Bear right at intersection with Lake Samish Rd
4.0	8.7	Pass Larabee State Park
7.4	16.1	Right on SR 237 at Bow (Bow Hill Rd goes to left)
1.2	17.3	Pass through Edison, road becomes Farm-to-Market Rd

0.3	17.6	Right on Samish Island Rd
1.6	19.2	Left on Bay View - Edison Rd
4.7	23.9	Pass Bay View State Park
0.5	24.4	Pass through Bay View; after town, unpaved trail goes through Padilla Bay Natural Area
3.2	27.6	Right on SR 20; cross Swinomish Channel bridge on either roadway or sidewalk area (esp if windy) Bear right onto South March Point Rd Left on March Point Rd; Skat bus shuttle lot on right Right on SR 20
0.8		Bear right onto Fidalgo Bay Rd; eventually becomes 36 <sup>th</sup> St
2.1		Right on V Ave Left on 34 <sup>th</sup> St Right on T Ave Left on 22 <sup>nd</sup> St Right on Q Ave Left on 10 <sup>th</sup> St Left on C Ave Right on 11 <sup>th</sup> St Left on B Ave Right on 12 <sup>th</sup> St; becomes Oakes Ave (SR 20)
42.0 ?		Right into ferry dock area

## Notes

At mile 50.9 on the second day, instead of going right on Irwin, you can turn left and get on the trail, but you will encounter a dismount sign when crossing Gilley. This will save a block or so of riding on Rumble, which is rather narrow at that point.

At mile 51.1 on the second day, you can also just take Rumble down to the trail crossing at mile 51.6; the road is fairly wide in this section.

At mile 59.1 on the second day, another option (to avoid having to cross 108<sup>th</sup> Ave with no traffic light, is to turn right on Gateway Place and then left on West Whalley Ring Road after about 0.1 miles. This road becomes 134<sup>th</sup> St. There is a light at 108<sup>th</sup> Ave. You go through the intersection and ride up to 105A Ave and turn left. You will rejoin the route at mile 59.6. This detour should add only about a quarter mile. Or you can turn right onto East Whalley Ring Road, cross 104<sup>th</sup> Ave, then turn left on 102<sup>nd</sup> Ave and go to 140<sup>th</sup> St. Go left on 140<sup>th</sup> St, and then left on 104<sup>th</sup> to get to the Happy Holiday Inn, or right on 140<sup>th</sup> and then right on Fraser Highway to get to the Green Timbers Super 8.

At approximately mile 36.1 on the third day, another option is to turn right on Bay-Lyn Road and follow it to about mile 36.6, where you turn right on Guide Meridian. This avoids some of the traffic around the Safeway store at the intersection of Guide Meridian and Birch Bay-Lynden.

There is now a fast ferry service for pedestrians and cyclists between Nanaimo and downtown Vancouver called the Harbor Lynx. It only travels three times per day but it is somewhat faster than the car ferries and it eliminates the 13 miles (the first seven of which are quite hilly) between Harseshoe bay in West Vancouver and the Seabus dock at Lonsday Quay in North Vancouver.

It is now also possible to take bikes on the Sky-Train on weekends and off-peak hours on weekdays. This would allow one to skip the unpleasant Patullo Bridge crossing of the Fraser River or in fact any part of the route between downtown Vancouver and the Whalley area in Surrey. In the extreme case, by using the Harbor Lynx and the Sky-Train, the second day's riding could be reduced to just the section between Chemainus and Nanaimo (25 miles).