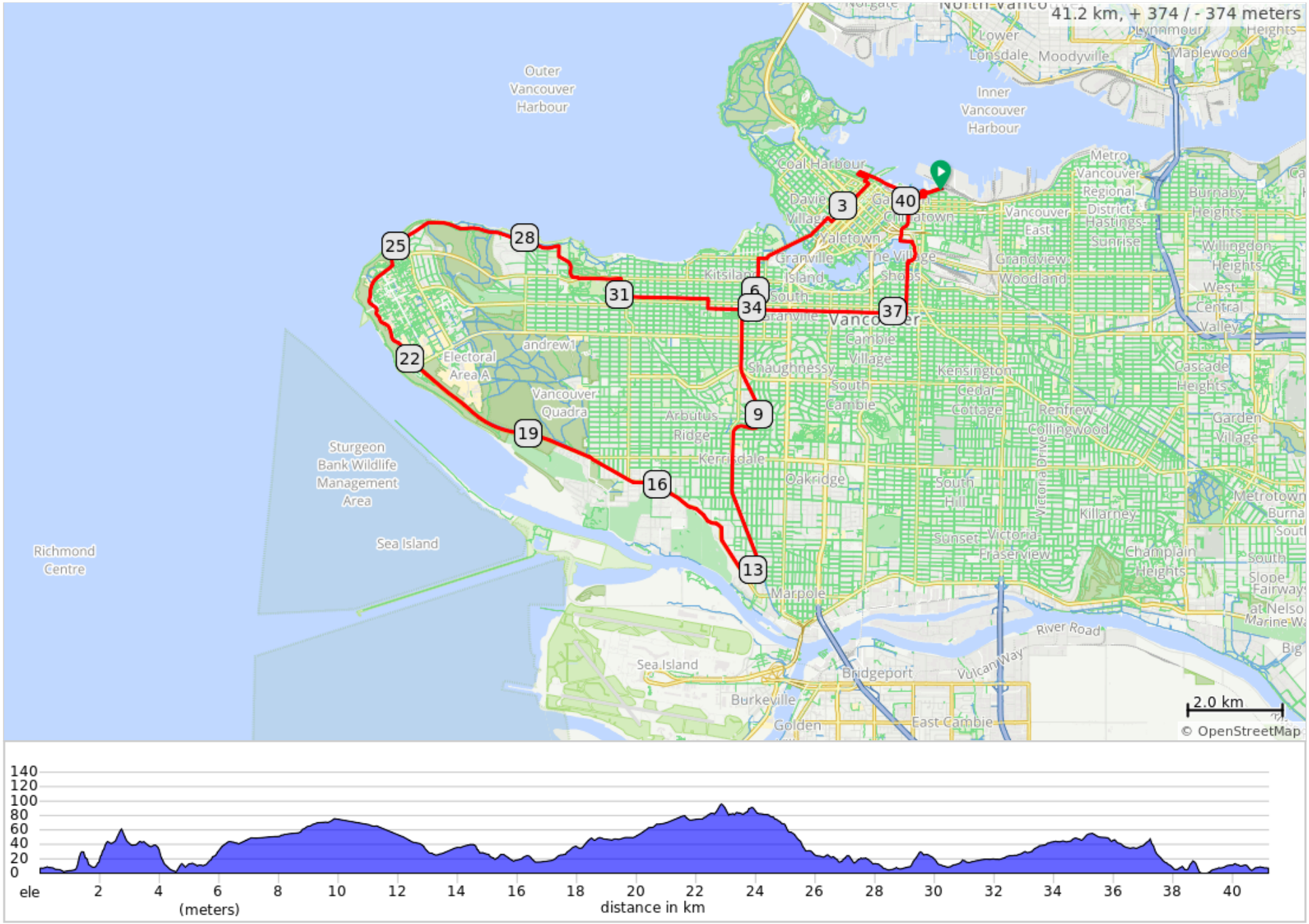
2023 MTS 40 km route



2023 MTS 40 km route

Dist	Type	Note
0.0	i	Start off - CYCLE SAFELY
0.5	←	Leave the Mission and stay on Waterfront Rd and go under Canada place.
1.9	←	Ramp on the L up to Cordova St.
2.0	↑	Continue onto W Cordova St
2.1	→	R onto Burrard St Bike Way
2.2	←	L onto W Hastings St Bike way
2.3	→	R onto Hornby Bike route.
3.4	→	R onto Helmcken St
3.5	←	L onto Burrard St
4.0	←	Go over the Burrard St Bridge using the bike path.
5.1	→	R onto Cornwall Ave

5.1 kilometers. +79/-73 meters

Dist	Type	Note
5.3	←	L onto Cypress.
5.9	→	Just after 5th Ave Turn R onto bike path Arbutus Corridor
6.3	↑	At the roundabout, take the 1st exit onto W 10th Ave/ 10th Avenue Bikeway
6.6	←	L onto Arbutus Greenway
12.9	→	Sharp R onto West 64th Avenue
12.9	🍴	REST STOP #1
12.9	↑	Continue West on 64 Ave
13.3	→	R onto Southwest Marine Drive
13.4	i	Stay on Marine Dr to UBC
16.4	↱	Keep R onto Southwest Marine Drive
17.5	↑	Continue straight to stay on SW Marine Drive

12.5 kilometers. +97/-83 meters

Dist	Type	Note
17.6	↰	Slight L to stay on bike path
21.8	↑	Stay straight on Marine Drive
22.8	←	As you go around UBC SW changes to NW Marine Dr. That's OK. just follow the road.
24.5	←	When you reach EAST MALL turn L to stay on NE Marine Dr.
24.6	←	L onto NW Marine Drive
26.7	🍴	REST STOP
26.9	←	Continue East on NW Marine Dr.
28.7	→	NW Marine Dr takes a sharp R
28.9	←	At Trimble St Stay L onto NW Marine Dr.
29.6	←	L onto W 4th Ave

12.1 kilometers. +118/-121 meters

Dist	Type	Note
30.6	→	R onto Highbury St
30.7	↑	At the roundabout, continue straight to stay on Highbury St
30.9	←	At the roundabout, TURN L onto W 8th Ave/Off-Broadway Bikeway
32.6	↑	At the roundabout, continue straight to stay on W 8th Ave/Off-Broadway Bikeway
32.8	→	R onto Larch St
33.0	←	L onto W 10th Ave/10th Avenue Bikeway
34.1	↑	Enter the roundabout
35.1	↑	At the roundabout, continue straight to stay on W 10th Ave/10th Avenue Bikeway
37.2	←	L onto Ontario Street
38.3	→	R onto Athletes Way

8.7 kilometers. +60/-62 meters

Dist	Type	Note
38.4	→	R onto Seaside Bike Route
39.1	→	R onto Carrall Street Greenway
39.4	↰	Keep L onto Carrall Street Greenway
40.0	↗	Slight R
40.1	←	L to cross Powell
40.1	←	L onto walk way
40.1	↳	Sharp R onto Alexander Street
40.5	←	L onto Main Street
40.7	↰	Sharp L onto West Waterfront Road
40.8	↑	Continue onto East Waterfront Road
41.2	*i*	Thanks for Supporting the Mission to Seafarers
41.2	📍	End of route

2.9 kilometers. +30/-29 meters