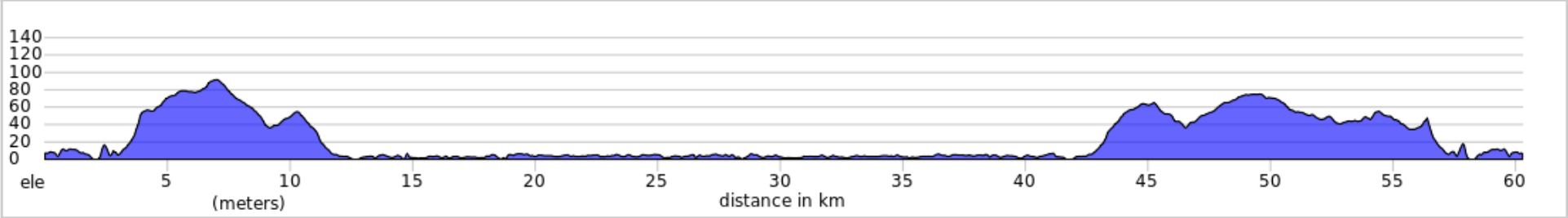
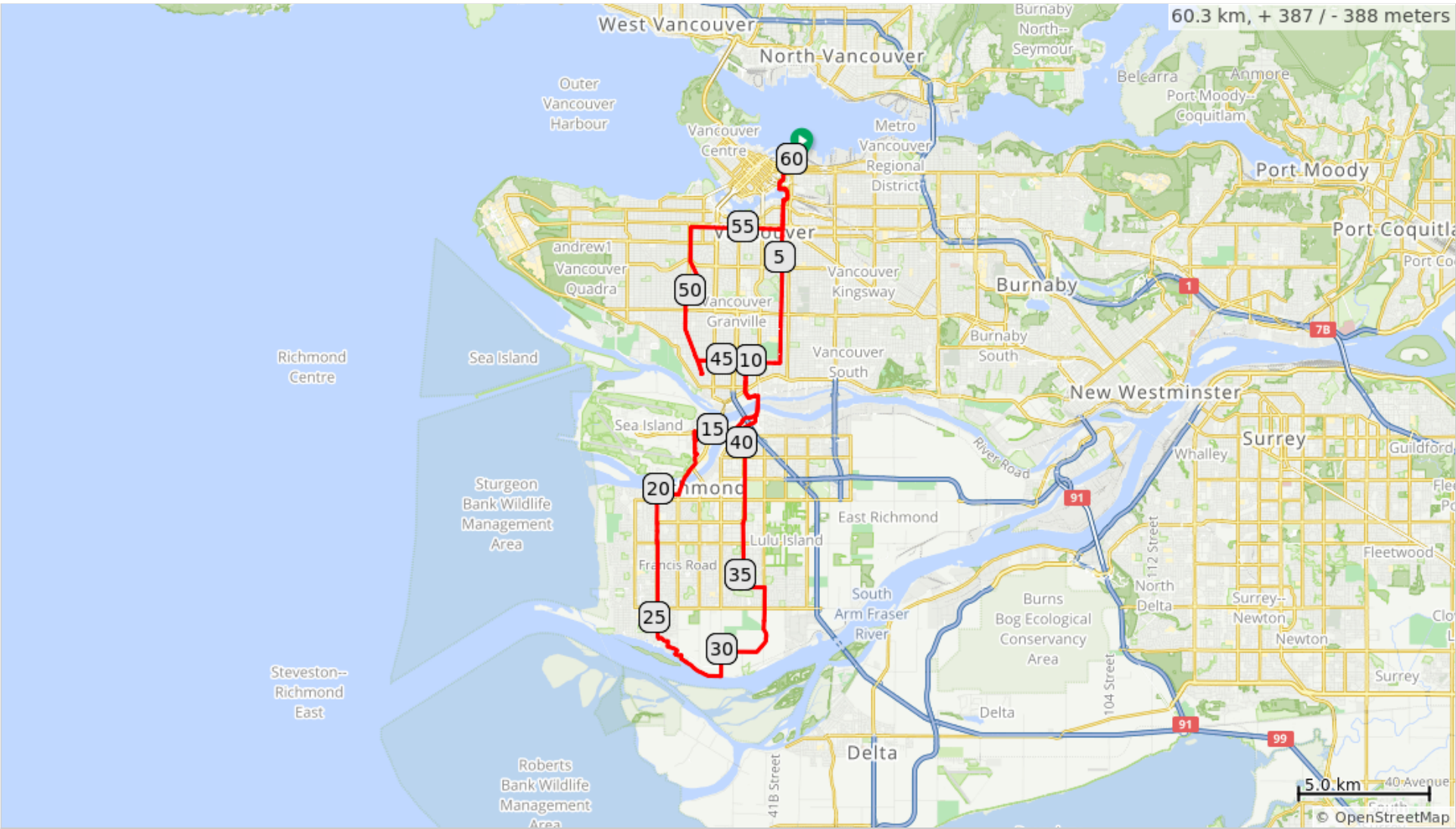


# 2023 MTS 60 Km Route



60.3 km, + 387 / - 388 meters



## 2023 MTS 60 Km Route

Dist	Type	Note
0.0	📍	Start of route
0.4	➡	R onto Main St
0.7	➡	R onto Alexander St
2.0	⬅	L onto Seaside Bike Route
2.7	⬅	L onto path
2.9	↗	Slight L onto Ontario Street
3.8	↑	At roundabout, take exit 2 onto Ontario Street
4.0	↑	Continue onto Ontario Street
4.5	⬅	L onto East 16th Avenue
4.5	➡	R onto Ontario Street
6.6	↑	At the roundabout, continue straight to stay on Ontario St

6.6 kilometers. +105/-29 meters

Dist	Type	Note
7.0	↑	At the roundabout, continue straight to stay on Ontario St
9.0	➡	R onto West 59th Avenue
9.7	↑	Continue straight across Cambie Street
10.3	⬅	At roundabout, take exit 3 to go L onto Heather Street
10.4	↑	At the roundabout, continue straight to stay on Heather St/Heather Bikeway
10.6	↑	At the roundabout, continue straight to stay on Heather St/Heather Bikeway
10.8	↑	At the roundabout, continue straight to stay on Heather St/Heather Bikeway
11.1	↑	At the roundabout, continue straight to stay on Heather St/Heather Bikeway

4.4 kilometers. +18/-76 meters

Dist	Type	Note
11.4	➡	R onto SW Marine Dr Path
11.4	⬅	L onto Heather St/Heather Bikeway
11.7	⬅	L onto West Kent Avenue North
12.0	↘	Sharp R onto Canada Line Bridge Bikeway
12.1	➡	R to go up Canada Line Bikeway
13.1	➡	R onto River Drive
14.1	➡	R onto River Road
14.3	↑	Continue onto River Road
14.4	➡	R onto Bridgeport Road
14.8	↗	Keep R
16.1	↙	Sharp L onto Templeton Street
16.3	➡	Sharp R onto Grant McConachie Way E

5.2 kilometers. +19/-31 meters

Dist	Type	Note
16.4	⬅	L onto Templeton St
16.7	⬅	L
16.7	➡	R
16.8	➡	R
17.4	➡	R
17.9	↗	Keep R
18.1	↑	Cross Inglis Drive
18.2	➡	R onto Russ Baker Way Bike lane
19.1	⬅	Cross merging road. Watch for Cars!!!!
19.1	↗	Slight R
19.2	➡	R onto Dover Crescent
19.6	➡	R onto Lynas Lane
19.7	⬅	L onto River Road
20.1	⬅	L onto McCallan Road Trail

3.8 kilometers. +13/-10 meters

Dist	Type	Note
20.5	↖	Slight L onto McCallan Road Trail
21.3	↑	Cross Granville onto bike way
22.1	↗	Exit path way onto bike lane on Railway
22.1	→	R onto Railway Avenue
25.5	↑	Cross Moncton and stay on Railway
25.7	←	L onto Brunswick Drive
26.1	→	R onto Trites Road
26.3	←	L onto Dyke Road
27.1	→	R onto Dyke Rd
28.9	⚓	REST STOP #1 and WASHROOMS
28.9	←	Keep L onto Number 3 Road
29.9	→	R onto Finn Road

9.8 kilometers. +32/-32 meters

Dist	Type	Note
31.6	↑	Continue straight onto No 4 Rd
33.0	↑	Cross Steveston Highway and Continue onto No. 4 Road
33.8	←	L onto Williams Road
34.6	→	R onto Garden City Road
37.1	↗	Keep R
37.1	↗	Slight R onto Garden City Road
40.3	←	L onto Bridgeport Rd
40.3	→	R onto Canada Line Bikeway
40.5	→	R onto Beckwith Rd
40.6	←	L onto Great Canadian Way
40.7	→	R onto Van Horne Way

10.8 kilometers. +26/-26 meters

Dist	Type	Note
41.4	↑	Cross River Road and go up the Canada Line Bikeway
42.4	←	L onto Canada Line Bikeway/W Kent Ave S
42.5	←	L onto W Kent Ave N
42.8	→	R onto Heather St/Heather Bikeway
43.0	→	R
43.1	←	L onto Heather Street
43.6	↑	At roundabout, take exit 2 onto Heather Street
43.8	↑	At roundabout, take exit 2 onto Heather Street
44.0	↑	At the roundabout, continue straight to stay on Heather St/Heather Bikeway
44.2	↑	At the roundabout, take the 3rd exit onto W 59th Ave/N Arm Trail Greenway

3.5 kilometers. +55/-3 meters

Dist	Type	Note
45.3	→	R onto Masumi Mitsui Greenway
45.4	↗	Slight R onto West 59th Avenue
46.0	←	L onto Angus Dr
46.1	↑	Continue onto East Blvd
46.5	→	R onto W 64th Ave
46.5	⚓	REST STOP #2 AND BATHROOMS
46.6	↙	Sharp L onto Arbutus Greenway
47.3	↗	Keep R
48.2	←	L
48.6	→	Slight R to stay on Arbutus Greenway
49.1	→	R onto W 41st Ave
49.1	↑	Cross the road
49.1	→	R onto Arbutus Greenway

5.0 kilometers. +37/-26 meters

Dist	Type	Note
51.6	←	Slight L onto W King Edward Ave E
51.6	→	R onto Arbutus St
51.6	→	R onto W King Edward Ave W
51.6	←	L
52.2	↗	Keep R
52.3	→	R
52.7	↖	Keep L onto Arbutus Greenway
52.8	↘	Sharp R onto Arbutus Greenway
52.8	↻	Make a U-turn onto Arbutus Greenway
52.9	→	R onto West 10th Avenue
53.2	↑	At roundabout, take exit 2 onto West 10th Avenue

4.1 kilometers. +6/-13 meters

Dist	Type	Note
59.2	↑	Continue onto Alexander St
59.6	←	L onto Main St
59.8	←	L onto E Waterfront Rd
60.3	i	Thank you for supporting the Mission to Seafarers
60.3	📍	End of route

2.0 kilometers. +6/-12 meters

Dist	Type	Note
54.3	↑	At the roundabout, continue straight to stay on W 10th Ave/10th Avenue Bikeway
56.2	↖	Take 2nd exit to stay on W 10th Ave/10th Avenue Bikeway
56.4	↑	At the roundabout, take the 3rd exit onto Ontario St
57.3	↗	Keep R
57.4	↖	Keep L
57.5	↘	Sharp R
57.5	↻	Make a U-turn
57.5	→	R onto Seaside Bike Route
57.8	↑	Continue onto Seaside Bicycle Route
58.0	←	L to stay on Seaside Bicycle Route
58.3	→	R

5.1 kilometers. +25/-80 meters