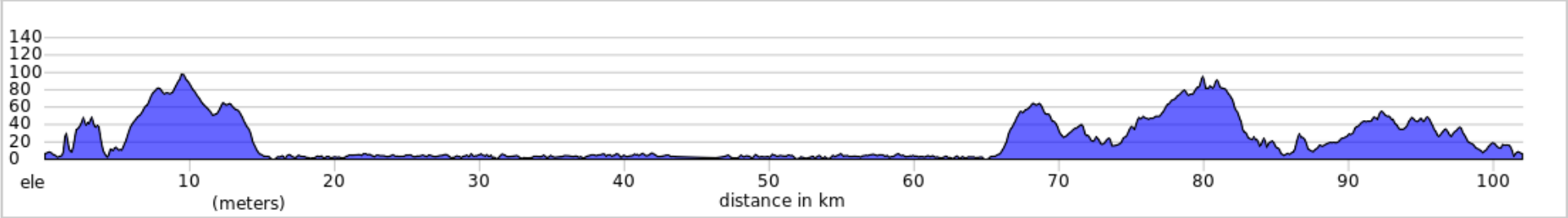
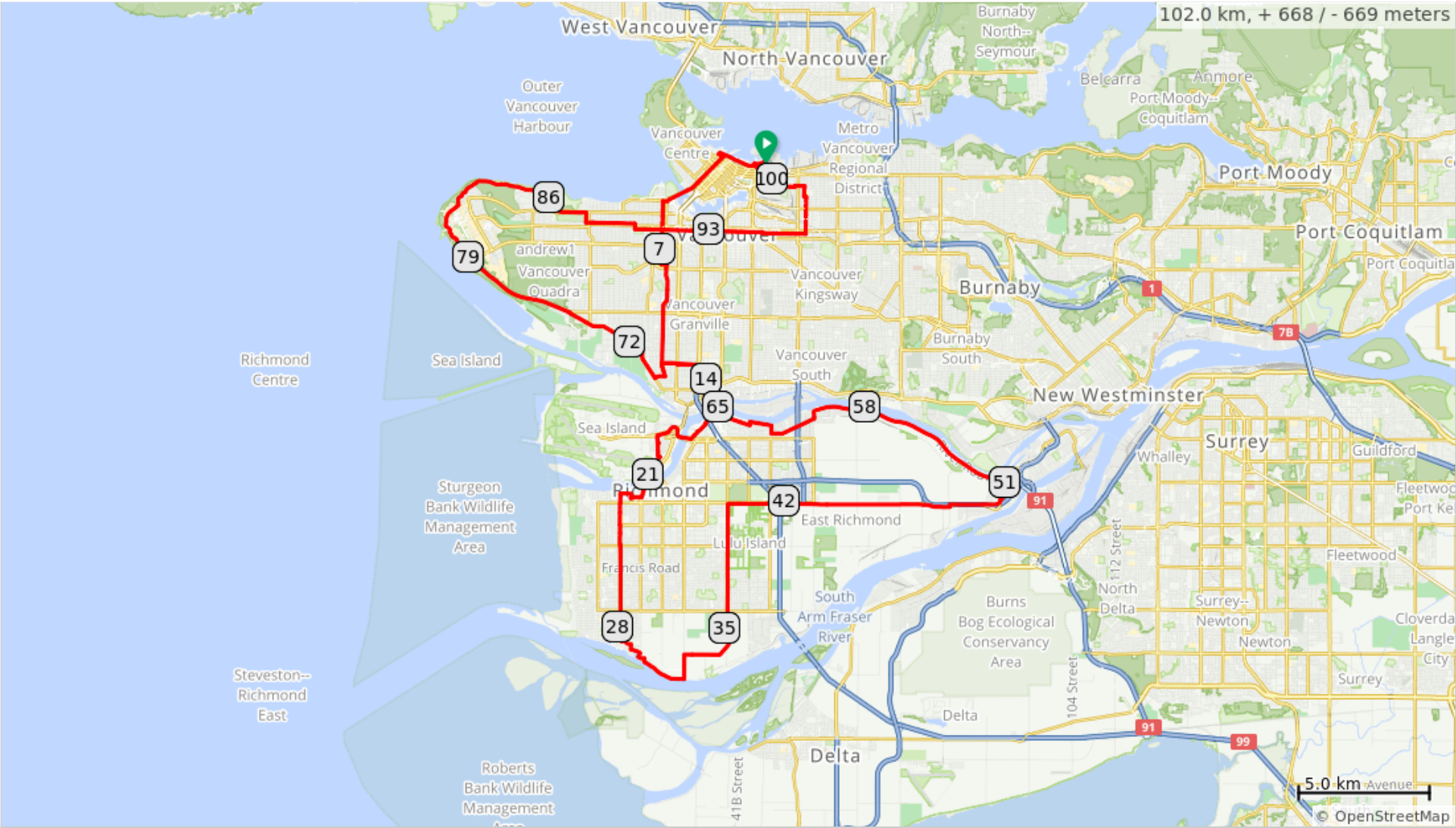


# 2023 MTS 100 km route



## 2023 MTS 100 km route

Dist	Type	Note
0.0	📍	Start of route
0.5	↑	Continue Straight down Waterfront Rd.
1.8	←	L up the ramp to Cordove Street
2.0	↑	Continue onto W Cordova St
2.1	→	R onto Burrard St
2.3	↑	Continue straight to stay on Burrard St
3.9	↑	Go over the Burrard St. Bridge using the bike path
4.9	→	R onto Cornwall Ave
5.0	←	L onto Cypress St.
5.6	↑	Stay on Cypress St to Matthews Ave.
7.5	←	L onto Matthews Ave
7.7	→	R onto Angus Dr

7.7 kilometers. +148/-76 meters

Dist	Type	Note
11.6	←	L onto W 59th Ave/N Arm Trail Greenway
12.2	←	Just after Granville St Turn L onto W 59th Ave/N Arm Trail Greenway
13.4	→	R onto Heather St
14.5	→	Cross SW Marine Dr and stay on Heather St
14.8	←	L onto W Kent Ave N
15.1	→	R onto Ash St/Canada Line Bikeway
15.2	→	R and take ramp up onto Canada Line Bikeway bridge
16.2	→	R onto River Dr
16.8	→	R to stay on River Rd and go past River Rock Casino
17.2	→	R onto River Rd

9.5 kilometers. +24/-72 meters

Dist	Type	Note
17.5	→	R onto Airport Connector Bridge/Bridgeport Rd/Sea Island Way
17.9	↑	Ramp to Airport Main Terminal/Aéroport de Aéroport principale
18.9	↑	Merge onto Grant McConachie Way E
19.2	←	L onto Templeton St. Use Pedestrian crosswalk.
19.4	←	L and enter bikeway
19.5	→	R
19.8	↑	Continue onto Wellington Crescent
20.1	→	R onto Catalina Crescent
20.1	→	R onto Airport Rd
20.3	→	R onto bike path

3.1 kilometers. +8/-10 meters

Dist	Type	Note
20.9	↘	Enter Russ Baker Way and stay in bike lane to cross Number 2 Bridge
21.9	→	R and take path
22.0	→	R onto Dover Crescent
22.3	→	R onto Lynas Ln
22.5	←	L onto River Rd
22.9	←	L onto McCallan Rd
23.2	↑	Straight across Westminster Hwy onto bikeway
28.5	←	L onto Brunswick Dr
28.9	→	R onto Trites Rd
29.1	←	L onto Dyke Rd
29.7	↑	Continue Straight onto London Rd
29.9	→	R onto Dyke Rd
31.6	⚓	REST STOP #1 AND BATHROOMS

11.3 kilometers. +35/-34 meters

Dist	Type	Note
31.7	←	L onto No 3 Rd
32.6	→	R onto Finn Rd
39.8	→	R onto Westminster Highway
42.3	→	R onto Sidaway Rd
42.3	←	L onto Westminster Hwy
47.2	→	Cross Nelson and take segregated bike path on the R to stay along Westminster highway
48.2	←	L and go under the Highway
48.3	→	R onto Westminster Highway
50.3	→	Curve R to stay on Westminster Hwy
50.4	←	L to stay on Westminster Hwy
51.6	←	L onto River Rd

20.0 kilometers. +47/-48 meters

Dist	Type	Note
51.6	←	L to stay on River Rd
60.0	←	Continue L onto No 6 Rd
60.3	→	R onto Vulcan Way
62.1	→	R onto No 5 Rd
62.4	←	L onto River Rd
63.2	←	L onto Shell Rd
63.3	→	R onto River Dr
64.6	→	R and take ramp up onto Canada Line Bikeway Bridge
65.6	←	L onto Canada Line Bikeway/W Kent Ave S
65.7	←	L onto W Kent Ave N
65.9	→	R onto Heather St/Heather Bikeway
66.2	→	Cross Marine Dr. and stay on Heather St/Heather Bikeway

14.6 kilometers. +54/-44 meters

Dist	Type	Note
67.6	←	L onto W 59th Ave/N Arm Trail Greenway
69.4	←	L onto Angus Dr.
69.7	↙	Sharp L onto East Boulevard
69.9	↘	Sharp R onto West 64th Avenue
70.0	⚡	REST STOP #2 AND BATHROOMS
70.3	→	R onto Southwest Marine Drive
74.6	↑	Continue straight to cross West 41st Ave and stay on SW Marine Drive
78.8	←	Stay on Marine Dr. around to the north side of UBC
81.6	←	At East Mall Turn L to stay on NW Marine Dr
81.8	←	Go down the hill WATCH YOUR SPEED!

15.6 kilometers. +138/-120 meters

Dist	Type	Note
83.9	←	Continue East on NW Marine Dr.
84.4	⚡	REST STOP #3 AND BATHROOMS
86.0	←	L to stay on NW Marine Dr. DON'T GO UP Trimble.
86.7	←	L onto W 4th Ave
87.6	→	R onto Highbury St
88.0	↑	L onto W 8th Ave/Off-Broadway Bikeway
89.7	↑	At the roundabout, continue straight to stay on W 8th Ave/Off-Broadway Bikeway
89.8	→	R onto Larch St.
90.1	←	L onto W 10th Ave/10th Avenue Bikeway
94.9	→	R onto Prince Edward St
95.0	←	L onto E 10th Ave

13.2 kilometers. +100/-70 meters

Dist	Type	Note
96.6	↑	L onto Woodland Dr
98.1	←	L onto William St
98.2	→	R onto McLean Dr
98.5	→	Cross Venables St and take a jog to the R to stay north on McLean Dr.
98.6	←	L onto Adanac St/Adanac Bikeway
99.0	↑	Continue straight onto Adanac Bikeway/Vernon Dr
99.0	←	Keep L onto Union Street
99.6	↑	Continue straight onto Adanac Bikeway
99.8	→	R onto Heatley Ave
100.0	↑	Straight through cut-through to stay on Heatley
100.5	←	L onto Alexander St
101.2	→	R onto Main St

6.3 kilometers. +25/-47 meters

Dist	Type	Note
101.5	←	L onto E Waterfront Rd
102.0	←	YEAH! YOU DID IT!

0.7 kilometers. +1/-1 meters