



LEGEND

- T** TRANSITION AREA
- START LINE
- ▣** BIKE FINISH
- 10** 1ST LOOP KILOMETER MARKERS
- 50** 2ND LOOP KILOMETER MARKERS
- 100** 3RD LOOP KILOMETER MARKERS
- U** U-TURN
- W** WATER/AID STATION TBD

TURN BY TURN DIRECTIONS

- Head southeast on Greenview Ave
 - Turn left onto Carling Ave
- Take the ramp onto Sir John A MacDonald Parkway East
 - Stay on parkway until it turns into Wellington St
 - Turn Right onto Lyon St
 - Turn Left onto Laurier Ave W
- Take Ramp onto Queen Elizabeth Driveway and head south
- Turn Right onto Queen Elizabeth Pl towards Wilton Crescent and Bank St
 - Turn Right onto Wilton Crescent
 - Turn Right onto Bank St
 - Turn Right onto Echo Dr
 - Turn Right onto Colonel By Dr and head north
- Colonel By Dr ends and becomes Sussex Dr – Continue North on Sussex Dr
- Sussex Dr continues along the Ottawa River and turns into Princess Ave
 - Princess Ave becomes Sir-George-Étienne-Cartier Pkwy
 - Stay on Sir-George-Étienne-Cartier Pkwy until it ends at Regional Rd 48/St Joseph Blvd where you will U-Turn prior to the intersection.
 - Stay on Sir-George-Étienne-Cartier Pkwy west until its Princess Ave, and then Sussex Dr again into Ottawa
 - Right onto Wellington St
 - Continue on Wellington St until it turns back into Sir John A MacDonald Parkway West
 - Stay on Sir John A MacDonald Parkway until the yet to be determined exact turn around point approx. near Deschênes Rapids Lookout and begin your second or final loop.
 - Repeat these steps above until you return to our transition area for the final time and dismount.
 - Exact transition area is still being determined and right now it shows on Wellington St. This remains to be determined but it will be in and around this general area within 800 meters

