


































Shelter Valley Shuffle (Medium Route, 83 km)

Ride Starts at Covert St. Parking, Cobourg

0.0	0.0		South through Henley Arcade Walkway, then east on King St.			
7.2	7.2		Brookside Rd.	1.4	53.2	 C.R.2 <i>(unmarked; stop sign)</i>
2.0	9.2		Danforth Rd.	1.2	54.4	 Gully Rd.
1.7	10.9		Hoskin Rd.	1.5	55.9	 Gully Rd. <i>(becomes Danforth Rd.)</i>
2.1	13.0		The Scot's Line <i>becomes Grill's Rd.</i>	6.8	62.7	 Nagle Rd.
5.6	18.6		Clouston Rd.	2.9	65.6	 Van Luven Rd.
3.1	21.7		Massey Rd (St. Anne's Inn)	0.2	65.8	 C.R.45
0.4	22.1		Academy Hill Rd. (stop sign)	1.5	67.3	 Harwood Rd. (C.R.15)
1.6	23.7		C.R. 23 <i>(unmarked; stop sign)</i>	1.5	68.8	 Racetrack Rd.
3.7	27.4		Eddystone Rd.	1.4	70.2	 Leach Rd. <i>(watch for the sign!)</i>
4.7	32.1		Broomfield Rd.	0.3	70.5	 Rose Rd.
4.0	36.1		Shelter Valley Rd.	1.3	71.8	 Ferguson Rd.
7.1	43.2		C.R. 2 <i>(unmarked; stop sign)</i>	0.2	72.0	 Ball Rd.
2.1	45.3		Lunch @ Grafton Arena <i>back-track east on C.R.2 after lunch</i>	0.8	72.8	 Cornish Hollow Rd.
0.4	45.7		Old Danforth Rd. <i>becomes Station Rd.</i>	3.8	76.6	 Ontario St. (stop sign) <i>(jog R/L on Dale Road)</i>
2.2	47.9		Lakeshore Rd. (stop sign)	5.6	82.2	 University Ave. (traffic lights)
3.9	51.8		Archer's Rd.	0.5	82.7	 George St. (traffic lights)
				0.4	83.1	 Home

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	Before lunch	After lunch	Total
LONG	58 km	44 km	102 km
MEDIUM	46 km	37 km	83 km
SHORT	31 km	23 km	54 km

Cobourg

Start

Baltimore

Grafton

LUNCH

Centreton

Carme

Wicklow Church (1824)

