

Short Route – 45 kms

56 Km Ride - Elevation 363 M									
Leg	Total				Leg	Total			
0.0	0.0	START at Orono Park			1.2	50.4			L on Concession 4 and over to Lawrence Rd
0.1	0.1	Proceed out of Park on Leigh St to Station St			2.2	52.6			R on Lawrence Rd and up to Concession Rd 5
0.1	0.2	R on Station St and over to Main St			2.3	54.9			L on Concession Rd 5 and over to Main St in Orono
1.9	2.1	L on Main St and up to Taunton Rd			1.0	55.9			R on Main St and up to Station St
2.2	4.3	Cross Taunton Rd onto Best Rd and up to Concession 7 Rd			0.1	56.0			L on Station St and over Leigh St
3.2	7.5	L on Concession 7 and over to Darlington Clarke Townline			0.1	56.1			L on Leigh St and back to cars (time to picnic)
0.3	7.8	R onto Darlington Clarke Townline over the 407 to Concession Rd 6							
5.0	12.8	L onto Concession 6 and over to Middle Rd							
6.2	19.0	L on Middle Rd and down to roundabout on Concession 3							
1.7	20.7	Around the roundabout and East on Concession 3 and over to Mearns Ave.							
1.2	21.9	R on Mearns Ave and down to Sprucewood Crescent							
0.4	22.3	L on Sprucewood Crescent and over to bike path entrance just beyond Madden Place.							
1.1	23.4	L onto Bike Path, staying to the right, wind your way down to Concession Rd E. (Shorter route instructions picks up from here)							Shorter Ride - 45 Kms
1.0	24.4	Cross Concession Rd E and continue on Bike Path down to Mearns Ave			0.0	0.0			START at Orono Park
0.4	24.8	L onto Mearns Ave and down to King St (Highway 2)			0.1	0.1			Proceed out of Park on Leigh St to Station St
1.2	26.0	Cross King St (use crossing lights), back onto bike path (passing baseball field and Visual Arts Centre) and follow down to Simpson Ave.							L on Station St and over Ochonski Rd
0.3	26.3	Sharp right onto Simpson Ave and up to Southway Drive			1.0	1.0			L on Ochonski Rd and down to Concession 5
0.5	26.8	L onto Southway Drive and over to Liberty St			2.0	3.0			R on Concession 5 and over to Regional Rd 42
0.1	26.9	L onto Liberty St and down to Ontario St			2.0	5.0			R on Regional Rd 42 and up to Concession 4
0.1	27.0	R onto Ontario St and up to Nelson St			2.5	7.5			L on Concession 4 and over to Bragg Rd
0.5	27.5	L onto Nelson St and over to bike path entrance at Nelson Parkette			1.8	9.3			L on Bragg Rd and down to Concession 3
0.8	28.3	Follow bike path, staying to the left, over to Baseline Rd			2.0	11.3			R on Concession 3 and over to Mearns Ave
0.7	29.0	Cross Baseline Rd and continue on bike path under the 401 to the Waterfront Trail (check the old iron Bridge half way through)			0.3	11.6			L on Mearns Ave and down to Sprucewood Crescent
8.7	37.7	L on the Waterfront Trail and continue over to Toronto St in Port of Newcastle.							Move over to the 23.4 K mark of the Long route for continued instructions
2.3	40.0	R on Waterfront Trail and continue along the waterfront around to Port of Newcastle Drive.							
0.6	40.6	R onto Port of Newcastle Dr to Mill St South							
1.0	41.6	L on Mill St S and up to Edward St							
0.6	42.2	R on Edward St and over to Brockhouse Dr							
0.4	42.6	L on Brockhouse Dr and up Highway 2							
2.1	44.7	Cross Highway 2 onto Arthur St and up to Concession 3							
2.5	47.2	R on Concession 3 and over to Golf Course Rd							
2.0	49.2	L on Golf Course Rd and up to Concession 4							