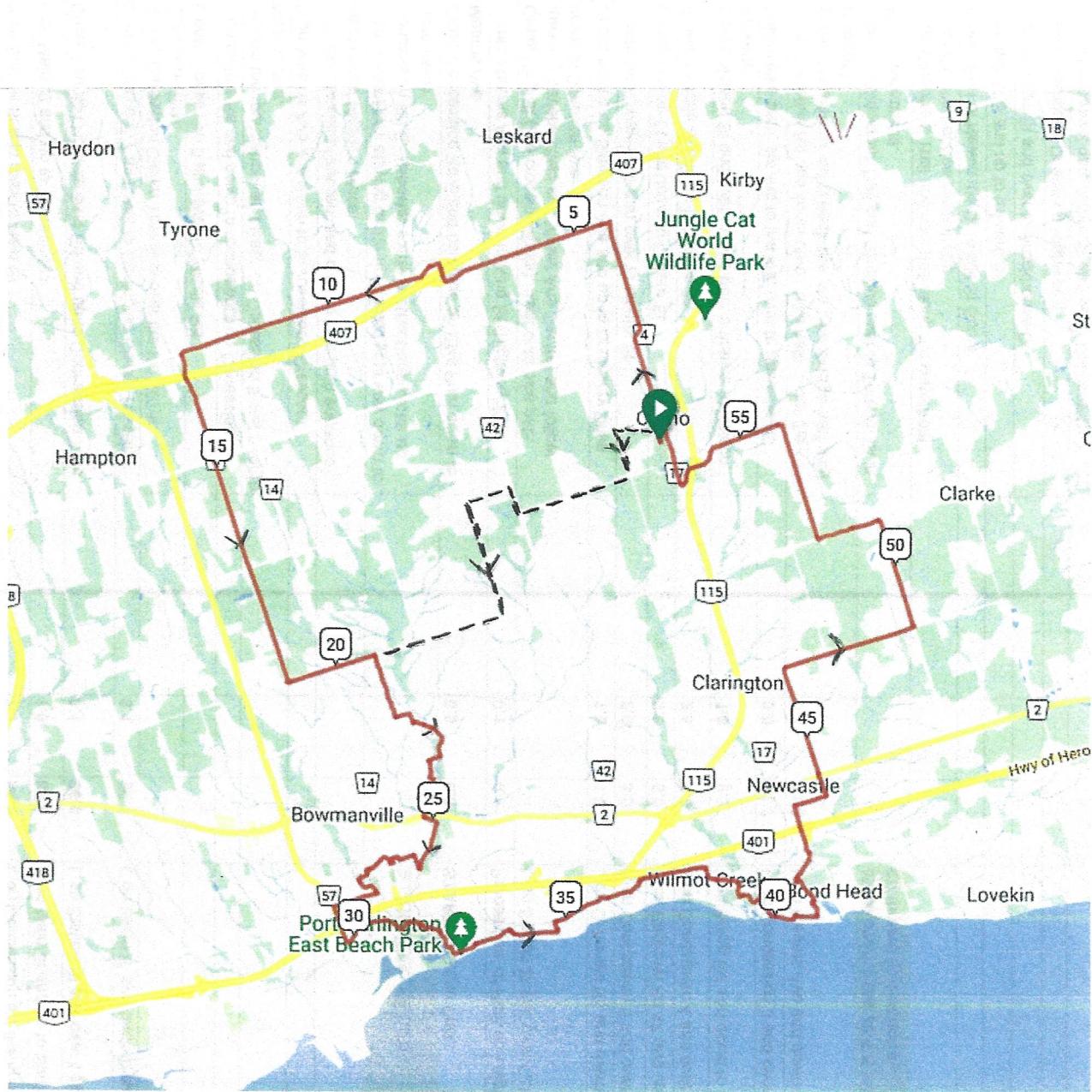


ORONO / BOWMANVILLE CIRCLE



Long Route – 56 kms

Short Route – 45 kms

56 Km Ride - Elevation 363 M			
Leg	Total	Leg	Total
0.0	0.0	START at Orono Park	
0.1	0.1	Proceed out of Park on Leigh St to Station St	
0.2	0.2	R on Station St and over to Main St	2.3
2.1	2.1	L on Main St and up to Taunton Rd	1.0
4.3	4.3	Cross Taunton Rd onto Best Rd and up to Concession 7 Rd	0.1
7.5	7.5	L on Concession 7 and over to Darlington Clarke Townline	0.1
7.8	7.8	R onto Darlington Clarke Townline over the the 407 to Concession Rd 6	
12.8	12.8	L onto Concession 6 and over to Middle Rd	
19.0	19.0	L on Middle Rd and down to roundabout on Concession 3	
20.7	20.7	Around the roundabout and East on Cocession 3 and over to Mearns Ave.	
21.9	21.9	R on Mearns Ave and down to Sprucewood Crescent	
22.3	22.3	L on Sprucewood Crescent and over to bike path entrance just beyond Madden Place.	
23.4	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)	
24.4	24.4	Cross Concession Rd E and continue on Bike Path down to Mearns Ave	0.0
24.8	24.8	L onto Mearns Ave and down to King St (Highway 2)	0.1
26.0	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.	
26.3	26.3	Sharp right onto Simpson Ave and up to Southway Drive	1.0
26.8	26.8	L onto Southway Drive and over to Liberty St	2.0
26.9	26.9	L onto Liberty St and down to Ontario St	2.0
27.0	27.0	R onto Ontario St and up to Nelson St	2.5
27.5	27.5	L onto Nelson St and over to bike path entrance at Nelson Parkette	1.8
28.3	28.3	Follow bike path, staying to the left, over to Baseline Rd	2.0
29.0	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
37.7	37.7	L on the Waterfront Trail and continue over to Toronto St in Port of Newcastle.	11.6
40.0	40.0	R on Waterfront Trail and continue along the waterfront around to Port of Newcastle Drive.	
40.6	40.6	R onto Port of Newcastle Dr to Mill St South	
41.6	41.6	L on Mill St S and up to Edward St	
42.2	42.2	R on Edward St and over to Brockhouse Dr	
42.6	42.6	L on Brockhouse Dr and up Highway 2	
44.7	44.7	Cross Highway 2 onto Arthur St and up to Concession 3	
47.2	47.2	R on Concession 3 and over to Golf Course Rd	
49.2	49.2	L on Golf Course Rd and up to Concession 4	
Move over to the 23.4 Km mark of the Long route for continued instructions			