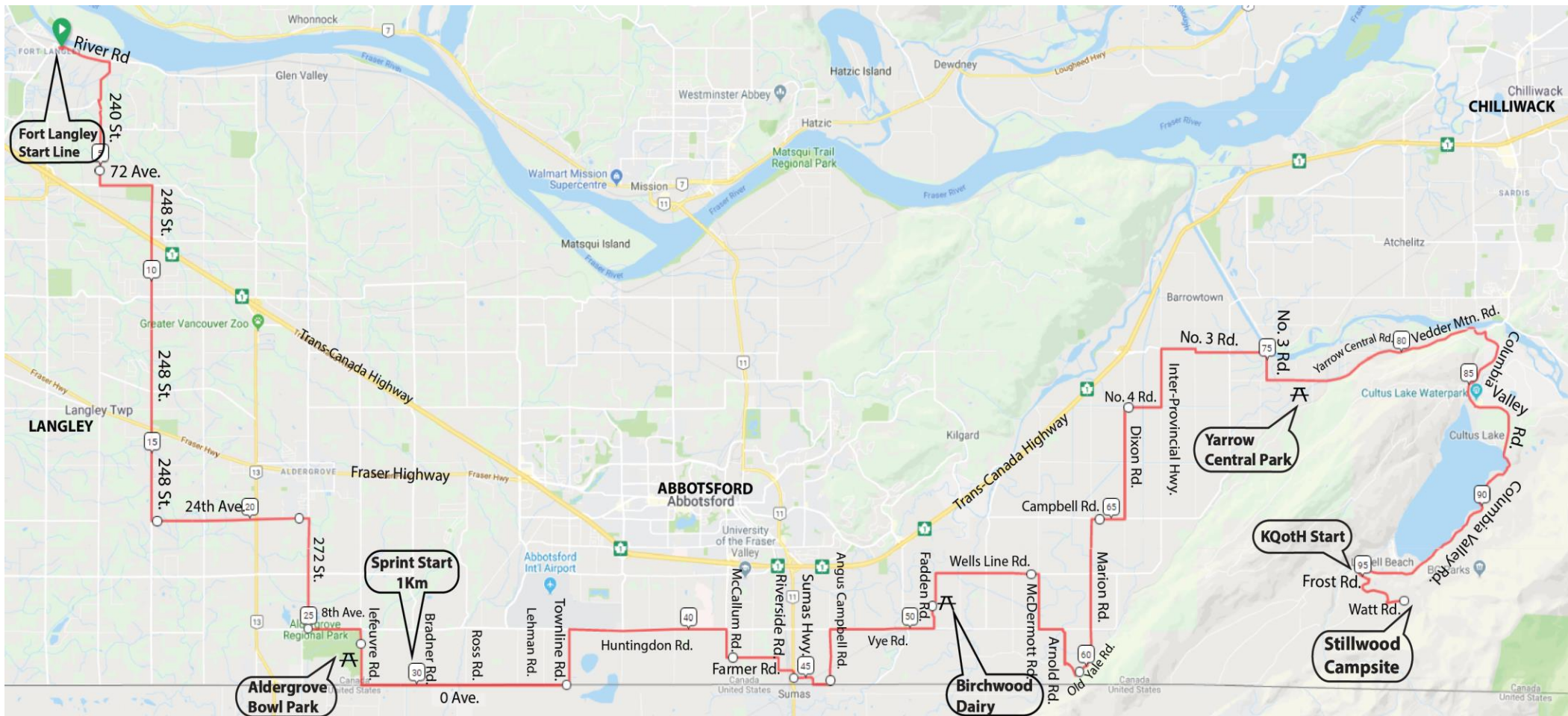


Day 1 – Bicycle Trek for Life & Breath – Day 1



Event Day Numbers:

Helen Reeves: 604-346-9962
 Chris Lam: 778-867-8682
 Marissa McFadyen: 604-828-7260

Medical: 778-867-3676 (Non- Emergency)
 Medical: EMERGENCY 911



Day 1 – Bicycle Trek for Life & Breath – Day 1

Ride Start

Fort Langley Historical Site
(23433 Mavis Ave, Langley
City)

Turn right on Mavis Ave
Turn right on Road River
Turn right on 240th St
Turn left on 240th St
Turn left on 72nd Ave
Turn right on 248th St
Turn left on 24th Ave
Turn right on 272nd St
Turn left on 8th Ave
Turn right on Lefeuvre Rd

Rest Stop #1

Aldergrove Bowl Park
(Enter off Lefeuvre Rd,
Aldergrove)

Continue south on Lefeuvre
Rd
Turn left on 0 Ave
**SPRINT START AT
BRADNER RD**
Turn left on Townline Rd
Turn right on Huntingdon Rd
Turn right on McCallum Rd
Turn left on Farmer Rd
Turn right on Riverside Rd
Turn left on 4th Ave
Turn right on B St
Turn left on 2nd A
2nd Ave turns into Boundary
Rd
Turn left on Angus Campbell
Rd

Rest Stop #2

Birchwood Dairy Farm
(1154 Fadden Rd,
Abbotsford)

Continue North on Fadden
Turn right on Wells Line Rd
Turn right on McDermott Dr
Turn left on Vye Rd
Turn right on Arnold Rd
Turn left on Old Yale Rd
Turn left at Marion Rd
Turn right on Campbell Rd
Turn left on Dixon Rd
Turn right at No 4 Rd
Turn left at Inter-Provincial
Hwy
Turn right at No 3 Rd
Turn right at Tolmie Rd, then
immediate left at No 3 Rd
Turn left at Yarrow Central Rd

Rest Stop #3

Yarrow Central Park
(42348 Yarrow Central Rd)

Continue East on Yarrow
Central Rd
Turn right on Cultus Lake Rd
Turn left on Frost Rd
KQoH START AT FROST RD
Turn left on Watt Rd
Arrive at Camp Stillwood
(44005 Watt Rd, Lindell
Beach)

CONGRATULATIONS!!
100km's down, 100kms to
go!



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