

**Pathway Permanent 110**

<b>Total Distance:</b>		110.6399999999996 KM		Services: F=Food Store, H=Hotel/Motel R=Restaurant, W=Water		
<b>Nominal Distance:</b>		110 KM				
<b>Start Time:</b>		08:00				
<b>Time Limit:</b>						
<b>Ctrl #</b>	<b>Directions</b>	<b>Services Available</b>	<b>Interval Distance (KM)</b>	<b>Cumulative Distance (KM)</b>	<b>Opening Time</b>	<b>Closing Time</b>
S	Start of route		0	0	8:00 +0 dy	9:00 +0 dy
	Turn right onto Citadel Blvd NW		00.71	1	8:01 +0 dy	9:02 +0 dy
	Continue onto Citadel Green NW		00.35	1	8:01 +0 dy	9:03 +0 dy
	Turn left		00.01	1	8:01 +0 dy	9:03 +0 dy
	Turn right onto Symons Valley Rd regional pathway		5.08	6	8:10 +0 dy	9:18 +0 dy
	Turn left		00.56	7	8:11 +0 dy	9:20 +0 dy
	Continue onto Symons Valley Rd regional pathway		00.04	7	8:11 +0 dy	9:20 +0 dy
	Turn left		00.64	7	8:13 +0 dy	9:22 +0 dy
	Continue onto Beddington Tr regional pathway		00.26	8	8:13 +0 dy	9:22 +0 dy
	Turn sharp left		00.75	8	8:14 +0 dy	9:25 +0 dy
	Turn left onto Beddington Trail NW		00.02	8	8:14 +0 dy	9:25 +0 dy
	Continue		1.17	10	8:16 +0 dy	9:28 +0 dy
	Turn left onto sidewalk		00.34	10	8:17 +0 dy	9:29 +0 dy
	Turn right		0	10	8:17 +0 dy	9:29 +0 dy
	Turn right onto Nose Creek Pathway		1.79	12	8:20 +0 dy	9:35 +0 dy
	Turn left		00.68	12	8:21 +0 dy	9:37 +0 dy
	Turn right onto Nose Creek Pathway		00.05	12	8:21 +0 dy	9:37 +0 dy
	Continue		2.03	14	8:25 +0 dy	9:43 +0 dy
	Turn right onto Nose Creek Pathway		00.04	15	8:25 +0 dy	9:43 +0 dy
	Turn slight right		3.96	18	8:32 +0 dy	9:55 +0 dy
	Turn left onto Goddard Avenue NE		00.04	19	8:32 +0 dy	9:55 +0 dy
	Turn right onto Nose Creek Pathway		00.05	19	8:32 +0 dy	9:55 +0 dy
	Turn slight left		1.55	20	8:35 +0 dy	10:00 +0 dy
	Turn left onto 36 Avenue NE		00.01	20	8:35 +0 dy	10:00 +0 dy
	Turn right onto 32 Avenue NE		00.01	20	8:35 +0 dy	10:00 +0 dy
	Turn right		00.37	21	8:36 +0 dy	10:01 +0 dy
	Turn left onto Nose Creek Pathway		00.09	21	8:36 +0 dy	10:01 +0 dy
	Continue onto Bike Path		1.25	22	8:38 +0 dy	10:05 +0 dy
	Turn slight left onto Nose Creek Pathway		00.03	22	8:38 +0 dy	10:05 +0 dy
	Turn left		3.1	25	8:44 +0 dy	10:14 +0 dy
	Turn right onto Bow River Pathway (North)		00.05	25	8:44 +0 dy	10:15 +0 dy
	Turn right		1.8	27	8:47 +0 dy	10:20 +0 dy
	Turn right onto Bow River Pathway		00.3	27	8:47 +0 dy	10:21 +0 dy
	Continue onto Bonnybrook Bridge Pathway		3.2	30	8:53 +0 dy	10:30 +0 dy
	Turn slight right onto Ogden Road Sidepath		00.22	31	8:53 +0 dy	10:31 +0 dy
	Turn slight right onto Bow River Pathway		00.02	31	8:53 +0 dy	10:31 +0 dy
	Turn slight right		1.66	32	8:56 +0 dy	10:36 +0 dy
	Turn slight right onto Bow River Pathway		1.15	33	8:58 +0 dy	10:40 +0 dy
	Turn slight right		1.15	35	9:00 +0 dy	10:43 +0 dy
	Continue onto Glenmore Tr Bridge Path		00.09	35	9:01 +0 dy	10:43 +0 dy
	Turn right		00.24	35	9:01 +0 dy	10:44 +0 dy
	Turn right onto Bow River Pathway		00.09	35	9:01 +0 dy	10:44 +0 dy
	Turn right		3.07	38	9:07 +0 dy	10:54 +0 dy
	Turn slight right onto Bow River Pathway		00.68	39	9:08 +0 dy	10:56 +0 dy
	Turn right		2.07	41	9:11 +0 dy	11:02 +0 dy
	Turn slight right onto Diamond Way SE		00.02	41	9:11 +0 dy	11:02 +0 dy

	Turn left		00.37	41	9:12 +0 dy	11:03 +0 dy
	Turn right onto Bow River Pathway		00.05	41	9:12 +0 dy	11:03 +0 dy
	Turn slight left		00.52	42	9:13 +0 dy	11:05 +0 dy
	Turn slight left onto Bow River Pathway		00.06	42	9:13 +0 dy	11:05 +0 dy
	Turn sharp right		00.34	42	9:14 +0 dy	11:06 +0 dy
	Continue onto paved path		00.51	43	9:15 +0 dy	11:07 +0 dy
	Turn left onto Paved Path		2.65	45	9:19 +0 dy	11:15 +0 dy
	Continue		00.35	46	9:20 +0 dy	11:16 +0 dy
	Continue onto Bridge 10 Fish Creek Pk		3	49	9:25 +0 dy	11:25 +0 dy
	Continue		00.04	49	9:25 +0 dy	11:26 +0 dy
	Turn slight right onto Bridge 8 Fish Creek Pk		5.03	54	9:34 +0 dy	11:41 +0 dy
	Continue		00.03	54	9:34 +0 dy	11:41 +0 dy
	Continue onto Bridge 7 Fish Creek Pk		2.21	56	9:38 +0 dy	11:47 +0 dy
	Continue		00.05	56	9:38 +0 dy	11:48 +0 dy
	Continue onto Bridge 5 Fish Creek Pk		00.72	57	9:40 +0 dy	11:50 +0 dy
	Continue		00.05	57	9:40 +0 dy	11:50 +0 dy
	Turn slight right onto Bridge 1 Fish Creek Pk		3.57	60	9:46 +0 dy	12:01 +0 dy
	Turn slight right		00.02	60	9:46 +0 dy	12:01 +0 dy
	Turn left onto Woodpath Road SW		1.36	62	9:48 +0 dy	12:06 +0 dy
	Continue onto Wood Valley Gate SW		00.02	62	9:48 +0 dy	12:06 +0 dy
	Turn left		00.01	62	9:48 +0 dy	12:07 +0 dy
	Turn left onto Anderson Road SW		1.63	63	9:51 +0 dy	12:13 +0 dy
	Turn right onto 37 Street SW		00.01	63	9:51 +0 dy	12:13 +0 dy
	Turn right		00.27	64	9:52 +0 dy	12:14 +0 dy
	Turn slight left onto Weaslehead regional pathway		3.8	67	9:59 +0 dy	12:29 +0 dy
	Continue		1.21	69	10:01 +0 dy	12:34 +0 dy
	Continue onto Weaslehead regional pathway		00.01	69	10:01 +0 dy	12:34 +0 dy
	Continue		1.42	70	10:03 +0 dy	12:40 +0 dy
	Continue onto Weaslehead regional pathway		00.08	70	10:03 +0 dy	12:40 +0 dy
	Turn slight right		00.57	71	10:04 +0 dy	12:43 +0 dy
	Turn right onto North Glenmore Park Road SW		1.79	73	10:08 +0 dy	12:50 +0 dy
	Turn right		00.36	73	10:08 +0 dy	12:51 +0 dy
	Turn right onto North Glenmore Park Road SW		00.58	73	10:09 +0 dy	12:53 +0 dy
	Continue onto Crowchild Trail SW		00.09	74	10:09 +0 dy	12:54 +0 dy
	Turn right		00.35	74	10:10 +0 dy	12:55 +0 dy
	Turn right onto Longridge Drive SW		00.16	74	10:10 +0 dy	12:56 +0 dy
	Turn left		00.01	74	10:10 +0 dy	12:56 +0 dy
	Turn left onto Longridge Drive SW		00.37	74	10:11 +0 dy	12:57 +0 dy
	Turn right		00.09	75	10:11 +0 dy	12:58 +0 dy
	Turn right onto Langrville Dr SW		00.38	75	10:12 +0 dy	12:59 +0 dy
	Turn slight left onto 20 Street SW		00.21	75	10:12 +0 dy	13:00 +0 dy
	Turn right onto 58 Avenue SW		00.29	75	10:13 +0 dy	13:01 +0 dy
	Turn slight left onto 19 Street SW		00.19	76	10:13 +0 dy	13:02 +0 dy
	Turn right		00.17	76	10:13 +0 dy	13:03 +0 dy
	Turn sharp left onto Elbow River Pathway		00.25	76	10:14 +0 dy	13:04 +0 dy
	Slight left onto Elbow River Pathway		00.53	77	10:15 +0 dy	13:06 +0 dy
	Turn right to stay on Elbow River Pathway		00.39	77	10:15 +0 dy	13:07 +0 dy
	Slight right to stay on Elbow River Pathway		00.07	77	10:15 +0 dy	13:08 +0 dy
	Continue onto Sandy Beach Bridge		00.75	78	10:17 +0 dy	13:11 +0 dy
	Turn slight right onto Elbow River Pathway		00.06	78	10:17 +0 dy	13:11 +0 dy
	Continue onto Riverdale Ave SW		00.42	78	10:18 +0 dy	13:13 +0 dy
	Slight right to stay on Riverdale Ave SW		00.59	79	10:19 +0 dy	13:15 +0 dy
	Slight left onto Elbow River Pathway		00.28	79	10:19 +0 dy	13:16 +0 dy
	Continue straight to stay on Elbow River Pathway		00.11	79	10:19 +0 dy	13:16 +0 dy

	Turn right onto Elbow River Pathway		00.05	79	10:19 +0 dy	13:17 +0 dy
	Continue onto Rideau Road SW		1.53	81	10:22 +0 dy	13:23 +0 dy
	Turn left onto Elbow River Pathway		00.21	81	10:22 +0 dy	13:24 +0 dy
	Continue onto Rideau Bridge		00.03	81	10:23 +0 dy	13:24 +0 dy
	Turn right onto Elbow River Pathway		00.06	81	10:23 +0 dy	13:24 +0 dy
	Continue		00.79	82	10:24 +0 dy	13:27 +0 dy
	Continue onto Elbow River Pathway		00.02	82	10:24 +0 dy	13:27 +0 dy
	Turn left		00.16	82	10:24 +0 dy	13:28 +0 dy
	Turn right onto 26 Avenue SW		0	82	10:24 +0 dy	13:28 +0 dy
	Turn left onto Elbow River Pathway		00.35	82	10:25 +0 dy	13:29 +0 dy
	Continue		00.25	83	10:25 +0 dy	13:30 +0 dy
	Turn right onto Elbow River Pathway		00.67	83	10:27 +0 dy	13:33 +0 dy
	Turn slight right		1.8	85	10:30 +0 dy	13:40 +0 dy
	Continue onto Elbow River Pathway		00.74	86	10:31 +0 dy	13:43 +0 dy
	Turn left		00.33	86	10:32 +0 dy	13:44 +0 dy
	Turn left onto 8 Street SE		00.09	86	10:32 +0 dy	13:45 +0 dy
	Turn right onto 9 Avenue SE		00.02	86	10:32 +0 dy	13:45 +0 dy
	Turn right onto Inglewood Bridge Approach		00.07	86	10:32 +0 dy	13:45 +0 dy
	Turn slight right onto Bow River Pathway (South)		0	86	10:32 +0 dy	13:45 +0 dy
	Turn right onto Inglewood Bridge Sidepath		00.01	86	10:32 +0 dy	13:45 +0 dy
	Continue onto Bow River Pathway (South)		00.06	86	10:32 +0 dy	13:45 +0 dy
	Turn right onto RiverWalk Pathway		00.01	86	10:32 +0 dy	13:45 +0 dy
	Continue onto RiverWalk Cycle Lanes		00.13	87	10:32 +0 dy	13:46 +0 dy
	Continue onto RiverWalk Pathway		00.41	87	10:33 +0 dy	13:48 +0 dy
	Turn slight right onto RiverWalk Pedestrian Way		00.35	87	10:34 +0 dy	13:49 +0 dy
	Turn slight right onto RiverWalk Cycle Lanes		00.83	88	10:35 +0 dy	13:52 +0 dy
	Turn slight right onto Bow River Pathway (South)		00.02	88	10:35 +0 dy	13:52 +0 dy
	Turn slight right		00.48	89	10:36 +0 dy	13:54 +0 dy
	Turn slight right onto Bow River Pathway (South)		00.45	89	10:37 +0 dy	13:56 +0 dy
	Turn slight right		00.22	89	10:37 +0 dy	13:57 +0 dy
	Turn right onto Bow River Pathway (South)		00.6	90	10:38 +0 dy	13:59 +0 dy
	Turn right		2.36	92	10:42 +0 dy	14:09 +0 dy
	Turn slight right onto Bow River Pathway (North)		00.32	93	10:43 +0 dy	14:10 +0 dy
	Turn slight left onto Bow River Pathway		00.61	93	10:44 +0 dy	14:13 +0 dy
	Continue onto Bow River Pathway (North, pedestrian)		2.83	96	10:49 +0 dy	14:24 +0 dy
	Turn slight left onto Bow River Pathway		00.93	97	10:51 +0 dy	14:28 +0 dy
	Turn left		00.83	98	10:52 +0 dy	14:31 +0 dy
	Turn right onto Bow River Pathway		00.63	98	10:53 +0 dy	14:33 +0 dy
	Turn left		00.41	99	10:54 +0 dy	14:35 +0 dy
	Turn left onto 52 Street NW		00.12	99	10:54 +0 dy	14:36 +0 dy
	Turn left onto Home Road NW		00.55	100	10:55 +0 dy	14:38 +0 dy
	Turn left		00.16	100	10:55 +0 dy	14:38 +0 dy
	Turn right		4.59	104	11:04 +0 dy	14:57 +0 dy
	Continue onto 51 Avenue Northwest		00.16	104	11:04 +0 dy	14:57 +0 dy
	Slight right		00.38	105	11:05 +0 dy	14:59 +0 dy
	Turn left		00.11	105	11:05 +0 dy	14:59 +0 dy
	Turn left toward Nose Hill Dr NW		00.8	106	11:06 +0 dy	15:03 +0 dy
	Turn right onto Nose Hill Dr NW		00.01	106	11:06 +0 dy	15:03 +0 dy
	Turn right		00.49	106	11:07 +0 dy	15:05 +0 dy
	Turn slight right onto Nose Hill Drive NW		00.36	107	11:08 +0 dy	15:06 +0 dy
	Turn right		00.17	107	11:08 +0 dy	15:07 +0 dy
	Turn right onto Nose Hill Drive NW		00.35	107	11:09 +0 dy	15:08 +0 dy
	Turn left		00.04	107	11:09 +0 dy	15:08 +0 dy
	Turn slight left onto sidewalk		00.61	108	11:10 +0 dy	15:11 +0 dy

	Turn left		00.2	108	11:10 +0 dy	15:11 +0 dy
	Continue onto sidewalk		00.02	108	11:10 +0 dy	15:12 +0 dy
	Turn left		00.21	108	11:10 +0 dy	15:12 +0 dy
	Turn left onto sidewalk		00.05	108	11:11 +0 dy	15:13 +0 dy
	Turn left		00.3	109	11:11 +0 dy	15:14 +0 dy
	Turn right onto Nose Hill Drive NW		00.04	109	11:11 +0 dy	15:14 +0 dy
	Continue		1.33	110	11:14 +0 dy	15:19 +0 dy
	Turn left onto sidewalk		00.1	110	11:14 +0 dy	15:20 +0 dy
	Turn slight left		00.17	110	11:14 +0 dy	15:20 +0 dy
	Turn right onto Citadel Drive NW		00.01	110	11:14 +0 dy	15:20 +0 dy
F	End of route		00.41	111	11:14 +0 dy	15:20 +0 dy