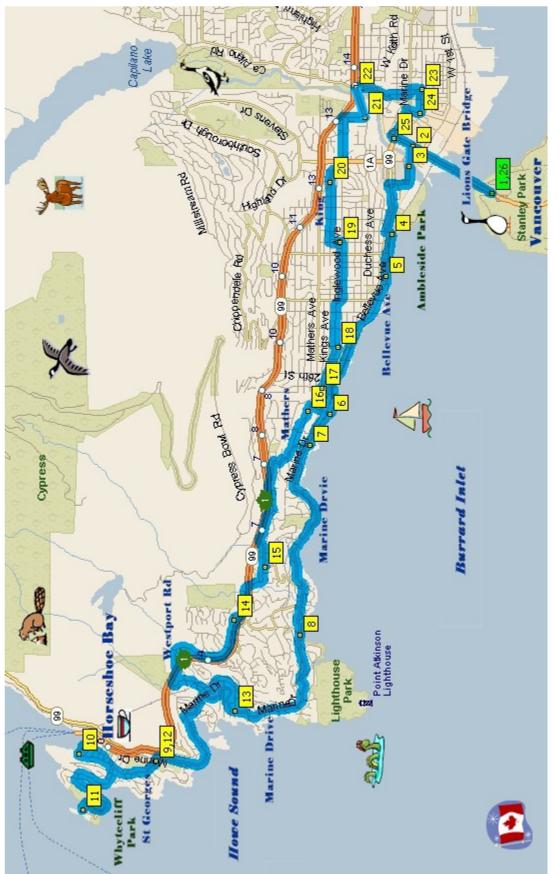
Stanley Park at Lions Gate Bridge - Horseshoe Bay 30 Miles (50 km)

	Mile		Instruction	For
1	0.0		Depart Stanley Park on Lions Gate Bridge northbound bike lane.	1.0 mi
2	1.0	R	Exit trail to Kwumkwum Road .	0.1 mi
	1.1		Loop under bridge to Bridge Street over Capilano Creek.	0.2 mi
3	1.3	L	Park Royal and pick up bike trail through Ambleside Park.	1.0 mi
4	2.3		Exit trail onto Argyle Avenue and continue.	0.2 mi
5	2.5	L	Bellevue Avenue.	1.9 mi
6	4.4	R	29th Street, then immediate left on Park Lane (Procter Avenue).	0.4 mi
7	4.8	R	31st Street, then immediate left on Marine Drive.	5.9 mi
8	7.1		Caulfeild Park - Fun side trip via Piccadilly to Lighthouse Park.	
9	10.7	L	Orchill Road (St. Georges Avenue/Nelson Avenue).	0.7 mi
	11.4	R	Chatham Street to Royal Avenue and left on Bay Street.	0.4 mi
10	11.8	L	Return to Nelson Avenue.	0.4 mi
	12.2	R	Marine Drive to Whytecliff Park.	1.4 m
11	13.6		Return on Marine Drive back to Nelson Avenue.	1.4 mi
	15.0	R	At roundabout, Nelson Avenue (St. Georges Avenue/Orchill Road).	0.6 mi
12	15.6	R	Marine Drive.	2.5 mi.
13	18.1	L	Westport Road (becomes Woodgreen Drive).	2.0 mi
14	20.1	R	Woodcrest Road (right on Almondel Road/Ripple Road).	0.8 mi
15	20.9	L	Westridge Avenue, then right at Southridge Avenue.	1.3 mi
	22.2	R	Bayridge Avenue, then left on Mathers Avenue (to 29th Street).	0.8 mi
16	23.0	L	Marine Drive.	0.2 mi
17	23.2	L	28th Street (Lawson Ave), then right at 27th Street to Haywood Ave.	0.6 mi
18	23.8	L	24th Street, then immediate right on Jefferson Avenue.	0.5 mi
	24.3	BR	Inglewood Avenue.	0.7 mi
19	25.0	L	14th Street, then right on Kings Avenue.	0.7 mi
20	25.7	BR	Burley Drive, then left on Inglewood Avenue (3rd Street).	1.0 mi
21	26.7	L	Keith Rd, right on dirt path to Fullerton Ave and cross Capilano River.	0.4 mi
22	27.1	R	Capilano Road, left on Hope Road, right on Tatlow Avenue.	0.9 mi
23	28.0	R	W 15th Street (Lawa Avenue).	0.3 mi
24	28.3	R	Lower Capilano Rd, left on Marine Drive, keep right onto clover leaf.	0.5 mi
25	28.8	L	Lions Gate Bridge and pick up bike trail to Vancouver.	1.2 mi
26	30.0		Return to <i>Stanley Park</i> .	

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