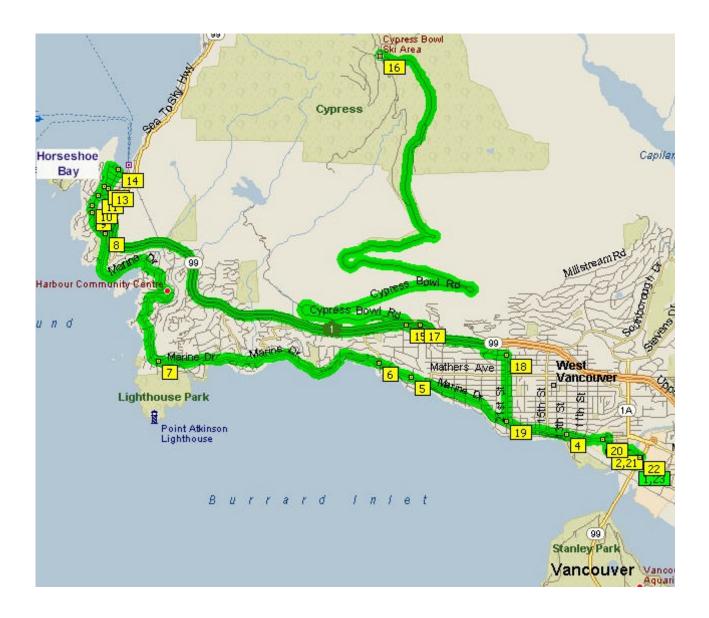# Vancouver North Shore - 20/40 Miles
North Vancouver - Horseshoe Bay - Cypress Bowl

Directions to start -

Take the ***Lions Gate Bridge*** from ***Stanley Park*** to ***West Vancouver*** on the North Shore. Bikes enter bridge from bike trail at the top of the Stanley Park Loop Route. On North Shore bikes exit at first chance and drop down under the bridge.

	Mile		Instruction	For
1	0.0	R	**Bridge Street**	0.6 mi
			(Continue over canal and behind ***Park Royal South Shopping Center***.)	
2	0.6	R	Around back of shopping center to exit.	0.3 mi
3	0.9	L	**Marine Drive**.	0.5 mi
4	1.4	LR*	At end of ***Ambleside Park***, **Bellevue Avenue**.	2.0 mi
5	3.4		Continue as **Park Lane**.	0.4 mi
6	3.8		Return to **Marine Drive** going west.	3.0 mi
7	6.8		***Lighthouse Park***.	2.9 mi
8	9.7	L	**Orchill Road**.	0.2 mi
9	9.9		Continue as **St Georges Crescent**.	0.3 mi
10	10.2	BR	**Nelson Avenue**.	0.2 mi
	10.4	R	**Chatham Street**.	0.1 mi
13	10.5	L	**Royal Avenue**.	0.3 mi
14	10.8		***Horseshoe Bay Park*** (Lunch Stop).	0.2 mi
	11.0		Take **Marine Drive** to **Hwy 1** east.	5.2 mi
15	16.2		Exit **Hwy 1** (exit 8) to ***Cypress Provincial Park*** & Return.	9.7 mi
			Cypress Bowl and back adds **19.6 miles** (31.6 km) to ride.	
16	---		Return after reaching **Ski Area** on **Cypress Bowl Road**.	9.7 mi
17	16.2		Continue east on **Hwy 1**.	1.3 mi
18	17.5	R	Exit **Hwy 1** (exit 10) on **21st Street**.	0.9 mi
19	18.4	L	**Marine Drive**.	1.3 mi
20	19.7	R	Into **Park Royal South** and continue to back.	0.1 mi
21	19.8	L	Back of shopping center and across canal to **Bridge Street**.	0.5 mi
23	20.3	BL	Staying on **Bridge Street**.	0.1 mi

* LR = Left followed by a right at next street.

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