

Eastern USA and Canada

- Welcome home to most of you.
- Remember, drive on the right side of the road.
- Expect warm and humid in the USA. Possible cooler weather in the north.
- Daylight will range from 5:00 to 5:55 am and 8:15 to 8:45 pm.
- Memorial Day Weekend falls while we are in the USA, so expect greater traffic volumes.
- Reset your bike computer to miles.
- D. C., New York, Ottawa, Montreal, Québec, and Cheesequake? Great cities in North America.
- Friendly folks, everywhere, as we all know.
- Can you say “Hay”?
- It seems most Canadians are even nicer than Americans.
- Don’t get used to buying anything you want whenever you want.
- You will have to ask for hot milk for your cereal.
- Pancakes and French toast....awesome!
- Not to demanding terrain, though some climbing will always be around. See what 7,000 miles of riding has done to your legs and body. Amazing, huh?

Day 133 Lisbon, Portugal to Washington DC, USA

12-May Fri

Day 134 Washington DC layover day

13-May Sat

Day 135 Washington DC layover day

14-May Sun

Day 136 Washington DC layover day

15-May Mon

Day 137 Washington DC layover day

16-May Tue

Day 138 Washington DC layover day

17-May Wed

Tomorrow: 80.5 miles of busy to quiet roads. More congestion than w might be used to. Plenty of services. Flat to rolling terrain.

Day 139 Washington DC to Freeland, MD (Page 1 of 3)

18-May Thu

Emergency #'s:

Tim's USA Cell: 1-206-601-6149 or Karen-Ann: 1-206-295-5385

Mi Accum

0.0 0.0 Leave Hostel. NOTE: The route to the next line/s will be posted or a supplemental DRG will be given out.

0.6 0.6 STRAIGHT to follow 7th St at Jct Florida. We are now on US 29. Road becomes Georgia Ave ahead.

3.0 3.6 STRAIGHT to follow Georgia Ave at Jct Missouri Ave at light.

1.2 4.8 Main entrance to the Walter Reed Army Medical Center on left at Jct Elder St.

0.5 5.3 Welcome to Maryland.

0.8 6.1 **RIGHT** onto Colesville Rd at light.

0.2 6.3 STRAIGHT to follow Colesville at the Town Center Hotel.

1.4 7.7 CROSS over I-495.

1.4 9.1 **BEAR RIGHT** onto Lockwood.

0.8 9.9 **LEFT** onto New Hampshire Av (SR 650) at light.

0.3 10.2 CROSS under SR 29.

4.5 14.7 STRAIGHT to follow SR 650 at Jct of Norwood Rd at light.

0.2 14.9 ENTER Cloverly.

1.2 16.1 Road becomes two-lanes.

2.3 18.4 STRAIGHT to follow SR 650 at Jct SR 108 (Ashton Rd) at light. Road loses shoulder.

3.3 21.7 STRAIGHT to follow SR 650 at Jct Brighton Dam Rd at light.

0.5 22.2 **BEAR LEFT** to follow SR 650.

2.3 24.5 ENTER Sunshine.

0.2 24.7 **RIGHT** onto SR 97 (Georgia Avenue) at light.

3.4 28.1 **RIGHT** onto Roxbury Rd.

0.5 28.6 **BEAR LEFT** onto Dorsey Mill Rd.

0.1 28.7 ENTER Howard County.

1.5 30.2 **BEAR RIGHT** to follow route at Sharp Rd.

0.1 30.3 **LEFT** onto Tridelphia Rd at stop sign.

0.9 31.2 **BEAR RIGHT** to follow Tridelphia Rd at Jct Ivory.

0.4 31.6 **LEFT** onto Ten Oaks Rd (SR 32) at stop sign. **CHECKPOINT** at the Enroy Service Station and Royal Farms store. Plenty of services.

0.4 32.0 **LEFT** onto SR 32 at light at "T".

Continued

Day 139 Washington DC to Freeland, Md (Page 2 of 3)

18-May Thu

Emergency #'s:

Tim's USA Cell: 1-206-601-6149 or Karen-Ann: 1-206-295-5385

Mi Accum

0.5 32.5 **LEFT** onto Pfefferkorn Rd. Don't miss.
2.6 35.1 **RIGHT** onto Route 144 at stop sign at "T".
1.6 36.7 **LEFT** onto SR 32 towards Sykesville at light. Services on left just before intersection.
0.4 37.1 **STRAIGHT** to follow SR 32 under I-70.
3.7 40.8 **BEAR RIGHT** to follow SR 32 at turnoff into Sykesville.
0.3 41.1 **ENTER** Carroll County.
0.1 41.2 **ENTER** Sykesville.
2.9 44.1 **ENTER** Eldersburg. Full services.
0.4 44.5 **STRAIGHT** to follow SR 32 (Sykesville RD) SR 26 at light.
2.4 46.9 **CROSS** over the Liberty Reservoir.
0.8 47.7 **ENTER** Louisville. No services.
1.1 48.8 **ENTER** Gambler.
0.6 49.4 **RIGHT** onto SR 91 towards Finksburg at light. Services.
3.1 52.5 **STRAIGHT** to follow SR 91 at Jct SR 140 9 Baltimore Blvd) at light. Services.
3.2 55.7 **ENTER** Baltimore County.
1.4 57.1 **STRAIGHT** to follow Emory Rd at Jct SR 30 at light.
0.2 57.3 **RIGHT** onto Old Hanover Rd at stop sign.
0.2 57.5 **LEFT** onto Byerly Rd. CAUTION RR Tracks ahead.
1.0 58.5 **RIGHT** onto Dover Rd at stop sign at "T".
0.7 59.2 **LEFT** onto Mt Zion Rd.
2.6 61.8 **LEFT** onto Black Rd (SR 88) at stop sign.
0.9 62.7 **RIGHT** onto Ridge Rd.
1.7 64.4 **LEFT** onto Falls Rd at stop sign.
0.3 64.7 **STRAIGHT** to follow Falls Rd at Jct SR 137. Services on corner.
1.5 66.2 **RIGHT** onto Gunpowder Rd.
0.9 67.1 **BEAR LEFT** to follow Gunpowder Rd at Jct Georges Creek Rd.
1.2 68.3 **RIGHT** onto Beckleysville Rd.
0.7 69.0 **LEFT** onto Mt. Zion.
0.2 69.2 **CAUTION** narrow bridge.
0.8 70.0 **CAUTION** narrow bridge.
1.6 71.6 **RIGHT** onto Black Rock Road at stop sign at "T"
1.4 73.0 **LEFT** on Benson-Mills Road.

Continued

Day 139 Washington DC to Freeland, Md (Page 3 of 3)

18-May Thu

Emergency #'s:

Tim's USA Cell: 1-206-601-6149 or Karen-Ann: 1-206-295-5385

Mi Accum

1.3 74.3 STRAIGHT to follow Benson-Mills Road at Jct Falls Road at stop sign.
0.3 74.6 CAUTION narrow bridge
0.2 74.8 **BEAR RIGHT** to follow Benson-Mills Road at Jct Dubbs Road.
0.8 75.6 STRAIGHT at Jct Yeoho at stop sign.
0.7 76.3 **RIGHT** at stop sign at "T".
2.2 78.5 **LEFT** onto Cold Bottom Road at stop sign at "T".
0.8 79.3 CROSS over I-83.
0.5 79.8 **LEFT** onto York Road at stop sign.
0.4 80.2 **RIGHT** onto Corbett Road.
0.3 80.5 **LEFT** into Hereford Middle School for camping on a school day.

80.5 Today's Mileage

80.5 Stage Mileage

7455.2 Trip Mileage

12,292.5 Total Trip Kilometers

Services: Limited services in town.
Camping: Field will be determined by other activities for the evening.
Toilets: Ask for closest locations.
Showers: TK&A showers.
Dinner: 6:00 to 7:30 pm catered at the school in cafeteria.
Breakfast: 6:30 to 8:00 am catered outside at camp.
Tomorrow: 65.3 miles. Hilly morning, Amish afternoon.

Day 140 Freeland to Lancaster, PA (Page 1 of 3)

19-May Fri

Emergency #'s:

Tim's USA Cell: 1-206-601-6149 or Karen-Ann: 1-206-295-5385

Mi Accum

0.0 0.0 **RIGHT** from the Hereford Middle School.
0.3 0.3 **RIGHT** onto York Road at stop sign.
1.4 1.7 STRAIGHT to follow York Road at Jct Mt. Carmel Road at stop light
1.7 3.4 Enter Wiseburg.
1.8 5.2 Enter Little Falls and Parkton.
1.2 6.4 CROSS over I-83.
3.3 9.7 STRAIGHT to follow route at turn-off to I-83 & SR-439.
1.0 10.7 STRAIGHT to follow route at Jct Freeland Road at stop light.
2.2 12.9 STRAIGHT to follow SR 45 (York Rd) at stop sign.
0.2 13.1 Welcome to Pennsylvania. Sorry, no sign.
0.2 13.3 **RIGHT** onto Stewartstown Rd.
0.2 13.5 CROSS over I-83.
1.7 15.2 **BEAR LEFT** to follow Stewartstown Rd at Jct Hebel Rd.
1.0 16.2 **BEAR RIGHT** to follow Stewartstown Rd at Jct Davis Valley Rd.
0.6 16.8 STRAIGHT to follow Stewartstown Rd at Jct Ridge Meadow Rd at stop sign.
0.5 17.3 **BEAR RIGHT** onto Church St in the middle of a climb.
0.7 18.0 **LEFT** onto Main St (we are in Stewartsville) at stop sign at "T". Full services ahead.
0.1 18.1 **RIGHT** onto SR 851 (becomes College Ave, then Pleasant Valley Rd).
2.5 20.6 **RIGHT** onto Woolen Mill Rd to follow SR 851.
0.6 21.2 STRAIGHT to follow Woolen Mill Rd at Jct Grove Mill Rd. Rough road in places.
2.6 23.8 **LEFT** onto New Park Rd towards Fawn Grove at stop sign at angled "T".
0.1 23.9 **BEAR LEFT** onto New Park Rd towards Gatchellville as SR 851 continues right.
3.2 27.1 STRAIGHT to follow New Park Rd at Jct Gatchellville Rd/Fawn Grove Rd.
0.4 27.5 **RIGHT** onto Bridgeton Rd.
2.5 30.0 STRAIGHT to follow Bridgeton Rd at Jct Owad Rd at river crossing after a nice .5 mile descent.
1.3 31.3 STRAIGHT to follow Bridgeton Rd at Jct Woodbine Rd at stop sign.
1.6 32.9 **RIGHT** onto Delta Rd at stop sign. Nice shoulder.
2.1 35.0 **LEFT** onto Holtwood Rd (SR 372) towards Buck.
2.3 37.3 CROSS Norman Wood Bridge over Susquehanna River. CAUTION fast traffic and Amish buggies.

Continued

Day 140 Freeland to Lancaster, PA (Page 2 of 3)

19-May Fri

Emergency #'s:

Tim's USA Cell: 1-206-601-6149 or Karen-Ann: 1-206-295-5385

Mi Accum

- 1.4 38.7 **LEFT** onto Old Pinnacle Rd.
- 0.5 39.2 **BEAR RIGHT** as road becomes New Village Rd.
- 0.6 39.8 **RIGHT** onto Old Holtwood Rd (SR-3017) at stop sign at "T".
- 0.1 39.9 Holtwood Arboreteum on left. **CHECKPOINT** somewhere along here.
- 0.2 40.1 **LEFT** onto Drytown Rd.
- 0.2 40.3 **STRAIGHT** to follow Drytown Rd at River Rd at stop sign.
- 3.0 43.3 **STRAIGHT** to follow Drytown Rd at Jct Susquehanock Dr.
- 0.2 43.5 **ENTER** Rawlinsville. No services.
- 0.2 43.7 **RIGHT** onto Truce Rd (Martic Heights Rd to left).
- 1.8 45.5 **STRAIGHT** to follow Truce Rd at Lancaster Pike (SR-272).
- 1.8 47.3 **LEFT** onto Hollow Rd.
- 0.8 48.1 **STRAIGHT** onto Hollow Rd at Jct Sawmill Rd at stop sign.
- 0.7 48.8 **Enter** short tunnel.
- 0.3 49.1 **RIGHT** onto Pennsy Rd at stop sign at "T".
- 0.1 49.2 **LEFT** onto Refton Rd at stop sign.
- 0.5 49.7 **CAUTION** metal bridge.
- 0.7 50.4 **RIGHT** onto Main St.
- 0.3 50.7 **LEFT** onto Brenneman. Don't do a hard left onto Beaver Valley Pike.
- 0.6 51.3 **CAUTION** narrow metal bridge.
- 0.3 51.6 11' 0" single lane, wooden plank covered bridge.
- 0.1 51.7 **BEAR LEFT** onto Lime Valley Rd at stop sign at angled "T".
- 0.3 52.0 **STRAIGHT** onto Southview Rd as Lime Valley goes left.
- 0.8 52.8 **RIGHT** onto Penn Grant Rd at stop sign at "T".
- 0.4 53.2 **BEAR LEFT** to follow Penn Grant Rd.
- 0.5 53.7 **ENTER** Village of Lampeter.
- 0.3 54.0 **STRAIGHT** to follow Lampeter Rd at Jct SR-741 at light. Services. Excellent road into town.
- 3.7 57.7 **RIGHT** onto SR-462 (in Lancaster) at light .
- 0.1 57.8 **LEFT** onto SR-340. Use caution crossing traffic.
- 1.3 59.1 **CROSS** over US-30.
- 2.4 61.5 **STRAIGHT** to follow SR 340 at Jct SR-896.
- 0.4 61.9 **ENTER** Bird-in-Hand. Full services.
- 1.0 62.9 **RIGHT** onto North Ronks Rd at light.
- 0.4 63.3 **ENTER** Village of Ronks.
- 0.6 63.9 **STRAIGHT** at entrance to Flory's Campground and Cottages.

Continued

Day 140 Freeland to Lancaster, PA (Page 3 of 3)

19-May Fri

Emergency #'s:

Tim's USA Cell: 1-206-601-6149 or Karen-Ann: 1-206-295-5385

Mi Accum

0.6 64.5 STRAIGHT to follow South Ronks Rd at Jct US 30 at light.

0.6 65.1 LEFT into the Old Mill Bridge Campground.

0.2 65.3 ARRIVE at campground for check-in.

65.3 Today's Mileage

145.8 Stage Mileage

7579.6 Trip Mileage

12,279.0 Total Trip Kilometers

Services: Full services in Lancaster and relatively close to camp. Great area for exploration.

Camping: Excellent facility with a store, historic buildings and a covered bridge.

Toilets: The campground has two bathroom facilities.

Showers: The campground has two bathroom facilities

Dinner: Dinner will likely be at or near the campground from 6:00 to 7:30 pm.

Breakfast: Breakfast will likely be at or near the campground from 6:30 to 8:00 am.

Tomorrow: 60.2 miles. Some hills, but pretty flat. Beautiful and interesting route.

Day 141 Lancaster to Worcester (Valley Forge) (Page 1 of 3)

20-May Sat

Emergency #'s:

Tim's USA Cell: 1-206-601-6149 or Karen-Ann: 1-206-295-5385

Mi Accum

- 0.0 0.0 EXIT camping area. Plenty of services along the route today.
- 0.1 0.1 CAUTION rough wooden bridge.
- 0.1 0.2 **LEFT** at "T".
- 0.2 0.4 **RIGHT** onto South Ronks Rd at stop sign at "T".
- 0.5 0.9 STRAIGHT to follow Ronks Rd at Jct US 30 at light.
- 0.2 1.1 ENTER Village of Ronks.
- 1.3 2.4 **RIGHT** onto Philadelphia Pike (SR 340) at light.
- 3.1 5.5 ENTER Intercourse. Services.
- 0.2 5.7 STRAIGHT to follow SR 340 at Jct of SR 772 W.
- 0.2 5.9 **BEAR LEFT** to follow SR 340 (Old Phila Pike Rd) as SR 772 E goes right.
- 5.5 11.4 ENTER White Horse. Services.
- 3.2 14.6 ENTER West Calin Township.
- 0.2 14.8 **BEAR RIGHT** to follow SR 340 at JCT SR 10 N at light. Citgo Turkey Hill Mini Mart on right.
- 0.1 14.9 **LEFT** up the hill to follow SR 340 at JCT SR 10 S at blinking light.
- 6.5 21.4 ENTER Coatesville.
- 0.2 21.6 STRAIGHT up the hill to follow SR 340 (Kings Hwy) at JCT SR 82 at stop sign. EXXON Station/Turkey Hill Minit Market on right. ENTER Valley Township.
- 1.4 23.0 CROSS US 30 (freeway).
- 0.3 23.3 STRAIGHT to follow SR 340 (Kings Hwy) at Reeceville Rd at light. Texaco Station.
- 2.2 25.5 **BEAR RIGHT** onto Bondsville Road to follow SR 340 at bottom of fast descent at "T".
- 0.6 26.1 STRAIGHT to follow SR 340 at Jct US 30.
- 0.8 26.9 **LEFT** onto US 30 E Bus at light. **CHECKPOINT** at the Exxon Service Station and Tiger Mart.
- 1.1 28.0 ENTER Downington on Lancaster Ave. Full services.
- 1.3 29.3 STRAIGHT to follow Lancaster Ave at Jct US 322 W at light.
- 0.4 29.7 STRAIGHT to follow Lancaster Ave at Jct Green St (SR 282) at light.
- 0.3 30.0 **LEFT** onto SR 113 N towards Phoenixville just before light.
- 3.9 33.9 STRAIGHT to follow SR 113 N (Uwchlan Ave) at Jct of SR 100 (Pottstown Pike) at light.
- 0.7 34.6 CROSS over I-76.

Continued

Day 141 Lancaster to Worcester (Valley Forge) (Page 2 of 3)

20-May Sat

Emergency #'s:

Tim's USA Cell: 1-206-601-6149 or Karen-Ann: 1-206-295-5385

Mi Accum

- 1.2 35.8 STRAIGHT to follow SR 113 N at Jct SR 401 at light.
- 4.8 40.6 STRAIGHT to follow SR 113 N at Jct Cold Stream Rd at light.
- 0.8 41.4 **LEFT** onto Rapps Dam Road.
- 0.6 42.0 Historic Snyder's Mill on left. CAUTION wooden deck. *Covered bridge ahead 10' clearance.*
- 0.4 42.4 **RIGHT** onto SR 23 (Nutt Rd) at light. Full services.
- 0.5 42.9 ENTER Phoenixville.
- 0.8 43.7 STRAIGHT to follow SR 23 into town as SR 113 N goes left at light.
- 0.9 44.6 STRAIGHT to follow SR 23 at Jct Main St (SR 29) at light.
- 0.5 45.1 **RIGHT** onto Whitehorse Rd at light.
- 0.9 46.0 **LEFT** onto Valley Park Rd immediately after crossing the Pickering Creek Bridge at light.
- 0.3 46.3 **BEAR LEFT** to follow Valley Park Rd.
- 1.2 47.5 STRAIGHT to follow Valley Park Rd at Jct Country Club Road.
- 0.4 47.9 **BEAR LEFT** to follow Valley Park Rd at Jct Jug Hollow Rd at stop sign at "T".
- 0.3 48.2 **RIGHT** onto SR 23 (Valley Forge Rd) at stop sign at "T".
- 0.1 48.3 ENTER Valley Forge National Historic Park. Great area to explore.
- 0.5 48.8 STRAIGHT to follow Valley Forge Rd at Jct SR 252 at light.
- 0.1 48.9 STRAIGHT onto Gulph Rd as SR 23 goes left.
- 1.0 49.9 **LEFT** onto County Line Rd (SR 3022). NOTE: the National Memorial Arch is .2 miles straight ahead.
- 1.3 51.2 **RIGHT** onto SR 23 (Kennedy Road) at stop sign at "T" and an **IMMEDIATE LEFT** to pickup the bike path across the Schuylkill River. NOTE: The Visitor Center is .3 miles to your right and worth a visit. *Vehicles turn right onto SR 23 (Kennedy Road) at stop sign.*
- 0.2 51.4 **RIGHT** to access trail and **LEFT** to CROSS bridge.
- 0.3 51.7 **180° LEFT TURN** onto a dirt road immediately after the fence ends.
- 0.1 51.8 **RIGHT** onto paved road and an **IMMEDIATE RIGHT** at stop sign in front of the Betzwood Picnic Area.
- 0.1 51.9 CROSS over US 422.
- 0.2 52.1 **LEFT** onto Audubon Rd at light. Services.
- 1.2 53.3 **RIGHT** onto Pawlings Rd (might be unmarked) at stop sign at "T".

Continued

Day 141 Lancaster to Worcester (Valley Forge) (Page 3 of 3)

20-May Sat

Emergency #'s:

Tim's USA Cell: 1-206-601-6149 or Karen-Ann: 1-206-295-5385

Mi Accum

- 0.4 53.7 STRAIGHT to follow Pawlings Rd/Park Ave at Jct Egypt Rd. NOTE roads change names with some regularity.
- 2.5 56.2 STRAIGHT to follow Park Ave (SR 363) at Jct Ridge Pike at light. Services.
- 1.3 57.5 STRAIGHT to follow Valley Forge Rd at Germantown Pike at light. Services.
- 1.5 59.0 STRAIGHT to follow Valley Forge Rd at Township Line Rd at light.
- 0.8 59.8 **RIGHT** onto Potshop Rd.
- 0.3 60.1 **RIGHT** into the Philadelphia Variety Club Camp.
- 0.1 60.2 ARRIVE at check-in.

60.2 Today's Mileage
206.0 Stage Mileage
7898.3 Total Trip Mileage
12,795.2 Total Trip Kilometers

- Services: The Philadelphia Variety Club Camp is a super place, though it has limited services. Sorry, no alcohol allowed at camp. The camp also has a group of Special Olympians in residence the night we are there.
- Camping: Ask about the designated camping area for our use.
- Toilets: Plenty in a couple different facilities, including the pool.
- Showers: Plenty in a couple different facilities, specifically the pool.
- Dinner: Our BBQ dinner will be served at camp from 6:00 to 7:30 pm.
- Breakfast: Breakfast will be served at camp from 6:30 to 8:00 am.
- Tomorrow: 77.1 miles with some of rolling terrain. Beautiful area.

Day 142 Worcester to Cheesequake, NJ (Page 1 of 4)

21-May Sun

Emergency #'s:

Tim's USA Cell: 1-206-601-6149, Karen-Ann: 1-206-295-5385 or v/-pt: 1-646-321-1720

Mi Accum

0.0	0.0	EXIT camping area.
0.1	0.1	LEFT onto Potshop Rd.
0.3	0.4	RIGHT onto Valley Forge Rd (SR 363) at stop sign at "T".
0.2	0.6	ENTER Village of Centerpoint.
0.7	1.3	STRAIGHT to follow SR 363 at Jct SR 73 at light. Services.
2.6	3.9	STRAIGHT to follow SR 363 at Jct Sumneytown Pk at light. Services.
1.6	5.5	RIGHT onto Main St (SR 63) at light. Welcome to Lansdale.
0.7	6.2	CAUTION RR tracks (4 sets), then IMMEDIATE LEFT onto Walnut St.
1.1	7.3	CAUTION RR tracks.
0.5	7.8	LEFT onto Cowpath Rd at stop sign at "T".
0.1	7.9	RIGHT onto Lenhart St.
0.3	8.2	RIGHT onto Norman Ave (becomes Walnut).
0.7	8.9	CROSS Bethlehem Pike (CR 309) at light.
0.7	9.6	STRAIGHT to follow Walnut St at Jct County Line Rd at light.
0.5	10.1	LEFT onto School House Road at stop sign at "T".
0.1	10.2	RIGHT onto Railroad Ave immediately after bridge.
1.1	11.3	BEAR RIGHT as Railroad Ave becomes Walter, then Sunset Aves.
0.6	11.9	RIGHT onto Main St (SR 152) immediately after the Chalfort RR Station at stop sign.
0.2	12.1	LEFT onto US 202 N at light at "T". Becomes E Butler.
0.6	12.7	CAUTION RR Tracks. ENTER New Britain.
2.6	15.3	STRAIGHT toward SR 611 N toward Doyleston as US 202 S becomes freeway.
0.2	15.5	STRAIGHT to follow main road as SR 611 N goes left.
0.3	15.8	Route becomes State St. ENTER Doylestown.
0.5	16.3	BEAR LEFT onto Court St at "DO NOT ENTER" sign.
0.1	16.4	RIGHT onto Hamilton St.
0.1	16.5	LEFT onto Oakland (ONE-WAY) at stop sign.
0.4	16.9	BEAR RIGHT onto State St at angled "T".
1.0	17.9	STRAIGHT to follow Buckingham Pike at Jct Swamp Rd (SR 313) at light.
0.4	18.3	LEFT onto Mechanicsville Road. Don't miss this turn.
2.3	20.6	STRAIGHT to follow Mechanicsville Road at Jct Durham Rd (SR 413) at light.
1.5	22.1	RIGHT onto Street Road. Don't miss.

Continued

Day 142 Worcester to Cheesequake, NJ (Page 2 of 4)

21-May Sun

Emergency #'s:

Tim's USA Cell: 1-206-601-6149, Karen-Ann: 1-206-295-5385 or v/-pt: 1-646-321-1720

Mi Accum

- 0.9 23.0 CAUTION fast curvy descending road.
- 0.7 23.7 STRAIGHT to follow Street Rd at Upper York Road (unmarked) at stop sign.
- 0.2 23.9 **LEFT** onto N 202 S (Lower York Road) at light.
- 3.1 27.0 STRAIGHT onto SR 179 N toward New Hope as US 202 N goes left.
- 0.8 27.8 Solebury High School on left. **BEAR LEFT** ahead.
- 0.3 28.1 CAUTION RR Tracks.
- 0.1 28.2 **RIGHT** onto SR 32 So at light. Do not cross bridge into New Jersey. *Big trucks must cross here and rejoin route after Washington's Crossing.*
- 0.5 28.7 STRAIGHT to follow SR 32 S at Jct SR 232.
- 1.5 30.2 Washington Crossing Historic Park area.
- 2.9 33.1 Cool one-lane bridge.
- 1.5 34.6 ENTER Washington Crossing Historic Park.
- 0.7 35.3 Visitor Information Center.
- 0.1 35.4 **LEFT** onto George Washington Memorial Blvd at stop sign.
- 0.1 35.5 CROSS the Delaware. Walk your bike on bridge sidewalk.
- 0.3 35.8 ENTER New Jersey. STRAIGHT onto CR 546 at light.
- 1.4 37.2 STRAIGHT to follow CR 546 toward Princeton at Jct Bear Tavern Rd at light.
- 1.9 39.1 STRAIGHT to follow CR 546 at Jct CR 611 at light.
- 1.4 40.5 **LEFT** to follow CR 546 towards Lawrenceville at Jct CR 31 at rotary.
CHECKPOINT at the Mobil "On the Road" Service Station.
- 0.4 40.9 CAUTION rumble strips.
- 0.1 41.0 STRAIGHT onto CR 632 (Blackwell Rd) at stop sign.
- 1.2 42.2 **LEFT** onto Federal City at stop sign at "T".
- 0.1 42.3 **RIGHT** onto Blackwell Rd.
- 1.0 43.3 **LEFT** onto Cold Soil Rd at stop sign.
- 1.4 44.7 **LEFT** onto Carter Rd (unmarked) at light at "T".
- 0.4 45.1 **RIGHT** onto Rosedale Rd (CR 604) toward Princeton at light.
- 1.0 46.1 ENTER Princeton.
- 1.5 47.6 **STRAIGHT** onto Cleveland Lane as CR 604 goes right at light.
- 0.6 48.2 **RIGHT** onto Bayard Lane at stop sign.
- 0.4 48.6 **LEFT** towards Princeton city center at light at "T".

Continued

Day 142 Worcester to Cheesequake, NJ (Page 3 of 4)

21-May Sun

Emergency #'s:

Tim's USA Cell: 1-206-601-6149, Karen-Ann: 1-206-295-5385 or v-pt: 1-646-321-1720

Mi Accum

- 0.1 48.7 STRAIGHT to follow SR 27 (Nassau St) in Princeton at light. Ivy League Princeton University on right.
- 0.3 49.0 STRAIGHT to follow Nassau at Jct CR 571 (Washington Rd).
- 0.9 49.9 STRAIGHT to follow SR 27 at Jct Harrison. Road becomes Princeton-Kingston Rd.
- 1.9 51.8 **BEAR RIGHT** to follow SR 27 (River Rd).
- 0.3 52.1 **RIGHT** onto Academy St (CR 603) at light.
- 0.2 52.3 **LEFT** onto Ridge Road (CR 522).
- 0.2 52.5 **BEAR RIGHT** at Heathcote to follow CR 522 at angled "T".
- 0.9 53.4 STRAIGHT to follow Ridge Rd (CR 522) towards Monmouth Junction at Jct US 1 at light.
- 3.4 56.8 **RIGHT** to follow CR 522 at light.
- 0.6 57.4 **LEFT** onto Kingston Lane at light at "T". Watch for construction.
- 0.7 58.1 **RIGHT** onto Georges Rd at light at "T".
- 1.0 59.1 **LEFT** onto Ridge Rd (CR 522) at light.
- 0.6 59.7 CROSS under US 130.
- 0.6 60.3 CAUTION RR Tracks.
- 1.3 61.6 CROSS over New Jersey Turnpike.
- 0.4 62.0 **LEFT** onto Cranbury-South River Rd (CR 535) at light.
- 1.4 63.4 ENTER East Brunswick.
- 0.4 63.8 **RIGHT** onto Helmetta Blvd at light.
- 0.2 64.0 **LEFT** onto Old Stage Rd.
- 1.4 65.4 ENTER Spotswood.
- 1.3 66.7 STRAIGHT to follow Old Stage Rd at Jct Summerhill Rd at light.
- 0.9 67.6 **BEAR LEFT** onto Main St (CR 615) at stop light at "T".
- 0.2 67.8 **BEAR RIGHT** under freeway to follow CR 615.
- 0.1 67.9 **RIGHT** onto Matawan Rd-Old Matawan Rd. CAUTION RR Tracks after turn.
- 0.7 68.6 **LEFT** onto CR 516 (Old Bridge Matawan Rd-unsigned at intersection) at light.
- 0.6 69.2 CAUTION grated, rough bridge.
- 0.9 70.1 STRAIGHT to follow Old Bridge-Matawan Rd at Jct Jake Brown Rd at light.
- 1.2 71.3 CROSS under US 9.
- 0.6 71.9 **LEFT** onto Cottrell Rd at light.

Continued

Day 142 Worcester to Cheesequake, NJ (Page 4 of 4)

21-May Sun

Emergency #'s:

Tim's USA Cell: 1-206-601-6149, Karen-Ann: 1-206-295-5385 or v-pt: 1-646-321-1720

Mi Accum

1.5	73.4	RIGHT onto SR 34 towards Cheesequake State Park at light at "T". Welcome to Cheesequake.
0.7	74.1	STRAIGHT at the turnoff to Amboy Rd.
0.1	74.2	LEFT onto Morristown Rd in front of Sunoco Service Station.
1.0	75.2	LEFT onto Gordon towards Cheesequake State Park at light.
0.7	75.9	ENTER Cheesequake State Park at booth.
0.4	76.3	RIGHT towards campground.
0.1	76.4	STRAIGHT at entrance to Booth Field Group Camp.
0.1	76.5	PASS under the Garden State Parkway.
0.1	76.6	RIGHT toward family camping area.
0.5	77.1	ARRIVE at check-in for camping instructions.
	77.1	Today's Mileage
	283.1	Stage Mileage
	7975.4	Total Trip Mileage
	12,920.1	Total Trip Kilometers

- Services: Cheesequake State Park is a great facility, even though the Garden State Parkway passes right through the middle of it. Plenty of natural area in a congested part of New Jersey. No services at camp, so stock up before you get there.
- Camping: The park is very spread out and has lots of areas. Ask at check-in about our specific camping area.
- Toilets: Several sets throughout the camp.
- Showers: In various locations in the State Park. If necessary, we will have to augment with TK&A showers.
- Dinner: Dinner will be from 6:00 to 7:30 pm at the local Pizza Hut.
- Breakfast: Breakfast will be from 6:30 to 8:00 am. Location TBA.
- Tomorrow: 40 + miles into the heart of one of the world's greatest city. Expect lots of congestion most of the day. Ask about special conditions for crossing the

Day 143 Cheesequake, NJ to New York, New York (Page 1 of 3)

22-May Mon

Emergency #'s:

Tim's USA Cell: 1-206-601-6149, Karen-Ann: 1-206-295-5385 or v-pt: 1-646-321-1720

Mi Accum

- 0.0 0.0 **LEFT** from camping area to EXIT park.
- 0.5 0.5 **LEFT** towards the office and park exit.
- 0.2 0.7 **STRAIGHT** at entrance to Booth Field Group Camp.
- 0.1 0.8 **LEFT** towards the office and park exit.
- 0.4 1.2 **PASS** through the exit booth to depart Cheesequake State Park.
- 0.3 1.5 **BEAR LEFT** to follow main road.
- 0.4 1.9 **LEFT** onto Morristown Rd at "T".
- 0.3 2.2 **LEFT** onto Matawan Rd (CR 689) at light.
- 0.2 2.4 **STRAIGHT** to follow Matawan Rd at entrance to Parkway.
- 1.2 3.6 **BEAR RIGHT** to **CROSS** over railroad bridge.
- 0.5 4.1 **STRAIGHT** to **CROSS** SR 35 at light.
- 0.1 4.2 **BEAR LEFT** a couple of times until you can make a **RIGHT** onto SR 35. Shoulder, but busy road.
- 0.6 4.8 **CROSS** over lift bridge. **CAUTION** grated surface. Stay right or use sidewalk.
- 0.3 5.1 **CAUTION** narrow bridge. **ENTER** Borough of Sayreville.
- 0.5 5.6 **BEAR RIGHT** towards South Amboy Business District. Road becomes S Pine.
- 1.1 6.7 **RIGHT** onto Bordentown Ave (CR 615) at light.
- 0.4 7.1 **LEFT** onto Broadway at blinking light/stop sign.
- 0.6 7.7 **RIGHT** onto Main St (CR 670) at light at "T".
- 0.2 7.9 **CROSS** under railroad.
- 1.0 8.9 Road narrows and becomes faster. Watch for metal drains. We are on SR 35.
- 0.4 9.3 Sidewalk access for crossing the Raritan River. Okay to use main road.
- 0.4 9.7 **CAUTION** long metal grating.
- 0.2 9.9 **ENTER** City of Perth Amboy.
- 1.1 11.0 **STRAIGHT** to follow SR 35 at Jct Harding Ave at light.
- 0.1 11.1 **CROSS** over SR 440.
- 0.8 11.9 **ENTER** Township of Woodbridge.
- 0.2 12.1 **STRAIGHT** at turnoff towards Perth Amboy at light.
- 0.4 12.5 **CROSS** I-95.
- 0.4 12.9 **RIGHT** onto CR 514 (Main St) at light.
- 0.4 13.3 **BEAR LEFT** to follow CR 514 in front of monument.
- 0.1 13.4 **BEAR RIGHT** to follow CR 514 at Jct Green St (CR 604) at light.
- 1.1 14.5 **CAUTION** RR Tracks.
- 1.2 15.7 **CAUTION** RR Tracks.

Continued

Day 143 Cheesequake, NJ to New York, New York (Page 2 of 3)

22-May Mon

Emergency #'s:

Tim's USA Cell: 1-206-601-6149, Karen-Ann: 1-206-295-5385 or v-pt: 1-646-321-1720

Mi Accum

- 0.6 16.3 STRAIGHT to follow CR 514 to CROSS the Lawrence Street Bridge at the Dairy Queen. New bridge.
- 0.2 16.5 STRAIGHT to follow CR 514 at Jct US 1 & US 9 at light.
- 0.6 17.1 **LEFT** onto Grand Ave to follow CR 514 at blinking light/stop sign.
- 0.2 17.3 **RIGHT** onto Elizabeth Ave to follow CR 514 at light.
- 1.0 18.3 CAUTION RR Tracks.
- 0.3 18.6 STRAIGHT to follow CR 514 at Jct Stiles at light.
- 0.7 19.3 STRAIGHT to follow CR 514 (Elizabeth Ave).
- 1.4 20.7 **RIGHT** onto Park Ave at light.
- 0.2 20.9 **SHARP LEFT** onto Linden at light.
- 0.4 21.3 **RIGHT** onto Elmora (SR 439) at light.
- 0.1 21.4 **BEAR RIGHT** and **LEFT** to CROSS US 1 & US 9 and an **IMMEDIATE RIGHT** onto Bayway towards the Goethals Bridge at lights. Busy area.
- 0.6 22.0 **LEFT** onto Brunswick Ave towards the Goethals Bridge at light.
- 0.2 22.2 **BEAR RIGHT** onto bridge. \$4 vehicle toll.
- 1.8 24.0 Toll booth.
- 0.2 24.2 **EXIT RIGHT** onto Firest Ave.
- 0.1 24.3 **LEFT** onto Forest Ave and CROSS under I-274.
- 0.7 25.0 **LEFT** onto South Ave at light.
- 0.6 25.6 STRAIGHT to follow South Ave at Jct Arlington Pl at stop sign.
- 0.3 25.9 **RIGHT** onto Richmond Terrace at stop sign at "T".
- 1.3 27.2 STRAIGHT to follow Richmond Terrace as you cross under Bayonne Bridge.
- 0.7 27.9 **JOG LEFT** and **RIGHT** to follow Richmond Terrace at light.
- 0.3 28.2 **LEFT** to follow Richmond Terrace at Jct Jewett Ave at light.
- 1.0 29.2 **BEAR LEFT** to follow Richmond Terrace towards Snug Harbor.
- 1.3 30.5 STRAIGHT to follow Richmond Terrace at Jct Jersey St at light.
- 0.8 31.3 STRAIGHT at entrance to Ferry Terminal North.
- 0.2 31.5 **LEFT** into the Ferry Terminal South for access to the Statten Island ferry.
- 0.2 31.7 ENTER ferry for 30 min 5.5 mile ride past the Statue of Liberty.
- 0.0 31.7 EXIT ferry and gather for a possible police escort. If no escort, follow these instructions to our overnight accommodations at the Park View Hostel at 55 Central Park North (55 West 110 St). Central Park North is the east-west street bordering the north side of Central Park.
- 0.2 31.9 **LEFT** onto West St (one-way, like most of New York City) at light.
- 0.1 32.0 **RIGHT** to follow West St at "T".
- 0.5 32.5 STRAIGHT to follow West at the Marriot World Trade Center Hotel.

Continued

Day 143 Cheesequake, NJ to New York, New York (Page 3 of 3)

22-May Mon

Emergency #'s:

Tim's USA Cell: 1-206-601-6149, Karen-Ann: 1-206-295-5385 or v-pt: 1-646-321-1720

Mi Accum

0.4	32.9	RIGHT onto Chambers at light.
0.2	33.1	SHARP LEFT onto Hudson at Broadway at light.
0.6	33.7	STRAIGHT to follow Hudson at Vestry St. MERGE into left lanes to avoid Holland Tunnel traffic.
0.1	33.8	STRAIGHT to follow Hudson at entrance to Holland Tunnel. Bike path ahead.
0.9	34.7	BEAR RIGHT (as road bears right) onto Eighth Ave at Jct Bank St at light.
0.2	34.9	BEAR LEFT to follow Eighth Ave at Jct Greenwich Ave at light. Lose bike lane.
0.9	35.8	Madison Square Garden on right, and United States Post Office on left.
0.5	36.3	STRAIGHT to follow 8th Ave at Jct 42nd St. Port Authority on left.
0.8	37.1	STRAIGHT onto Central Park West at Jct Columbus at rotary at light. Central Park will be on your right.
0.2	37.3	Road becomes two-way.
0.9	38.2	American Museum of Natural History on left at Jct of 79th St.
1.2	39.4	STRAIGHT to follow Central Park West at Jct 103th St at light. NOTE: We have not physically checked the route from here to the Hostel. Watch the street signs, one way streets and addresses.
0.5	39.9	RIGHT onto Central Park West.
0.3	40.2	ARRIVE at the Park View Hostel for 3 super nights in New York City.
	40.2	Today's Mileage
	323.3	Stage Mileage
	8015.6	Total Trip Mileage
	12,985.3	Total Trip Kilometers

Services:	New York has everything imaginable. Enough said.
Camping:	We are in a newer hostel on the north border of Central Park with two, three or four to a room. An ideal location close to transportation to any part of New York City.
Toilets:	Down the hall in several private baths per floor.
Showers:	Down the hall in several private baths per floor.
Dinner:	All dinner will be from 6:00 to 7:30 at Emilies Restaurant down the block.
Breakfast:	Tue and Wed breakfasts will be from 8:00 to 9:30 and Thursday's breakfast will be from 6:30 to 8:00 am at Emilies Restaurant.
Tomorrow:	Enjoy this remarkable city.

Day 144 New York layover day

23-May Tue

Day 145 New York layover day

24-May Wed

Tomorrow:	Long 101 mile day. Busy New York traffic, the George Washington Bridge, scenic New Jersey and upstate New York. Flat and rolling terrain. Should be a super day.
-----------	--

Day 146 New York City to Barryville via New Jersey (Page 1 of 4)

25-May Thu

Emergency #'s:

Tim's USA Cell: 1-206-601-6149, Karen-Ann: 1-206-295-5385 or v/-pt: 1-646-321-1720

Mi Accum

- 0.0 0.0 **LEFT** from Park View Hostel onto Central Park North (110th). Note the first couple of turns haven't been checked, so ask for any updates.
- 0.3 0.3 **STRAIGHT** onto 110th St (Cathedral Pkwy) at light.
- 0.3 0.6 **BEAR RIGHT** to follow Cathedral Pkwy.
- 0.1 0.7 **RIGHT** onto Riverside Dr at light.
- 0.6 1.3 Grants Tomb on left.
- 0.1 1.4 **BEAR LEFT** to follow Riverside Dr.
- 2.0 3.4 **STRAIGHT** to follow Riverside Dr at Jct 163.
- 0.2 3.6 **RIGHT** onto 165th St at light. CAUTION busy intersection.
- 0.1 3.7 **LEFT** onto Fort Washington Ave at light.
- 0.5 4.2 **LEFT** onto 177 St at light. Note Bike Route #9.
- 0.1 4.3 **RIGHT** onto Cabrini Blvd.
- 0.1 4.4 **LEFT** onto bike path to access the George Washington Bridge at 178th St. This is a neat route. *Vehicles go right at stop sign, left possible (Broadway), left onto 179th to access George Washington Bridge (I-95) towards New Nersey. Exit and go right onto Hudson Terrace (second exit in New Jersey).*
- 1.2 5.6 **RIGHT** onto Hudson Terrace (first surface street) as bike route leaves bridge. It is CR 515 and Bike Route #9.
- 2.0 7.6 **LEFT** to follow CR 515 t stop sign at "T".
- 0.1 7.7 **RIGHT** onto Sylvan Ave (9W) to follow Bike Route #9 at light. ENTER Englewood Cliffs.
- 1.7 9.4 ENTER Tenafly.
- 1.4 10.8 ENTER Boro of Alpine.
- 1.8 12.6 **LEFT** onto Closter Dock Rd (CR 502) at light.
- 1.3 13.9 ENTER Closter.
- 0.8 14.7 **STRAIGHT** to follow Closter Dock Rd (CR 50) at Jct Piermont Rd at light.
- 0.3 15.0 **BEAR RIGHT** to follow Closter Dock Rd (CR 50) at "Y".
- 0.1 15.1 **LEFT** onto High St to follow CR 502 at blinking light.
- 0.2 15.3 CAUTION RR Tracks (2 sets).
- 1.0 16.3 **BEAR RIGHT** onto Old Hook Rd to follow CR 502.
- 0.2 16.5 CAUTION RR Tracks just before you CROSS the Oradell Reservoir.
- 0.6 17.1 ENTER Emerson.

Continued

Day 146 New York City to Barryville via New Jersey (Page 2 of 4)

25-May Thu

Emergency #'s:

Tim's USA Cell: 1-206-601-6149, Karen-Ann: 1-206-295-5385 or v-pt: 1-646-321-1720

Mi Accum

- 1.2 18.3 Pascack Valley Hospital on right. Big hospital.
- 1.0 19.3 **LEFT** onto Westwood Ave (becomes Washington ahead) to follow CR 502 at light. CAUTION RR Tracks.
- 0.6 21.4 CROSS over the Garden State Parkway.
- 0.2 21.6 STRAIGHT up a hill to follow CR 502 at blinking light.
- 0.3 21.9 **BEAR LEFT** onto Wearimus Rd to follow CR 502.
- 1.4 23.3 **LEFT** onto Hollywood Ave to follow CR 502.
- 0.5 23.8 CROSS over US 17.
- 0.1 23.9 **BEAR RIGHT** to follow Hollywood Ave (CR 502).
- 0.3 24.2 STRAIGHT to follow Hollywood Ave at Jct onto Sheridan Ave at light.
- 0.3 24.5 **RIGHT** onto Franklin Pike to follow CR 502 (CR 507) at stop sign.
- 0.6 25.1 STRAIGHT to follow Franklin Pike (CR 507) at Jct Wyckoff Ave as CR 502 goes left.
- 4.2 29.3 STRAIGHT to follow Franklin Pike (CR 507) as you CROSS over US 17.
- 2.7 32.0 ENTER New York State.
- 0.2 32.2 ENTER Village of Suffern. Full services.
- 0.4 32.6 CAUTION RR Tracks (2 sets) as you **BEAR LEFT** towards Highway NY 17. CROSS under I-87 & I-287. Watch for construction.
- 1.6 34.2 STRAIGHT onto US 17 as SR 59 ends. Freeway-like road so ride well right.
- 1.3 35.5 STRAIGHT to follow SR 17 at Jct CR 72 nd SR 17 So.
- 0.7 36.2 Entering Sloatsburg area.
- 1.6 37.8 ENTER Tuxedo.
- 3.5 41.3 **LEFT** towards SR 17 A towards Sterling Forest and Greenwood Lake at light.
- 0.1 41.4 **LEFT** onto SR 17 A towards Sterling Forest and Greenwood Lake at stop sign.
- 2.1 43.5 Road becomes two-lanes. Still has a shoulder.
- 0.7 44.2 New York Renaissance Fair on left. Opens in August. Some climbing ahead.
- 1.3 45.5 Enter greater Warwick area). No services for 3 miles.
- 3.2 48.7 **BEAR RIGHT** to follow SR 17 A at Jct US 210 at stop sign. Services in area.
- 0.1 48.8 **BEAR LEFT** to follow SR 17 A.
- 3.3 52.1 Store on left.
- 2.0 54.1 ENTER the Village of Warwick. Full services.
- 0.8 54.9 **RIGHT** to follow SR 17 A towards Florida at light at "T".

Continued

Day 146 New York City to Barryville via New Jersey (Page 3 of 4)

25-May Thu

Emergency #'s:

Tim's USA Cell: 1-206-601-6149, Karen-Ann: 1-206-295-5385 or v-pt: 1-646-321-1720

Mi Accum

0.5	55.4	CAUTION RR Tracks and IMMEDIATE LEFT onto West St (unmarked) at 2nd light.
1.2	56.6	RIGHT onto CR 1 A at light.
5.3	61.9	ENTER Pine Island. Full services.
0.4	62.3	CHECKPOINT at the Sunoco Service Station.
0.7	63.0	RIGHT to follow CR 1 (Pine Island Turnpike) toward Port Jervis.
2.4	65.4	BEAR LEFT to follow CR 1 toward Westtown and Unionville.
2.6	68.0	LEFT onto SR 284 in Westtown at stop sign at "T". Services.
0.9	68.9	RIGHT onto Langlitz Rd.
1.1	70.0	LEFT onto Ridge Rd at yield sign at "T".
1.0	71.0	RIGHT onto Minisink Tpk at stop sign at angled "T".
0.1	71.1	STRAIGHT to follow Minisink Tpk at Jct Goodridge Rd.
3.3	74.4	STRAIGHT to follow Minisink Tpk at Jct Mountain Rd at stop sign.
0.1	74.5	LEFT onto Greenville Turnpike at stop sign.
2.5	77.0	Enter Deerpark area.
1.2	78.2	RIGHT towards US 6 at stop sign at "T".
0.1	78.3	CROSS under I-84.
0.2	78.5	LEFT onto US 6 at light at "T". ENTER Port Jervis. Pick up Bike Route 17.
1.4	79.9	STRAIGHT to follow US 6 at Jct US 209 N.
0.3	80.2	STRAIGHT onto US 97 as US 6 goes left at light.
0.3	80.5	BEAR RIGHT to follow US 97.
0.6	81.1	ENTER Deerpark. No services.
1.2	82.3	ENTER Sparrow Bush. No services.
1.3	83.6	No services. Welcome to the Upper Delaware Scenic and Recreation River.
0.1	83.7	ENTER Hawks Nest.
2.8	86.5	ENTER Lumberland. No services.
3.7	90.2	ENTER Pond Eddy. No services.
0.7	90.9	STRAIGHT to follow SR 97 at Jct CR 41. Services and canoes and raft rentals along this stretch of river.
5.7	96.6	National Park Service Ranger Station on left.
0.5	97.1	ENTER Highland.
1.0	98.1	ENTER Barryville. Full services plus campground.

Continued

Day 146 New York City to Barryville via New Jersey (Page 4 of 4)

25-May Thu

Emergency #'s:

Tim's USA Cell: 1-206-601-6149, Karen-Ann: 1-206-295-5385 or v/-pt: 1-646-321-1720

Mi Accum

0.4 98.5 STRAIGHT to follow SR 97 at Jct SR 55.
0.1 98.6 **BEAR LEFT** to follow SR 97 at Jct CR 21.
2.3 100.9 **RIGHT** into the Kittatinny Campground.
0.1 101.0 ARRIVE at check-in for camping instructions.

101.2 Today's Mileage
424.5 Stage Mileage
8116.8 Total Trip Mileage
13,149.2 Total Trip Kilometers

Services: No services close to camp, but plenty of services in camp. Great spot.
Camping: Ask about any restrictions.
Toilets: Plenty at camp.
Showers: Plenty at camp
Dinner: Dinner will be from 6:00 to 7:30 pm at camp.
Breakfast: Breakfast will be from 6:30 to 8:00 am at camp
Tomorrow: 89.8 scenic miles.

Day 147 Barryville to Otego (Page 1 of 2)

26-May Fri

Emergency #'s:

Tim's USA Cell: 1-206-601-6149, Karen-Ann: 1-206-295-5385 or v-pt: 1-646-321-1720

Mi Accum

0.0 0.0 EXIT camping area

0.1 0.1 **RIGHT** from the Kittatinny Campground onto SR 97.

1.7 1.8 Delaware Aqueduct information center and exhibits on left.

1.5 3.3 ENTER Tusten.

5.2 8.5 Lander's River Trips on right. Services.

1.9 10.4 **BEAR RIGHT** onto CR 29.

1.1 11.5 ENTER Lava.

0.2 11.7 **RIGHT** onto SR 52 and CR 111 at stop sign at "T".

3.5 15.2 Mobil Service Station, Post Office and store on left in Cochecton Center. O2 informed.

0.2 15.4 **LEFT** onto CR 112 to follow SR 52.

1.4 16.8 **LEFT** to follow CR 112 & SR 52.

0.1 16.9 ENTER Lake Huntington.

0.7 17.6 **BEAR RIGHT** onto CR 113 to follow SR 52 towards Fosterdale. Services.

2.0 19.6 ENTER Fosterdale.

0.3 19.9 **STRAIGHT** to follow SR 52 at Jct SR 17B & CR 114 at stop sign/blinking light. Services.

0.5 20.4 **STRAIGHT** to follow SR 52 E at Jct CR 117.

1.5 21.9 **LEFT** onto Mueller Rd to follow SR 52 E.

0.1 22.0 ENTER Kenoza Lake. No services.

0.6 22.6 Small store on right.

0.9 23.5 Stone Arch Bridge Historical Site on right and ahead.

0.2 23.7 **RIGHT** to follow SR 52 at stop sign at "T".

2.1 25.8 Welcome to Jeffersonville. Full services.

2.8 28.6 Welcome to Youngsville. No services.

1.7 30.3 **LEFT** onto CR 149 towards Livingston. Services.

7.6 37.9 ENTER Livingston Manor. Full services.

0.9 38.8 **LEFT** towards Route 17 at stop sign at "T".

0.1 38.9 **STRAIGHT** to follow CR 179 (Old 17) at Jct CR 81 towards SR 17.

1.3 40.2 **STRAIGHT** at turnoff to Beaverkill Covered Bridge.

4.6 44.8 ENTER Roscoe. **CHECKPOINT** at the The Famous Roscoe Diner. Full services.

0.2 45.0 **STRAIGHT** towards SR 206 at light.

0.3 45.3 **STRAIGHT** to follow Rockland Rd (CR 91 & SR 206).

0.2 45.5 ENTER Rockland.

Continued

Day 147 Barryville to Otego (Page 2 of 2)

26-May Fri

Emergency #'s:

Tim's USA Cell: 1-206-601-6149, Karen-Ann: 1-206-295-5385 or v-pt: 1-646-321-1720

MiAccum

1.7	47.2	Welcome to Colchester via the Senator F. Ogden Mem Hwy (Sr 206 & CR 7).
8.8	56.0	LEFT to follow SR 206 and SR 30 at stop sign at "T".
2.0	58.0	ENTER Downsville "Settled in 1792". Full services.
1.0	59.0	STRAIGHT to follow SR 206 towards Walton as SR 30 goes left at light.
6.3	65.3	Begin 10% 2.5 mile downhill. Enjoy. Approx ele 1600 ft.
2.6	67.9	ENTER Walton. Full services.
0.8	68.7	RIGHT to follow SR 206 to CROSS river at blinking light.
0.1	68.8	LEFT to follow SR 206 at light at "T".
0.1	68.9	RIGHT onto Townsend St towards Oneonta at light.
0.8	69.7	LEFT onto Mt Pleasant (CR 21 unmarked at corner) towards Oneonta at "T".
1.3	71.0	BEAR RIGHT to follow CR 21 towards Franklin.
11.1	82.1	RIGHT onto SR 357 towards Franklin at stop sign at angled "T".
0.2	82.3	ENTER Franklin. Services.
0.8	83.1	LEFT towards Otega at white sign post (Otega sign not visible from this side) and Catskill Tractor sign. Don't miss this turn.
0.4	83.5	BEAR RIGHT to follow Otego Rd (unsigned) after 25-ton bridge.
0.2	83.7	BEAR RIGHT to follow Otego Rd (unsigned). Becomes Franklin Mt Rd.
1.8	85.5	ENTER Town of Otego. Begin a steep descent with a couple of 90° left turns.
1.7	87.2	STRAGHT as road goes right towards freeway (I-88) at stop sign.
0.7	87.9	RIGHT towards I-88 and Otego at Mobil Super Station-great bathrooms.
0.5	88.4	RIGHT onto SR 7 at yield sign at "T". Welcome to Otego "A Friendly Place'.
0.6	89.0	Pizzaland on right.
0.7	89.7	LEFT into the Otego Elementary School just before light.
0.1	89.8	ARRIVE at campsite for check-in.
	89.8	Today's Mileage
	514.3	Stage Mileage
	8206.6	Total Trip Mileage
	13,294.7	Total Trip Kilometers

Services:	Otego is a small village with limited services, including a store across the street.
Camping:	We are being hosted by the Otego Elementary School and will be allowed to access their bathrooms and camp in the surrounding lawn area. The Superintendent and other community leaders are excited about our visit.
Toilets:	Bathrooms are scattered around the inside of the school and will be augmented by a couple of portable toilets next to the camping area.
Showers:	TK&A showers.
Dinner:	Dinner will be from 6:00 to 7:30 pm. Location to be announced.
Breakfast:	Breakfast is from 6:30 to 8:00 am. Location to be announced.
Entertainment:	We have been asked to put together a 2 pm assembly for the school district. If you are interested in being involved, let us know.
Tomorrow:	72.3 miles. Relatively flat, but the traffic will increase as the Memorial Day weekend begins.

Day 148 Otego to Verona (Page 1 of 3)

27-May Sat

Emergency #'s:

Tim's USA Cell: 1-206-601-6149, Karen-Ann: 1-206-295-5385 or v/pt: 1-646-321-1720

Mi Accum

0.0 0.0 EXIT school camping area.
0.1 0.1 **LEFT** onto SR 7.
0.2 0.3 **LEFT** onto CR 7 (Otsdawa Rd).
1.4 1.7 **LEFT** onto CR 6.
3.5 5.2 **STRAIGHT** to follow CR 6 at Jct Will Sheldon Rd.
2.1 7.3 **LEFT** onto CR 8.
2.4 9.7 **RIGHT** (during a fast downhill) onto CR 10. ENTER Maple Grove.
0.2 9.9 **BEAR RIGHT** to follow CR 10 at Jct Sampson Rd.
2.6 12.5 **LEFT** onto CR 51.
1.0 13.5 **BEAR LEFT** to follow CR 51 at Jct Ellis Rd.
1.6 15.1 **LEFT** onto SR 23 at yield sign at angled "T". ENTER Morris.
0.5 15.6 **RIGHT** onto SR 51 (Main St) at light.
0.8 16.4 **LEFT** onto CR 49.
6.2 22.6 **STRAIGHT** to follow CR 49 at Jct CR 17 at stop sign.
3.0 25.6 **RIGHT** onto SR 80 towards Edmeston.
0.4 26.0 **BEAR LEFT** to follow SR 80.
0.3 26.3 ENTER Edmeston. Full services.
0.6 26.9 **STRAIGHT** onto CR 20 as SR 80 goes right at light.
6.0 32.9 **RIGHT** onto CR 18 at stop sign at "T".
4.4 37.3 **BEAR RIGHT** to follow CR 18 at Jct CR 18B.
2.2 39.5 **LEFT** onto US 20 at stop sign.
0.5 40.0 ENTER Oneida County and the Village of Bridgewater. Full services.
0.2 40.2 CAUTION RR Tracks.
0.3 40.5 **RIGHT** onto SR 8 at light. **CHECKPOINT** at the BP Service Station. Say hi to Wanda and her crew.
0.3 40.8 **BEAR RIGHT** to follow SR 8.
0.1 40.9 CAUTION RR Tracks.
2.9 43.8 CAUTION RR Tracks.
0.5 44.3 **STRAIGHT** to follow SR 8 at Jct Babcock Hill Rd.
0.3 44.6 **LEFT** onto Larson Rd.
1.4 46.0 **LEFT** onto Summit Rd at stop sign at "T".
1.0 47.0 **STRAIGHT** onto Doolittle Rd toward Paris at turnoff to Paris Station.

Continued

Day 148 Otego to Verona (Page 2 of 3)

27-May Sat

Emergency #'s:

Tim's USA Cell: 1-206-601-6149, Karen-Ann: 1-206-295-5385 or v-pt: 1-646-321-1720

Mi Accum

0.3 47.3 CAUTION RR Tracks.
2.8 50.1 ENTER Paris. No services.
0.2 50.3 **BEAR RIGHT** onto SR 12 at stop sign at angled "T".
0.7 51.0 **LEFT** onto Fountain St towards Clinton.
0.3 51.3 Enter Town of Kirkland area.
1.5 52.8 STRAIGHT to follow Fountain St at Jct Craig Rd.
2.0 54.8 ENTER Village of Clinton. Full services.
0.3 55.1 **LEFT** onto Kellogg St at stop sign and an IMMEDIATE STRAIGHT at stop sign.
0.2 55.3 STRAIGHT to follow College St at Jct Franklin Ave.
0.7 56.0 STRAIGHT to follow route at Jct US 233 at blinking light.
0.5 56.5 STRAIGHT at entrance to Hamilton College.
1.8 58.3 Enter Town of Westmorland area.
0.2 58.5 **RIGHT** onto Skyline Dr.
1.5 60.0 **LEFT** onto SR 5 towards Vernon at stop sign at "T".
0.5 60.5 Enter Village of Vernon area.
1.8 62.3 STRAIGHT to follow SR 5 at Jct SR 26 at blinking light.
1.1 63.4 ENTER Village of Vernon. Full services.
0.8 64.2 **RIGHT** onto SR 31 W towards Verona at light.
1.8 66.0 Enter Village of Verona area.
1.8 67.8 CROSS over I-90.
0.3 68.1 ENTER Verona. Full services.
0.1 68.2 STRAIGHT to follow SR 31 at Jct SR 365 (Bike Route # 5) at light. Say hi to the big bull. Services.
0.1 68.3 **RIGHT** onto Main St.
0.7 69.0 **LEFT** onto Rock Rd.
0.6 69.6 CAUTION RR Tracks (2 sets).
2.2 71.8 **LEFT** onto Blackman Corners Rd (CR 52).

Continued

Day 148 Otego to Verona (Page 3 of 3)

27-May Sat

Emergency #'s:

Tim's USA Cell: 1-206-601-6149, Karen-Ann: 1-206-295-5385 or v/-pt: 1-646-321-1720

Mi Accum

0.4 72.2 **LEFT** into the KOA Kampground.

0.1 72.3 **ARRIVE** at check-in.

72.3 Today's Mileage

586.6 Stage Mileage

8278.9 Total Trip Mileage

13,418.8 Total Trip Kilometers

Services: None near camp, but the KOA has a store, pool, etc. Busy Memorial Day Weekend, that's for sure.
Camping: Though a busy weekend, Marge has arranged a place for us to camp.
Toilets: The campground has plenty, plus we have ordered a couple of portables for our use.
Showers: The campground has plenty.
Dinner: 6:00 to 7:30 pm. Location to be announced.
Breakfast: 6:30 to 8:00 am at the Verona Seventh Day Baptist Church, less than a mile from the camp.
Tomorrow: 97.3 miles. Great backroads and relatively easy terrain.

Day 149 Verona, NY to Ivy Lea (Lansdowne), Ont, CANADA (Page 1 of 3)
28-May Sun

Emergency #'s:
 Tim's USA Cell: 1-206-601-6149, Karen-Ann: 1-206-295-5385 or v-pt: 1-646-321-1720

<u>Mi</u>	<u>Accum</u>	
0.0	0.0	EXIT KOA camping area.
0.1	0.1	LEFT onto Blackman Corners Rd (CR 52) from the Verona/Rome KOA.
0.6	0.7	ENTER Churchville.
0.2	0.9	LEFT onto Verona Mills Rd and an IMMEDIATE RIGHT onto Senn Rd to follow CR 52. Note the Verona Seventh Day Baptist Church on left for breakfast.
0.4	1.3	RIGHT onto Route 50 (CR50).
0.4	1.7	ENTER New London.
1.0	2.7	RIGHT onto SR 46 at stop sign at "T".
0.3	3.0	CROSS the Erie Canal.
0.2	3.2	LEFT onto SR 49 at blinking light.
0.8	4.0	Enter the City of Rome area.
2.4	6.4	Enter Town of Vienna area.
0.3	6.7	RIGHT onto Herder Rd (CR 66).
2.0	8.7	Enter Town of Annsville area.
3.0	11.7	LEFT at stop sign at "T".
0.2	11.9	BEAR LEFT to follow Main St at Jct Coal Hill Rd. We are actually on SR 285.
4.5	16.4	Enter the Town of Camden area.
0.7	17.1	Enter the Town of Florence area.
5.7	22.8	ENTER Florence. Limited services.
0.2	23.0	Florence General Store on right. O2 informed.
4.0	27.0	ENTER Oswego County and the Redfield area. We are now on CR 27.
3.2	30.2	STRAIGHT onto CR 17 as you CROSS the Salmon River Reservoir.
0.7	30.9	Redfield General Store on right. O2 informed.
0.1	31.0	BEAR LEFT to follow CR 17 at Jct CR 47.
8.7	39.7	Shar's Country Diner on right. O2 informed.
1.0	40.7	STRAIGHT to follow CR 17 at Jct CR 15. Small restaurant.
3.7	44.4	ENTER Jefferson County and begin CR 92.
4.5	48.9	LEFT onto CR 93 at stop sign at "T".
0.1	49.0	CHECKPOINT at Johnson's Mini-Mart Plus. Look for a community BBQ for a low cost lunch. Road becomes CR 189.
2.9	51.9	Enter the Village of Adams area.
0.1	52.0	RIGHT onto US 11 at stop sign.

Continued

Day 149 Verona, NY to Ivy Lea (Lansdowne), Ont, CANADA (Page 2 of 3)
28-May Sun

Emergency #'s:

Tim's USA Cell: 1-206-601-6149, Karen-Ann: 1-206-295-5385 or v-pt: 1-646-321-1720

Mi Accum

0.2 52.2 STRAIGHT to follow US 11 at Jct Liberty Street.
0.1 52.3 RIGHT onto Church St at light.
0.6 52.9 LEFT onto Wright St.
2.8 55.7 STRAIGHT to follow Wright St at Jct Minkler St at stop sign.
0.9 56.6 RIGHT onto SR 177 at stop sign at "T".
0.1 56.7 LEFT onto Fuller Rd.
2.4 59.1 STRAIGHT onto CR 64 at Jct US 11 at stop sign.
0.8 59.9 CAUTION RR Tracks.
0.8 60.7 LEFT towards Sachets Harbor at stop sign.
0.1 60.8 RIGHT onto Old Rome State Rd immediately after crossing under I-88.
1.8 62.6 STRAIGHT to follow Old Rome State Rd at Jct Massey St at stop sign.
1.9 64.5 STRAIGHT to follow Old Rome State Rd at Jct SR 3 at stop sign.
2.1 66.6 LEFT onto SR 12F at stop sign at "T".
0.2 66.8 RIGHT onto 12E towards Brownville.
0.1 66.9 ENTER Village of Brownville.
0.2 67.1 LEFT onto Main St to follow SR 12E at stop sign at "T".
0.1 67.2 RIGHT onto Brown St at blinking light.
0.3 67.5 STRAIGHT onto CR 54 at stop sign.
4.9 72.4 STRAIGHT onto Depauville Rd at Jct SR 180 at stop sign.
5.5 77.9 RIGHT at stop sign at angled "T".
0.1 78.0 LEFT onto SR 12 (Amelia St) at stop sign/blinking light.
0.1 78.1 RIGHT onto Sylvania Rd (CR 11).
2.0 80.1 LEFT onto Ellis Rd (unmarked). Notice "weight limit 10 tons" sign and a 4-wheeler sign after turn.
2.1 82.2 STRAIGHT onto CR 10 at stop sign.
1.6 83.8 RIGHT at stop sign at "T" and an IMMEDIATE LEFT onto CR 181 at stop sign at "T".
0.6 84.4 RIGHT onto SR 12 at stop sign at "T".
0.2 84.6 ENTER Mc Carn Hill. No services.
0.4 85.0 ENTER Village of Clayton. Full services.
0.9 85.9 RIGHT to follow SR 12 (State St) at light.
5.0 90.9 STRAIGHT to follow SR 12 at Jct SR 180 at blinking light.

Continued

Day 149 Verona, NY to Ivy Lea (Lansdowne), Ont, CANADA (Page 3 of 3)
28-May Sun

Emergency #'s:

Tim's USA Cell: 1-206-601-6149, Karen-Ann: 1-206-295-5385 or v-pt: 1-646-321-1720

Mi Accum

- 1.7 92.6 **LEFT** onto Jct Collins Landing just past Citgo Station. NOTE: *Vehicles continue towards I-81 North to cross bridge. Must pay a \$2.00 toll. Take Exit 51 to rejoin bike route.*
- 0.1 92.7 **RIGHT** towards the welcome Center.
- 0.3 93.0 **STRAIGHT** as you **PASS** the Welcome Center on left.
- 0.1 93.1 **RIGHT** to access sidewalk over the Thousand Islands Bridge. Should probably walk your bikes across.
- 1.0 94.1 **CAUTION** sidewalk ends in stairs. Descend stairs at end of walkway, **CROSS** grass as you walk back toward the water, hop over guardrail, and go **LEFT** onto Park St under bridge.
- 0.1 94.2 **LEFT** onto CR 191 towards I-81 North towards Canada.
- 0.5 94.7 **STRAIGHT** to follow CR 191 at entrance to I-81.
- 3.0 97.7 **LEFT** and an **IMMEDIATE RIGHT** onto I-81 North towards Canada.
- 0.4 98.1 US Customs on left.
- 0.3 98.4 **PASS** through Canadian Customs. **Welcome to Canada.**
- 0.1 98.5 **BEAR RIGHT** to exit customs area. **ENTER** Hill Island.
- 0.6 99.1 **CROSS** Bridge. Bicyclists **must** use sidewalk on left.
- 0.6 99.7 Bridge ends. Use caution crossing traffic.
- 0.3 100.0 **BEAR RIGHT** towards the Thousand Islands Parkway West towards Ivy Lea and Gananoque.
- 0.6 100.6 **STRAIGHT** at entrance to Ivy Lea Campsite. Bike path on right.
- 1.3 101.9 **STRAIGHT** at entrance to Ivy Lea Village.
- 0.5 102.4 **RIGHT** towards the KOA Kampground. **CAUTION** gravel road.
- 0.4 102.8 **ARRIVE** at check-in.

102.8 Today's Mileage
 689.4 Stage Mileage
 8381.7 Total Trip Mileage
 13,578.4 Total Trip Kilometers

- Services: Remote KOA with limited services at camp.
- Camping: Ask about our area and any limitations we might have.
- Toilets: Plenty at camp.
- Showers: Plenty at camp.
- Dinner: Dinner will be catered at camp from 6:00 to 7:30 pm.
- Breakfast: Breakfast will be catered at camp from 6:30 to 8:00 am.
- Tomorrow: 100.6 miles of beautiful terrain. Some rolling landscape.

Day 150 Lansdowne to Ottawa (Page 1 of 3)

29-May Mon

Emergency #'s:

Tim's USA Cell: 1-206-601-6149, Karen-Ann: 1-206-295-5385 or v/pt: 1-646-321-1720

Mi Accum

0.0 0.0 EXIT KOA Kampground area. We are still using miles, not kilometers.
0.5 0.5 **LEFT** onto Thousand Islands Parkway.
1.8 2.3 **LEFT** onto CR 3 (Renyolds Road).
1.4 3.7 CROSS over Hwy 410.
1.2 4.9 STRAIGHT to follow CR 3 at CR 2.
0.5 5.4 ENTER Lansdowne. Full services.
0.2 5.6 CAUTION RR Tracks (2 sets).
2.3 7.9 Golden Egg on left.
2.3 10.2 STRAIGHT to follow CR 3 at Jct Sand Bay and Warburton Rds.
0.9 11.1 ENTER Outlet. Services. Watch for construction-5.3 miles of dirt road ahead.
3.9 15.0 ENTER Black Rapids. No services.
4.5 19.5 **RIGHT** onto CR 33 at stop sign. Short Point Gas and Convenience Store at turn. O2 informed. ENTER Lyndhurst.
4.1 23.6 **LEFT** onto CR 42 towards Delta at stop sign at "T".
1.3 24.9 ENTER Delta. Services.
0.7 25.6 Old Stone Mill Museum on the left.
3.0 28.6 ENTER Philipsville. No services on route.
0.1 28.7 **RIGHT** onto CR 8 towards Toledo.
3.2 31.9 ENTER Chantry.
2.3 34.2 STRAIGHT to follow CR 8 at Jct CR 5.
4.7 38.9 ENTER Toledo. Full services.
0.2 39.1 STRAIGHT onto CR 29 at stop sign. Shell Station and Kitley Grocery on right.
0.6 39.7 **LEFT** to follow CR 29 towards Smith Falls at stop sign at "T".
3.4 43.1 ENTER Newbliss. No services.
0.7 43.8 **RIGHT** onto CR 16 towards Jasper.
2.5 46.3 ENTER Jasper. No services.
0.5 46.8 STRAIGHT to follow CR 16 towards Merrickville at Jct CR 17. CAUTION RR Tracks.
2.3 49.1 Easton Corners to the right.
6.1 55.2 **LEFT** onto St Lawrence (CR 15) at stop sign. ENTER Merrickville. Full services.
0.4 55.6 City Park on right. **CHECKPOINT.**

Continued

Day 150 Lansdowne to Ottawa (Page 2 of 3)

29-May Mon

Emergency #'s:

Tim's USA Cell: 1-206-601-6149, Karen-Ann: 1-206-295-5385 or v/-pt: 1-646-321-1720

Mi Accum

- 0.2 55.8 STRAIGHT to CROSS the famous Rideau Canal. Blockhouse Museum.
- 0.5 56.3 **RIGHT** onto Broadway (CR 2).
- 0.1 56.4 CAUTION RR Tracks (2 sets).
- 3.4 59.8 Enter Rideau area.
- 1.6 61.4 ENTER Burritt's Rapids. No services.
- 7.6 69.0 STRAIGHT onto CR 5 as CR 2 ends at stop sign.
- 0.6 69.6 Rideau River Provincial Park on the right.
- 2.9 72.5 **RIGHT** onto CR 13.
- 0.5 73.0 CROSS over Hwy 416.
- 4.4 77.4 ENTER Kars. Services.
- 1.2 78.6 **RIGHT** onto Roger Stevens Dr (CR 6) towards Manotick at stop sign/blinking light.
- 0.5 79.1 **LEFT** to follow CR 13 towards Manotick.
- 4.3 83.4 ENTER Manotick. Full services.
- 1.1 84.5 STRAIGHT to follow Main St at Jct Maple Ave at light.
- 0.2 84.7 STRAIGHT to follow CR 13 at CR 8 at blinking light. Enter the Nepean area.
- 1.7 86.4 **BEAR RIGHT** onto Prince of Wles Dr (Hwys 16 and 73) towards Ottawa at light.
- 1.1 87.5 **LEFT** onto Woodroffe Ave (CR 15).
- 2.6 90.1 STRAIGHT to follow Woodroffe Ave (CR 15) at Jct Fallowfield.
- 0.3 90.4 CAUTION RR Tracks.
- 1.9 92.3 STRAIGHT to follow Woodroffe Ave (CR 15) at Jct West Hunt Club.
- 1.7 94.0 STRAIGHT to follow Woodroffe Ave (CR 15) at Jct Baseline.
- 0.7 94.7 CROSS over Hwy 417.
- 0.6 95.3 **RIGHT** onto Carling at stop light at "T".

Continued

Day 150 Lansdowne to Ottawa (Page 3 of 3)

29-May Mon

Emergency #'s:

Tim's USA Cell: 1-206-601-6149, Karen-Ann: 1-206-295-5385 or v/-pt: 1-646-321-1720

Mi Accum

1.7	97.0	CROSS under Hwy 417. NOTE: These mileages have not been confirmed from here to Carleton University.
0.9	97.9	STRAIGHT to follow Carling at Jct Island Park Dr.
1.4	99.3	RIGHT onto Highway 16/32 at light.
0.8	100.1	RIGHT into Carleton University.
0.5	100.6	Arrive at University housing for 2 nights in 2 person dorm rooms.
	100.6	Today's Mileage
	687.2	Stage Mileage
	8379.5	Total Trip Mileage
	13,574.8	Total Trip Kilometers

Services: Full services in Ottawa, the National Capitol of Canada. Enjoy.
Camping: Carleton University is a super place to stay. Two per room.
Toilets: Between two rooms.
Showers: Between two rooms.
Dinner: Tonight and tomorrow night from 6:00 to 7:30 pm at the University.
Breakfast: Tomorrow from 8 to 9:30 am and Wednesday from 6:30 to 8:00 am.
Tomorrow: Enjoy your layover day in this wonderful national capitol.

Day 151 Ottawa layover day

30-May Tue

Tomorrow: 91.6 miles of relatively flat river lands. Very scenic.

Day 152 Ottawa to Chute-à-Blondeau (Hawkesbury) (Page 1 of 3)

31-May Wed

Emergency #'s:

Tim's USA Cell: 1-206-601-6149, Karen-Ann: 1-206-295-5385 or v-pt: 1-646-321-1720

Mi Accum

- | | | |
|-----|------|--|
| 0.0 | 0.0 | EXIT the university dorm. ALTERNATIVE: Head for river and go right along bike trail towards town. Pick up route somewhere along 9.5 DRG mark below. Shorter but rougher trail. |
| 0.5 | 0.3 | LEFT onto Highway 16/31. |
| 0.8 | 1.1 | LEFT onto Carling at light. |
| 1.4 | 2.5 | RIGHT onto Island Park Drive. |
| 0.6 | 4.7 | Traffic merges from the right. Nice bike lane. Note: Please subtract 1.6 miles from the accum miles at this point. Should read 3.1 as accum mileage. I made a mistake on the original DRG. Sorry and thanks. |
| 0.6 | 5.3 | BEAR LEFT to follow Island Park Dr at Jct Richmond Rd at light. |
| 0.6 | 5.9 | BEAR RIGHT onto the Ottawa River Parkway. NOTE: Bike Trail on left next to Parkway-should use. |
| 1.6 | 7.5 | CROSS over railway bridge. |
| 0.3 | 7.8 | Bike path crosses under highway. Just stay close to Parkway. |
| 0.7 | 8.5 | BEAR RIGHT toward Wellington St. Watch for construction to make naviguessing more challenging. This is the heart of town. |
| 1.0 | 9.5 | LEFT onto Prom Colonel By Dr (Sussex) toward waterfront. |
| 0.3 | 9.8 | STRAIGHT to follow Sussex at Jct St Patrick at light. |
| 1.1 | 10.9 | Residence of the Prime Minister on left. |
| 0.3 | 11.2 | BEAR LEFT to follow Rockcliff Parkway. |
| 0.7 | 11.9 | BEAR LEFT to follow Rockcliff Parkway at "T". |
| 0.3 | 12.2 | BEAR LEFT to follow Rockcliff Parkway. |
| 1.8 | 14.0 | STRAIGHT to follow Rockcliff Parkway at Rockcliff Airport and the National Aviation Museum. |
| 4.9 | 18.9 | CROSS over Hwy 17. |
| 0.4 | 19.3 | LEFT onto St Joseph at light. |
| 1.5 | 20.8 | ENTER Orleans. Full services. |
| 0.4 | 21.2 | STRAIGHT to follow St Joseph at Jeanne d' Arc. |

Continued

Day 152 Ottawa to Chute-à-Blondeau (Hawkesbury) (Page 2 of 3)

31-May Wed

Emergency #'s:

Tim's USA Cell: 1-206-601-6149, Karen-Ann: 1-206-295-5385 or v-pt: 1-646-321-1720

Mi Accum

- 2.8 24.0 Lose shoulder.
- 0.7 24.7 STRAIGHT onto Queen St at Jct Trim Rd at light. We are on SR 34.
- 3.0 27.7 Welcome to Cumberland.
- 1.0 28.7 STRAIGHT to follow Queen St at Jct Cameron/Market at stop sign.
- 1.6 30.3 STRAIGHT to follow Old Montreal Rd at entrance to Hwy 17.
- 1.5 31.8 **RIGHT** onto Hwy 17 at stop sign at "T".
- 1.9 33.7 **RIGHT** towards Chemin De La Baie Rd.
- 0.4 34.1 ENTER Rockland.
- 0.2 34.3 STRAIGHT to follow Laurier St at stop sign.
- 2.3 36.6 **BEAR RIGHT** onto Montee Outaoais just before Hwy 17.
- 1.3 37.9 **LEFT** onto Landry St at stop sign at "T".
- 0.5 38.4 STRAIGHT onto CR 8 at Jct Hwy 17 at light. ENTER Clarence.
- 1.2 39.6 STRAIGHT to follow Old Hwy 17 at Jct Dallaire Rd (turnoff to ferry).
- 3.9 43.5 STRAIGHT at entrance to Hwy 17. ENTER Wendover.
- 4.7 48.2 STRAIGHT to follow CR 26 at Jct Hwy 17 at stop sign.
- 4.0 52.2 **CHECKPOINT** at the Patati-Patata on right. Look for some Odyssey specials from the excited owners.

- 0.2 52.4 CROSS over the Nations River.
- 0.7 53.1 STRAIGHT onto CR 9 at Jct Hwy 17 at stop sign. Services.
- 4.0 57.1 **RIGHT** onto CR 24 (North Plantagenet Rd 1) just before the Ottawa River.
- 6.3 63.4 ENTER Lafavre. Services.
- 4.2 67.6 **BEAR RIGHT** to follow CR 24.
- 1.8 69.4 **LEFT** onto Bay to follow CR 24 at stop sign.
- 0.7 70.1 Enter Champlan area.
- 4.7 74.8 Campground on left as you ENTER L'Original.
- 0.4 75.2 **LEFT** onto King St to follow CR 24 at stop sign.
- 0.6 75.8 Campground on left.
- 2.6 78.4 **LEFT** onto CR 4 at stop sign at "T".
- 0.5 78.9 ENTER Hawkesbury. Full services.
- 1.1 80.0 STRAIGHT onto Main at light.
- 0.4 80.4 STRAIGHT to follow Main St (CR 4) at Jct John St at turnoff to bridge to Quebec Province.

Continued

Day 152 Ottawa to Chute-à-Blondeau (Hawkesbury) (Page 3 of 3)

31-May Wed

Emergency #'s:

Tim's USA Cell: 1-206-601-6149, Karen-Ann: 1-206-295-5385 or v-pt: 1-646-321-1720

Mi Accum

6.6	87.0	ENTER Chute-A-Blondeau.
3.0	90.0	LEFT into the Parc Voyageur Provincial Park.
0.4	90.4	PASS through gate.
1.2	91.6	BEAR LEFT towards store and day picnic area at turnoff towards camping. NOTE: If we need to camp at normal sites, BEAR RIGHT .3 miles past the turnoff into the group site, .7 miles enter Iroquois Campsite, .3 miles bathrooms on LEFT , and then RIGHT into camping sites 183 to 202 circle and 203 to 222 circle.
0.7	92.3	ARRIVE at check-in for camping instructions.
	92.3	Today's Mileage
	779.5	Stage Mileage
	8471.8	Total Trip Mileage
	13,724.3	Total Trip Kilometers

Services:	None at camp except a small store near camping area.
Camping:	Follow Dan Henries to camping area. Please ask about any restrictions.
Toilets:	In camping area.
Showers:	In camping area.
Dinner:	Dinner will be from 6:00 to 7:30 pm. Location to be announced.
Breakfast:	Breakfast will be from 6:30 to 8:00 am. Location to be announced.
Tomorrow:	59.9 miles of moderate, but scenic cycling.

Day 153 Chute-à-Blondeau to Montréal (Page 1 of 3)

1-Jun Thu

Emergency #'s:

Tim's USA Cell: 1-206-601-6149, Karen-Ann: 1-206-295-5385 or v/-pt: 1-646-321-1720

Mi Accum

0.0	0.0	EXIT camping area.
0.6	0.6	BEAR RIGHT towards camp exit. CAUTION speed bumps ahead.
1.3	1.9	PASS by entrance gate.
0.5	2.4	LEFT onto CR 5 at stop sign at "T".
0.3	2.7	CROSS over Hwy 417.
0.2	2.9	LEFT onto Conc 1 (Concession 1 Rd).
1.6	4.5	STRAIGHT onto gravel road at Nixon Rd.
1.6	6.1	LEFT onto Grande Montee at stop sign.
0.1	6.2	CROSS over Hwy 417. Quebec Province is to our right.
0.1	6.3	STRAIGHT towards Pointe-Fortune at entrance to Hwys 40 and 342.
1.3	7.6	BEAR RIGHT Pointe-Fortune.
0.2	7.8	RIGHT onto Outaouais at stop sign at "T".
0.2	8.0	LEFT onto De L'Eglise to stage in ferry area.
0.1	8.1	RIGHT onto Principale in Carillon at stop sign at "T". Full services. Welcome to Quebec Province.
1.3	9.4	BEAR LEFT onto Du Couvent.
0.8	10.2	RIGHT onto Hwy 344 towards Saint-Placide at stop sign.
4.2	14.4	Restaurant on right.
0.4	14.8	Enter the Municipality of Saint-Placid area.
1.4	16.2	Services on left.
1.8	18.0	ENTER St-Placide Fortune. Services.
7.7	25.7	ENTER Oka. Full services.
0.7	26.4	STRAIGHT to follow Notre-Dame (CR 344) at Jct L'Annonciation at stop sign.
1.8	28.2	Parc d'Oka on right. Road picks up a shoulder.
3.9	32.1	STRAIGHT to follow CR 344 at turnoff to Hwy 640 Est at light.
0.7	32.8	STRAIGHT to follow CR 344 at Jct de la Baie at light. Full services.
0.4	33.2	CHECKPOINT at the Restaurant Pinocchio. Great food stop from 6 am.
1.2	34.4	ENTER Ste-Marthe sur-le-lac. Full services through Montréal.
1.4	35.8	STRAIGHT to follow d'Oka at Jct des Promenades at light.

Continued

Day 153 Chute-à-Blondeau to Montréal (Page 2 of 3)

1-Jun Thu

Emergency #'s:

Tim's USA Cell: 1-206-601-6149, Karen-Ann: 1-206-295-5385 or v/-pt: 1-646-321-1720

Mi Accum

2.8	38.6	ENTER Ville-Sainte-Eustache.
0.8	39.4	RIGHT onto CR 148 E to CROSS the River Mille Isles toward Laval at yield sign. Street becomes Blvd Arthur-Sauvé. Wide sidewalk.
1.0	40.4	STRAIGHT to follow Blvd Arthur-Sauvé at Jct Sainte-Rose at light.
0.5	40.9	Arthur-Sauvé becomes two-lanes at stop sign.
0.6	41.5	LEFT onto Avenue des Bois to follow CR 148 at light.
0.4	41.9	RIGHT onto Principale St to follow CR 148 at light.
3.2	45.1	LEFT onto Champagne to follow CR 148 at stop sign.
0.2	45.3	RIGHT onto St-Martin to follow CR 148 at light.
0.3	45.6	CROSS over Hwy 13.
0.2	45.8	BEAR RIGHT to follow CR 148 at "T".
0.2	46.0	LEFT to follow Blvd St Martin (CR 148) at stop sign.
1.6	47.6	RIGHT onto Cure-Labelle (Hwy 117 S) toward Montréal at light.
1.3	48.9	STRAIGHT to follow onto Cure-Labelle (Hwy 117 S) at Jct Blvd Sampson at light.
0.4	49.3	BEAR RIGHT to follow HWY 117 toward Montréal.
0.5	49.8	CROSS bridge over the Rivière Prairies. Can use sidewalk.
0.2	50.0	ENTER Montréal.
1.0	51.0	CROSS under railroad tracks.
1.5	52.5	MERGE into left lanes for accessing turn to Blvd de la Côte-Vertu.
0.1	52.6	LEFT onto Blvd Côte-Verdu Est.
0.1	52.7	LEFT onto Leduc.
0.1	52.8	RIGHT onto Blvd de la Côte-Verdu at light.
0.5	53.3	BEAR RIGHT onto O'Brien which becomes Blvd Ste-Croix at light.
0.5	53.8	Mussee D' Art de saint-Laurent on left.
0.1	53.9	CROSS under railroad tracks.
0.4	54.3	CROSS under Hwy 40 at light.
0.9	55.2	LEFT onto Jean-Talon St at light at "T".
0.2	55.4	RIGHT onto Chemin de la Côte-des-Neiges at light.
0.6	56.0	RIGHT onto Linton at light.
0.2	56.2	LEFT onto Légare at stop sign.

Continued

Day 153 Chute-à-Blondeau to Montréal (Page 3 of 3)

1-Jun Thu

Emergency #'s:

Tim's USA Cell: 1-206-601-6149, Karen-Ann: 1-206-295-5385 or v/-pt: 1-646-321-1720

Mi Accum

0.2	56.4	LEFT onto Côte-St-Catherine at light.
0.2	56.6	STRAIGHT to follow Côte-St-Catherine at Jct Chemin de la Côte-des-Neiges at light.
0.7	57.3	RIGHT onto Stirling at light.
0.2	57.5	LEFT onto Edouard Montpetit across from the University of Montréal's Pavillon J. A. DeSève parking lot.
0.3	57.8	BEAR RIGHT onto Ave Vincent-d'Indy and an IMMEDIATE LEFT onto Mont-Royal.
0.2	58.0	RIGHT to follow Mont-Royal at Jct Ave Maplewood at light.
0.3	58.3	RIGHT onto Ave Springgrove at stop sign.
0.1	58.4	LEFT onto de la Forêt at stop sign at "T".
0.6	59.0	BEAR RIGHT onto Côte-St-Catherine at light.
0.1	59.1	RIGHT onto Avenue Parc at light.
0.5	59.6	BEAR RIGHT towards Ave des Pins.
0.1	59.7	CAUTION merging traffic from left.
0.2	59.9	McGill University dorms are somewhere along here.
	59.9	Today's Mileage
	837.0	Stage Mileage
	8529.3	Total Trip Mileage
	13,817.5	Total Trip Kilometers

Services:	Full services in this wonderful town and we are close to the action.
Camping:	College dorm rooms, mostly single rooms.
Toilets:	On dorm room floors.
Showers:	On dorm room floors.
Dinner:	Dinner will be from 6:00 to 7:30 pm at the college.
Breakfast:	Breakfast will be from 6:30 to 8:00 am at the college
Tomorrow:	Layover day in another worldclass city.

Day 154 Montréal layover day

2-Jun Fri

Tomorrow: 87.9 miles of modest cycling in the beautiful Province of Québec.

Day 155 Montréal to Nicolet (Page 1 of 2)

3-JunSat

Emergency #'s:

Tim's USA Cell: 1-206-601-6149, Karen-Ann: 1-206-295-5385 or v/-pt: 1-646-321-1720

<u>Mi</u>	<u>Accum</u>	
0.0	0.0	LEFT onto Av. des Pins from McGill University. This might be different.
0.2	0.2	LEFT onto Rue Peel at light.
0.3	0.5	STRAIGHT to follow Rue Peel at Jct Rue Sherbrooke at light.
0.4	0.9	LEFT onto René-Lévesque at light.
1.8	2.7	LEFT at Papinau at light.
0.4	3.1	BEAR RIGHT as road continues towards the Pont Jacques-CATER bridge to CROSS the St Lawrence River.
0.1	3.2	Bikes must move right onto sidewalk to CROSS bridge.
1.0	4.2	STRAIGHT to remain on bridge at the exit to Parc des les.
0.8	5.0	ENTER Longueuil as you continue on bridge sidewalk.
0.3	5.3	Sidewalk rapidly descends to pick up surface streets.
0.1	5.4	RIGHT onto Boul Lafayette (unsigned) at bike path stop sign.
0.3	5.7	RIGHT onto Saint-Charles Quest at stop sign.
0.2	5.9	BEAR LEFT to follow St Charles towards Hwy 132 & 20.
0.2	6.1	CAUTION traffic merging from right.
0.1	6.2	BEAR RIGHT to follow Rue St Charles. Watch for traffic from right.
0.2	6.4	STRAIGHT to follow Rue St Charles at Jct Joliette at light.
0.8	7.2	STRAIGHT to follow Rue St Charles at Jct Chemin de Chambly.
0.9	8.1	Rue St Charles changes to Boul Marie-Victorin.
2.2	10.3	STRAIGHT to follow Marie-Victorin at entrance to freeway.
0.3	10.6	CROSS under freeway.
0.3	10.9	BEAR RIGHT towards Boucherville.
0.3	11.2	ENTER Boucherville.
0.8	12.0	CROSS over Hwy 132 to follow Marie-Victorin along a cool water route.
3.1	15.1	STRAIGHT to follow Marie-Victorin at Jct Rue D'argensen at stop sign.
2.0	17.1	STRAIGHT to follow Marie-Victorin at Jct Blvd de la Marine at light. Services.
0.7	17.8	LEFT onto Hwy 132Est at light. Stay well right.
0.2	18.0	ENTER Varennes. Full services.
1.3	19.3	CAUTION RR Tracks.
1.0	20.3	CAUTION RR Tracks.
0.4	20.7	CAUTION RR Tracks.
2.7	23.4	Enter Verchères area. No services.
2.0	25.4	Full services begin in Verchères.

Continued

Day 155 Montréal to Nicolet (Page 2 of 2)

3-JunSat

Emergency #'s:

Tim's USA Cell: 1-206-601-6149, Karen-Ann: 1-206-295-5385 or v-pt: 1-646-321-1720

Mi Accum

4.1	29.5	Enter Contrecoeur area. No services.
1.8	31.3	CAUTION RR Tracks.
2.1	33.4	ENTER Contrecoeur. Full services.
9.7	43.1	ENTER Ville de Tracy. Full services.
4.4	47.5	CAUTION RR Tracks. Nice detached bike path, huh?
0.4	47.9	CAUTION RR Tracks.
0.9	48.8	CAUTION bridge grating.
0.1	48.9	ENTER Sorel. Full services. CHECKPOINT somewhere in town.
0.6	49.5	RIGHT onto Blvd Fiset to follow Hwy 132 E.
0.9	50.4	STRAIGHT to follow Blvd Fiset (Hwy 132 E) at Jct Blvd Poliquin at light.
6.5	56.9	Native Canadian information centre on left.
3.6	60.5	ENTER Yamaska just after crossing the Yamaska River. Services.
0.1	60.6	BEAR RIGHT to follow Hwy 132 towards Nicolet.
0.3	60.9	BEAR LEFT to follow Hwy 132 Rte Marie-Victorin).
1.5	62.4	STRAIGHT to follow Hwy 132 at Jct of Hwy 122 at blinking light. Services.
4.2	66.6	ENTER St-Francois du-Lac. Full services.
0.5	67.1	CROSS the Riviere Saint-Francois.
0.2	67.3	ENTER Pierreville.
7.2	74.5	ENTER Baie du Febvre. Limited services.
4.5	79.0	Enter the Nicolet Sur area. No services.
4.1	83.1	LEFT to follow Hwy 132 across the river.
0.1	83.2	ENTER Nicolet.
2.3	85.5	LEFT onto Rte Du Port at light.
1.9	87.4	STRAIGHT to follow Du Port at Jct Route les 60 at stop sign/blinking light.
0.3	87.7	LEFT onto Rue du Camping towards Port St-François camping. Dirt road.
0.2	87.9	ARRIVE at check-in for camping instructions.
	87.9	Today's Mileage
	924.9	Stage Mileage
	8617.2	Total Trip Mileage
	13,959.9	Total Trip Kilometers

Services:	Store and small restaurant near camp. Full services as you pass through Nicolet.
Camping:	We will probably use the group area with water and picnic tables.
Toilets:	The camp has about 4 men's and 4 women's in 2 separate facilities. We are augmenting these with portable toilets.
Showers:	TK&A showers plus a handful at camp.
Dinner:	Dinner will be catered at camp from 6:00 to 7:30 pm.
Breakfast:	Breakfast will be catered at camp from 6:30 to 8:00 am.
Tomorrow:	92.9 miles. A full day of river riding along the beautiful St Lawrence.

Day 156 Nicolet to Québec (Page 1 of 3)

4-JunSun

Emergency #'s:

Tim's USA Cell: 1-206-601-6149, Karen-Ann: 1-206-295-5385 or v-pt: 1-646-321-1720

<u>Mi</u>	<u>Accum</u>	
0.0	0.0	EXIT the camping area.
0.2	0.2	RIGHT onto Du Port at stop sign.
0.4	0.6	LEFT onto Rd 78860 (Boul Bécancour) towards Trois Rivières at stop sign.
3.7	4.3	STRAIGHT at turnoff to Hwy 132.
0.1	4.4	CROSS under Hwy 55 freeway.
0.9	5.3	Enter Bécancour (Ste-Angéle) area.
8.0	13.3	ENTER Ste-Angéle-de-Laval. Full services.
4.0	17.3	ENTER Bécancour. Services ahead.
0.7	18.0	CROSS the Rivière Bécancour.
0.2	18.2	LEFT onto Boul Raoul-Duchesnes in front of Shell Service Station.
2.2	20.4	CAUTION RR Tracks.
0.1	20.5	CAUTION RR Tracks.
1.2	21.7	CAUTION RR Tracks (2 sets).
0.1	21.8	RIGHT onto Boul Alphonse-Deshales at stop sign.
0.1	21.9	CAUTION RR Tracks (2 sets).
0.4	22.3	STRAIGHT to CROSS Hwys 132 & 30 at light. No bikes allowed on Hwy 132 & 30 for a short distance yet.
0.1	22.4	LEFT onto Boul Bécancour at stop sign at "T".
0.2	22.6	Enter Gentilly area.
0.6	23.2	LEFT and an IMMEDIATE RIGHT onto Hwys 132 and 30 E at blinking light.
0.5	23.7	Lose shoulder as Hwy 30 ends and Hwy 132 continues to Québec. Busy road, at least to Gentilly.
2.8	26.5	ENTER Gentilly. Full services.
4.7	31.2	Enter Saint-Pierre-les-Becquets area.
3.4	34.6	ENTER Saint-Pierre-les-Becquets. Services.
5.4	40.0	ENTER Deschaillons-sur-St-Laurent.
6.5	46.5	CHECKPOINT at the Halte Ste-Emmélie Pard overlooking the St Lawrence on the left. Use caution crossing traffic. No services.
0.4	46.9	ENTER Leclerville. Limited services.
0.7	47.6	Another park with bathrooms on left.
3.9	51.5	ENTER Lotbinière. No services.
11.6	63.1	ENTER Ste-Croix. Full services.
5.4	68.5	Enter the Saint-Antoine-de-Tilly area.

Continued

Day 156 Nicolet to Québec (Page 2 of 3)
4-JunSun

Emergency #'s:

Tim's USA Cell: 1-206-601-6149, Karen-Ann: 1-206-295-5385 or v-pt: 1-646-321-1720

Mi Accum

3.1	71.6	ENTER Saint-Antoine-de-Tilly. No services.
9.2	80.8	ENTER Stint-Nicolas. Services.
3.0	83.8	Services begin for a bit.
2.8	86.6	STRAIGHT to follow Marie Victorin at Jct Rue Caver at light.
0.7	87.3	CROSS under major bridge into Québec.
0.1	87.4	BEAR RIGHT immediately after crossing under the Pont De Québec Bridge (smaller of two bridges).
0.1	87.5	BEAR LEFT for access to bridge even if it looks like a strange thing to do at yield sign.
0.1	87.6	BEAR LEFT towards Hwy 132, then carefully MOVE into right lane for accessing bridge. CAUTION watch for traffic merging from right.
0.3	87.9	BEAR RIGHT onto bridge. Bikes must use sidewalk.
0.6	88.5	End of bridge. Bikes continue to use sidewalk until exit.
0.2	88.7	BEAR RIGHT towards Ave des Hotels to EXIT bridge (first exit). Bikes not allowed on roadway ahead.
0.1	88.8	LEFT onto Ave des Hotels at stop sign at "T".
0.1	88.9	CAUTION RR Tracks.
0.2	89.1	BEAR RIGHT onto Chemin St-Louis at stop sign.
0.6	89.7	STRAIGHT to follow Chemin St-Louis at Jct Route de L'Eglise at light. Great bike lanes and even stop lights for cyclists.
0.9	90.6	LEFT onto Charles-Hout at light.
0.5	91.1	LEFT at stop sign at "T".
0.2	91.3	RIGHT onto Route Du Vallon via Sainte-Foy towards University at light.
0.5	91.8	BEAR RIGHT into the Université Laval.
0.2	92.0	STRAIGHT to follow Rue de la Terrasse at Jct Ave de Médecine.
0.2	92.2	STRAIGHT at Avenue des Sc. Humaines at light.
0.1	92.3	RIGHT onto Avenue du Seminaire at light at "T".
0.5	92.8	LEFT onto I' Universit´ at light.
0.1	92.9	RIGHT into Pavillon Alphonse-Marie-Parent for dorm beds.
	92.9	Today's Mileage
	1017.7	Stage Mileage
	8710.1	Total Trip Mileage
	14,110.4	Total Trip Kilometers

Continued

Day 156 Nicolet to Québec (Page 3 of 3)

4-JunSun

CAMP DETAILS

Services: Full services in Québec and lots to do. Old Québec is 6 kilometers away.
Camping: College dorm rooms. They have 2000 rooms at Laval.
Toilets: On floor.
Showers: On floor.
Dinner: Dinner will be from 6:00 to 7:30 both days at the university.
Breakfast: Breakfast will be from 6:30 to 8:00 both days at the university.
Tomorrow: Enjoy. Québec is a wonderful place. Lots happening. We will be leaving Québec tomorrow afternoon or evening so we can arrive in Paris at a reasonable hour.

Day 157 Québec layover day

5-JunMon

NOTE: We are planning to bus (not pedal) from Charles de Gualle Airport to the Etap Hotel on rue de Lagny.

Day 158 Québec to Paris Flight

6-JunTue

Emergency #'s: Tim's USA Cell: 1-206-601-6149, Karen-Ann: 1-206-295-5385

<u>Mi</u>	<u>Accum</u>	<i>Pedal to airport. Distances still in miles until we arrive in Paris.</i>
0.0	0.0	LEFT from Pavillon Alphonse-Marie-Parent onto rue de L'Université.
0.2	0.2	RIGHT onto Avenue du Séminaire.
0.6	0.8	RIGHT onto Cemin de Sainte-Foy at yield sign.
0.3	1.1	STRAIGHT to follow Cemin de Sainte-Foy at Jct Av Myrand at light.
0.4	1.5	ENTER Québec. Full services.
0.6	2.1	LEFT onto Avenue Holland/Saint-Sacrement at light. Nice descent ahead.
0.8	2.9	CROSS under railroad bridge.
0.4	3.3	LEFT onto Boul Wilfred-Hamel (Hwy 138) at light at "T".
1.0	4.3	CROSS over Hwy 740.
1.9	6.2	CROSS over Hwy 73.
1.3	7.5	RIGHT onto Chemin Notre Dame
0.1	7.6	LEFT onto Rue St-Paul at light.
0.1	7.7	RIGHT onto Rue St-Victor.
0.7	8.4	LEFT onto St Jacques at stop left.
0.2	8.6	STRAIGHT onto Route De L'Aéroport for accessing Québec International Airport for points east, namely Paris.
0.8	9.4	BEAR RIGHT towards terminal.
0.2	9.6	Departure Terminal C.
	9.6	Today's Mileage
	1027.3	Stage Mileage
	8719.7	Total Trip Mileage
	14,125.9	Total Trip Kilometers

Day 159 Paris arrival at approx 7:45 am.

7-JunWed