

LCW Tour to Iona - 117 KM



LCW Tour to Iona

Summary: 113.1 Kilometres - 4 Hours, 39 Minutes (at 29.0 KPH Average)

Time	# KMs	Notes	For	Direction	Elevation
9:00 AM	0.0	Start at Centennial Hall - go left (South) on Wellington St.		S 160°	256m
9:00 AM	0.2	Turn right (West) on Dufferin Ave.	0.2	W 249°	269m
9:01 AM	0.5	Turn left (South) on Hwy#4 (Richmond St.)	0.4	S 177°	259m
9:01 AM	0.7	Turn right (West) on Fullerton St.	0.1	W 249°	260m
9:02 AM	1.0	Turn left (South) on Ridout St. N.	0.4	S 160°	248m
9:07 AM	3.8	Turn right (West) on Base Line Rd. E.	2.8	SSE 152°	261m
9:13 AM	6.5	Turn left (South) on Beechwood Ave.	2.7	S 171°	255m
9:15 AM	7.7	Turn right (West) on Viscount Rd.	1.2	WSW 247°	277m
9:19 AM	9.5	Turn left (South) on Farnham Rd.	1.8	SSE 149°	279m
9:23 AM	11.3	Turn right (West) on Pack Rd.	1.8	NNE 10°	277m
9:27 AM	13.3	Turn left (South) on Colonel Talbot Rd.	2.0	S 170°	267m
9:30 AM	14.6	Turn right (West) on Kilbourne Rd.	1.3	WSW 230°	265m
9:34 AM	16.6	Turn left (Southeast) on Hwy#2 (Longwoods Rd.)	2.0	SE 131°	260m
9:36 AM	17.5	Turn right (South) on Murray Rd.	0.9	SSW 182°	260m
9:36 AM	17.8	Bear right (West) on Sharon Creek Rd.	0.3	SSW 189°	255m
9:47 AM	23.1	Turn left (South) on Carriage Rd.	5.3	S 162°	231m
10:05 AM	31.7	Turn right (West) on Southdel Bourne	8.6	W 249°	229m
10:08 AM	33.0	Turn left (South) on Mill Rd.	1.4	SE 134°	225m
10:11 AM	34.4	Turn right (West) on 3rd Line	1.4	WSW 226°	229m
10:18 AM	38.0	Turn left (South) on Union Rd.	3.6	SW 224°	229m
10:24 AM	40.7	Turn right (West) on Gore 5th Line	2.7	WSW 226°	232m
10:38 AM	47.4	Turn left (South) on Iona Rd.	6.7	SSE 137°	238m
10:45 AM	51.2	Turn right (West) on Hwy#3 (Talbot Line)	3.8	SE 124°	217m
10:46 AM	51.6	Stop for brunch at the Iona Restaurant - then continue East on Hwy#3 (Talbot Line)	0.4	NNE 5°	215m
11:32 AM	52.0	Turn left (North) on Iona Rd.	0.4	NNW 316°	217m
12:18 PM	74.0	Turn right (East) on Parkhouse Dr.	22.1	NE 43°	229m
12:43 PM	86.0	Bear left (East) on Mill Rd.	12.0	NE 28°	251m
12:44 PM	87.0	Turn left (North) on Troops Rd.	0.9	NNW 317°	249m
12:46 PM	87.6	Turn left (North) on Glendon Dr.	0.6	NW 304°	255m
12:47 PM	88.1	Turn right (East) on Oriole Dr.	0.5	ESE 99°	251m
12:51 PM	90.0	Turn left (North) on Amiens Rd.	1.9	NNW 315°	242m
12:52 PM	90.4	Turn right (East) on Oxbow Dr.	0.5	NE 45°	242m
12:57 PM	92.9	Turn right (South) on Komoka Rd.	2.5	SSE 135°	243m
1:03 PM	95.9	Turn left (East) on Gideon Dr.	3.0	ENE 60°	215m
1:08 PM	98.5	Turn right (South) on Brigham Rd.	2.6	S 162°	253m
1:09 PM	98.9	Turn left (East) on Elviage Dr.	0.4	E 72°	252m
1:15 PM	101.8	Turn left (North) on Westdel Bourne	2.9	NNW 345°	267m
1:16 PM	102.0	Turn right (East) on Byron Baseline Rd.	0.2	E 81°	268m
1:39 PM	113.1	End at Centennial Hall	11.1	NNW 338°	256m

