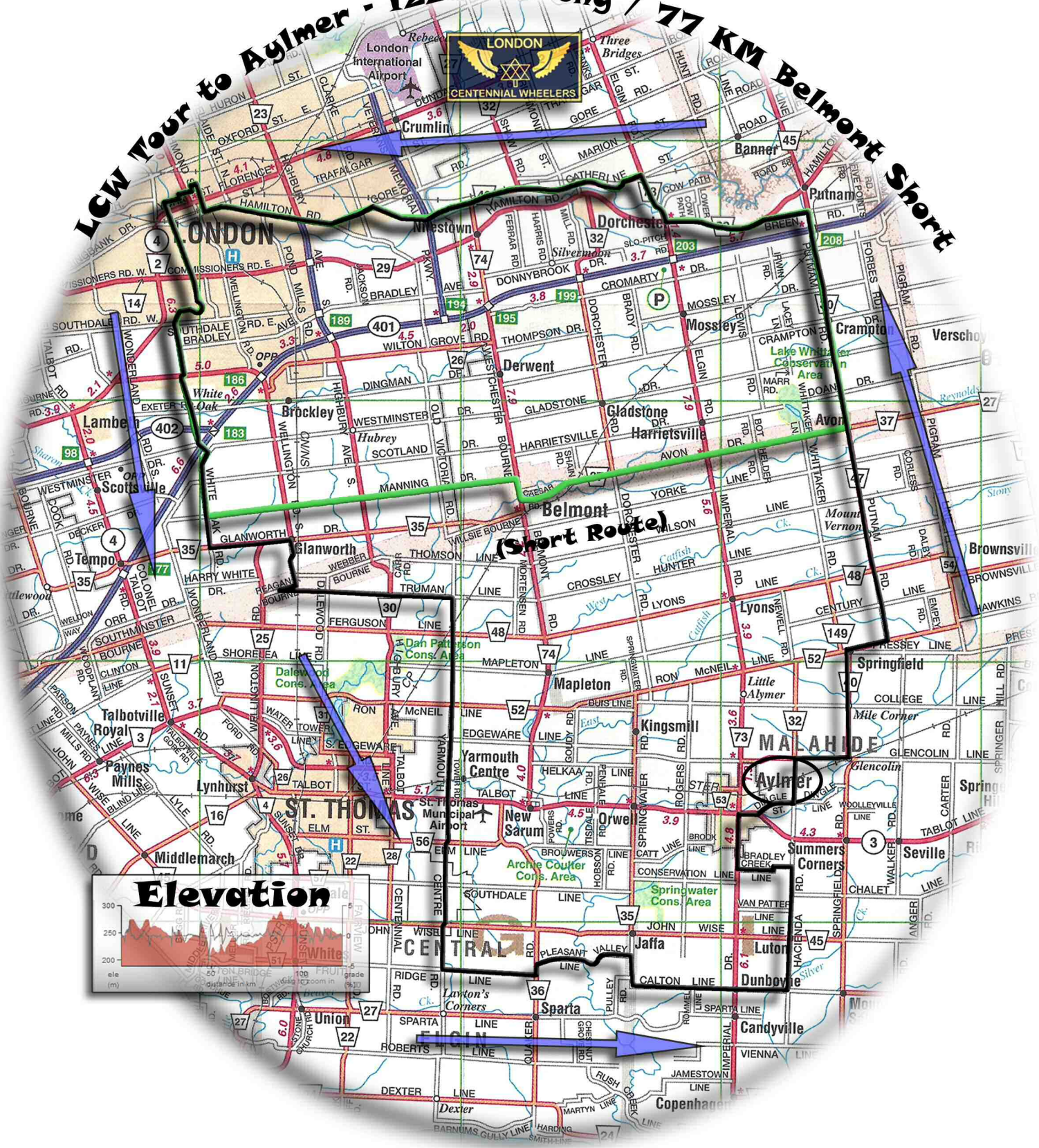


LCW Tour to Aylmer - 122 KM Long / 77 KM Belmont Short



Belmont (Short Route)

Aylmer

Elevation

LCW Tour to Aylmer Cue Sheet - 122 KM

Estimated Time at 35 KPH	At # KMs	Type of Turn	Notes	For # KMs	Elev. Chg. In Metres	Estimated Time at 30 KPH	Estimated Time at 25 KPH
8:15 AM	0.0		Start at Centennial Hall at 550 Wellington St, London (East of Victoria Park)		(Start at 247)	8:15 AM	8:15 AM
8:15 AM	0.3	Right(→)	Turn right onto Queens Ave W	0.8	(0)	8:15 AM	8:15 AM
8:16 AM	1.1	Left(←)	Turn left onto Ridout St N	3.0	(3)	8:17 AM	8:17 AM
8:22 AM	4.1	Straight(↑)	Continue onto Upper Queen St	1.3	16	8:23 AM	8:24 AM
8:24 AM	5.4	Right(→)	Turn right onto Ferndale Ave	1.1	14	8:25 AM	8:27 AM
8:26 AM	6.5	Left(←)	Turn left onto Homeview Rd	0.7	-	8:27 AM	8:30 AM
8:27 AM	7.1	Straight(↑)	Continue onto White Oak Rd	4.8	(2)	8:29 AM	8:32 AM
8:35 AM	11.9	Left(←)	Turn left onto Westminster Dr	0.4	(11)	8:38 AM	8:43 AM
8:36 AM	12.3	Right(→)	Turn right onto White Oak Rd	3.9	6	8:39 AM	8:44 AM
8:42 AM	16.2	Left(←)	Turn left onto Glanworth Dr	2.0	(8)	8:47 AM	8:53 AM
8:46 AM	18.3	Left(←)	Turn left onto Wellington Rd S	0.7	3	8:51 AM	8:58 AM
8:47 AM	19.0	Right(→)	Turn right onto Glanworth Dr	0.3	(0)	8:52 AM	9:00 AM
8:48 AM	19.3	Right(→)	Turn right onto Bradish Rd	1.8	(1)	8:53 AM	9:01 AM
8:51 AM	21.1	Straight(↑)	Continue onto Reagan Bourne	0.6	(3)	8:57 AM	9:05 AM
8:52 AM	21.7	Left(←)	Turn left onto Truman Line	6.6	1	8:58 AM	9:07 AM
9:03 AM	28.3	Right(→)	Turn right onto Yarmouth Centre Rd	9.4	(15)	9:11 AM	9:22 AM
9:19 AM	37.7	Right(→)	Turn right onto Elm Line/County Rd 56	0.1	(6)	9:30 AM	9:45 AM
9:19 AM	37.8	Left(←)	Turn left onto Yarmouth Centre Rd	1.7	1	9:30 AM	9:45 AM
9:22 AM	39.5	Left(←)	Turn left onto Southdale Line	-	4	9:33 AM	9:49 AM
9:22 AM	39.5	Right(→)	Turn right onto Yarmouth Centre Rd	1.6	(0)	9:34 AM	9:49 AM
9:25 AM	41.1	Right(→)	Turn right onto John Wise Line	0.1	3	9:37 AM	9:53 AM
9:25 AM	41.1	Left(←)	Turn left onto Yarmouth Centre Rd	1.7	0	9:37 AM	9:53 AM
9:28 AM	42.8	Left(←)	Turn left onto Fruit Ridge Line	5.3	-	9:40 AM	9:57 AM
9:34 AM	46.5	Left(←)	Turn left onto Quaker Rd	0.4	(1)	9:47 AM	10:06 AM
9:35 AM	46.9	Right(→)	Turn right onto Pleasant Valley Rd	3.9	1	9:48 AM	10:07 AM
9:42 AM	50.8	Right(→)	Turn right onto Springwater Rd	1.2	(23)	9:56 AM	10:16 AM
9:44 AM	52.0	Left(←)	Springwater Rd turns left and becomes Calton Line	6.2	(8)	9:58 AM	10:19 AM
9:54 AM	58.1	Left(←)	Turn left onto Hacienda Rd	2.1	7	10:11 AM	10:34 AM
9:58 AM	60.2	Left(←)	Turn left onto John Wise Line	-	11	10:15 AM	10:39 AM
9:58 AM	60.2	Right(→)	Turn right onto Hacienda Rd	2.7	0	10:15 AM	10:39 AM
10:02 AM	62.9	Left(←)	Turn left onto Tobacco Line	4.7	-	10:20 AM	10:45 AM
10:06 AM	64.9	Right(→)	Turn right onto John St S/County Rd 73	1.9	(7)	10:24 AM	10:50 AM
10:09 AM	66.9	Right(→)	Turn right onto Sydenham St E, and stop at the Restaurant	0.8	3	10:28 AM	10:55 AM
10:56 AM	67.7	Left(←)	Turn left onto Dingle St.	1.4	-	11:15 AM	11:42 AM
10:58 AM	69.1	Left(←)	Turn left onto Hacienda Rd	1.0	-	11:18 AM	11:45 AM
11:00 AM	70.1	Right(→)	Turn right onto Glencolin Line	6.2	-	11:20 AM	11:48 AM
11:05 AM	73.1	Left(←)	Turn left onto Springfield Rd/County Rd 40	4.2	0	11:26 AM	11:55 AM
11:12 AM	77.3	Right(→)	Turn right onto Ron McNeil Line	1.5	13	11:34 AM	12:05 PM
11:15 AM	78.8	Left(←)	Turn left onto Putnam Rd	16.8	2	11:37 AM	12:09 PM
11:43 AM	95.6	Left(←)	Turn left onto Breen Rd	2.0	30	12:11 PM	12:49 PM
11:47 AM	97.5	Left(←)	Turn left onto Hamilton Rd/County Road 29	3.8	(7)	12:15 PM	12:54 PM
11:53 AM	101.3	Right(→)	Turn right onto Elgin Rd/County Road 73	1.8	(5)	12:22 PM	1:03 PM
11:56 AM	103.1	Left(←)	Turn left onto Catherine St/County Road 49	8.7	5	12:26 PM	1:07 PM
12:11 PM	111.8	Straight(↑)	Continue onto River Rd	2.2	(24)	12:43 PM	1:28 PM
12:15 PM	114.1	Left(←)	Turn left onto Gore Rd	1.9	15	12:48 PM	1:33 PM
12:18 PM	116.0	Right(→)	Slight right onto Hamilton Rd	4.3	0	12:51 PM	1:38 PM
12:26 PM	120.3	Right(→)	Slight right to stay on Hamilton Rd	0.3	(12)	1:00 PM	1:48 PM
12:26 PM	120.6	Left(←)	Turn left onto Bathurst St	0.1	(0)	1:01 PM	1:49 PM
12:26 PM	120.7	Right(→)	Turn right onto Colborne St	0.7	(0)	1:01 PM	1:49 PM
12:28 PM	121.5	Left(←)	Turn left onto Dufferin Ave	0.5	2	1:02 PM	1:51 PM
12:29 PM	122.0	Right(→)	Turn right onto Wellington St	0.7	(2)	1:03 PM	1:52 PM
12:29 PM	122.1	End(→)	End of route	2.0	-	1:04 PM	1:53 PM
11:42 AM	94.6	Right(→)	Turn right onto White Oak Rd	3.9	12	12:09 PM	12:47 PM
11:48 AM	98.6	Left(←)	Turn left onto Westminster Dr	0.4	8	12:17 PM	12:56 PM
11:49 AM	98.9	Right(→)	Turn right onto White Oak Rd	4.8	(6)	12:17 PM	12:57 PM
11:57 AM	103.7	Straight(↑)	Continue onto Homeview Rd	0.7	11	12:27 PM	1:08 PM
11:58 AM	104.4	Right(→)	Turn right onto Ferndale Ave	1.1	2	12:28 PM	1:10 PM
12:00 PM	105.5	Left(←)	Turn left onto Upper Queen St	1.3	-	12:30 PM	1:13 PM
12:03 PM	106.8	Straight(↑)	Continue onto Ridout St S	2.8	(14)	12:33 PM	1:16 PM
12:07 PM	109.6	Right(→)	Turn right onto King St E	0.6	(16)	12:39 PM	1:22 PM
12:08 PM	110.1	Left(←)	Turn left onto Clarence St	0.5	1	12:40 PM	1:24 PM
12:09 PM	110.6	Right(→)	Turn right onto Dufferin Ave	0.2	1	12:41 PM	1:25 PM
12:09 PM	110.8	Left(←)	Turn left onto Wellington St	-	1	12:41 PM	1:25 PM
12:10 PM	110.9	End	End of route (Finish at Centennial Hall)	-	-	12:41 PM	1:26 PM

Short Tour / Belmont Cue Sheet - 77 KM

Estimated Time at 35 KPH	At # KMs	Type of Turn	Notes	For # KMs	Elev. Chg. In Metres	Estimated Time at 30 KPH	Estimated Time at 25 KPH
8:15 AM	0.0		Start at Centennial Hall at 550 Wellington St, London (East of Victoria Park)		(Start at 247)	8:15 AM	8:15 AM
8:15 AM	0.3	Right(→)	Turn right onto Queens Ave W	0.8	(0)	8:15 AM	8:15 AM
8:16 AM	1.0	Left(←)	Turn left onto Ridout St N	3.0	(3)	8:17 AM	8:17 AM
8:21 AM	4.1	Straight(↑)	Continue onto Upper Queen St	1.3	16	8:23 AM	8:24 AM
8:24 AM	5.4	Right(→)	Turn right onto Ferndale Ave	1.1	14	8:25 AM	8:27 AM
8:26 AM	6.4	Left(←)	Turn left onto Homeview Rd	0.7	-	8:27 AM	8:30 AM
8:27 AM	7.1	Straight(↑)	Continue onto White Oak Rd	4.8	(2)	8:29 AM	8:32 AM
8:35 AM	11.9	Left(←)	Turn left onto Westminster Dr	0.4	(11)	8:38 AM	8:43 AM
8:36 AM	12.3	Right(→)	Turn right onto White Oak Rd	2.7	6	8:39 AM	8:44 AM
8:40 AM	14.9	Left(←)	Turn left onto Manning Dr	10.5	7	8:44 AM	8:50 AM
8:58 AM	25.5	Straight(↑)	Continue onto Seventh Ave	1.6	(13)	9:05 AM	9:16 AM
9:01 AM	27.1	Right(→)	Turn right onto Belmont Rd/County Rd 74 S	0.7	1	9:09 AM	9:19 AM
9:02 AM	27.8	Left(←)	Turn left onto Caesar Rd/County Rd 37	13.0	(10)	9:10 AM	9:21 AM
10:10 AM	40.9	Left(←)	Turn left onto Putnam Rd/Middlesex County Rd 30	8.4	31	10:21 AM	10:38 AM
10:24 AM	49.3	Left(←)	Turn left onto Breen Rd	2.0	(8)	10:38 AM	10:58 AM
10:27 AM	51.2	Left(←)	Turn left onto Hamilton Rd/County Rd 29	3.8	(7)	10:42 AM	11:02 AM
10:34 AM	55.0	Right(→)	Turn right onto Elgin Rd/County Rd 73 (signs for County	1.8	(5)	10:49 AM	11:11 AM
10:37 AM	56.8	Left(←)	Turn left onto Catherine St/County Rd 49	8.6	5	10:53 AM	11:16 AM
10:52 AM	65.4	Straight(↑)	Continue onto River Rd	2.4	(23)	11:10 AM	11:36 AM
10:56 AM	67.8	Left(←)	Turn left onto Gore Rd	1.2	15	11:15 AM	11:42 AM
10:58 AM	69.0	Left(←)	Gore Rd turns left and becomes Braesyde Ave	0.5	(2)	11:17 AM	11:45 AM
10:59 AM	69.5	Right(→)	Turn right onto Hamilton Rd	5.1	(7)	11:18 AM	11:46 AM
11:07 AM	74.6	Left(←)	Slight left onto Horton St E	0.8	(3)	11:29 AM	11:58 AM
11:09 AM	75.4	Right(→)	Turn right onto Wellington St	0.6	(2)	11:30 AM	12:00 PM
11:10 AM	76.0	Straight(↑)	Make a U-turn at Dundas St	0.2	1	11:31 AM	12:02 PM
11:10 AM	76.1	Straight(↑)	Make a U-turn at King St E	-	(0)	11:32 AM	12:02 PM
11:11 AM	76.7	End	End of route (Finish at Centennial Hall)	-	1	11:33 AM	12:04 PM