



LCW Tour to Cairngorm / Strathroy - 112 KM



LCW Tour to Cairngorm / Strathroy

Summary: 111.9 Kilometres - 4 Hours, 36 Minutes (at 29.0 KPH Average)

Time	# KMs	Notes	For	Direction	Elevation
8:00 AM	0.0	Start at Centennial Hall - go left (South) on Wellington St.		S 159°	256m
8:00 AM	0.2	Turn right (West) on Dufferin Ave.	0.2	W 251°	269m
8:01 AM	0.5	Turn left (South) on Richmond St.	0.4	S 177°	259m
8:01 AM	0.6	Turn right (West) on Fullerton St.	0.1	W 249°	260m
8:02 AM	1.0	Turn left (South) on Ridout St. N.	0.4	S 158°	248m
8:02 AM	1.1	Turn right (West) on Riverside Dr. (Queens Ave.)	0.1	WSW 232°	256m
8:03 AM	1.8	Turn left (South) on Wharnccliffe Rd. N.	0.7	SSW 185°	235m
8:05 AM	2.5	Turn right (West) on Horton St. W.	0.7	W 269°	247m
8:15 AM	7.6	Cross Commissioners Rd. W. and continue (West) on Byron Baseline Rd.	5.1	SE 127°	267m
8:23 AM	11.1	Turn left (South) on Westdel Bourne	3.5	S 162°	271m
8:31 AM	15.3	Turn left (Southeast) on Hwy#2 (Longwoods Rd.)	4.1	SE 116°	263m
8:35 AM	17.2	Turn right (South) on Murray Rd.	2.0	SSW 188°	260m
8:36 AM	17.5	Bear right (West) on Sharon Rd.	0.3	SSW 189°	255m
8:50 AM	24.2	Turn right (North) on Springer Rd.	6.7	NNW 341°	226m
8:56 AM	27.2	(In Delaware) Turn left (West) on Hwy#2 (Longwoods Rd.)	3.0	W 255°	239m
9:06 AM	32.2	Turn right (North) on Mill Rd.	5.0	NNW 337°	241m
9:09 AM	33.8	Turn left (West) on Irish Dr.	1.6	SE 131°	239m
9:17 AM	37.4	Turn right (North) on Christina Rd.	3.6	NNW 315°	245m
9:20 AM	38.8	Turn left (West) on Parkhouse Dr.	1.4	WSW 225°	249m
9:35 AM	46.1	Turn right (North) on Melbourne Rd.	7.3	NNW 315°	229m
9:58 AM	57.1	(In Cairngorm) Turn right (East) on Calvert Dr.	11.0	ENE 45°	224m
10:11 AM	63.8	(In Strathroy) Turn left (North) on Hwy#81 (Adelaide Rd.	6.7	NNW 316°	233m
10:15 AM	65.5	Stop for brunch at Amy's Restaurant - leave heading East on Front St. E.	1.7	S 173°	228m
11:02 AM	66.5	Turn left (East) on Metcalfe St. E.	1.0	ENE 45°	228m
11:06 AM	68.4	Turn right (South) on McEvoy Rd.	2.0	SE 134°	236m
11:08 AM	69.6	Turn left (East) on Glengyle Dr.	1.1	SSE 137°	233m
11:18 AM	74.4	Turn right (South) on Amiens Rd.	4.9	SE 134°	243m
11:20 AM	75.3	Turn left (East) on Ilderton Rd.	0.9	NE 45°	243m
11:25 AM	77.7	(In Poplar Hill)	2.4	NE 45°	248m
11:29 AM	79.6	(In Coldstream)	1.9	ENE 58°	249m
11:45 AM	87.4	Turn right (South) on Vanneck Rd.	7.8	S 159°	272m
11:57 AM	92.9	Turn left (East) on Medway Rd.	5.6	E 68°	279m
12:12 PM	100.2	(In London) Turn right (South) on Wonderland Rd. N.	7.2	S 161°	280m
12:23 PM	105.7	Turn left (East) on Sarnia Rd.	5.6	E 69°	278m
12:27 PM	107.7	Turn right (South) on Western Rd.	2.0	S 176°	249m
12:30 PM	109.0	Bear right (South) on Wharnccliffe Rd. N.	1.3	S 160°	244m
12:32 PM	109.8	Turn left (East) on Blackfriars St.	0.7	ESE 93°	236m
12:36 PM	111.9	Finish at Centennial Hall	2.1	S 159°	256m