



## LCW Tour to Aylmer - 110 KM

Summary: 109.8 Kilometres - 4 Hours, 32 Minutes (at 29.0 KPH Average)

Time	# KMs	Notes	For	Direction		Elevation
<b>8:15 AM</b>	<b>0.0</b>	<b>Start at Centennial Hall in downtown London. Head Left (South) on Wellington St.</b>		S	159°	262m
8:15 AM	0.1	Turn right (West) on Dufferin Ave	0.1	W	252°	269m
8:15 AM	0.5	Turn left (South) on Richmond St.	0.4	S	175°	259m
8:16 AM	0.6	Turn right (West) on Fullerton St.	0.1	W	250°	260m
8:17 AM	1.0	Turn left (South) on Ridout St. N.	0.4	S	160°	248m
8:17 AM	1.3	Turn right (West) on King St.	0.4	W	256°	246m
8:18 AM	1.5	Turn left (South) on Thames St.	0.2	S	159°	238m
8:18 AM	1.7	Turn right (West) on York St.	0.1	W	252°	239m
8:18 AM	1.8	Turn left (South) on Wortley Rd.	0.2	S	175°	241m
8:23 AM	4.3	Turn left (East) on Mountsfield Dr.	2.4	E	83°	266m
8:24 AM	4.6	Turn right (South) on Ridout St. S.	0.4	S	159°	262m
8:27 AM	6.1	Turn right (West) on Ferndale Ave.	1.5	W	259°	282m
8:28 AM	6.6	Turn left (South) on Dundalk Dr.	0.5	SW	217°	277m
8:34 AM	9.3	Turn right (South) on Chalkstone Dr.	2.7	SSW	182°	263m
8:34 AM	9.4	Turn right (West) on Exeter Rd. (Hwy #135)	0.1	W	265°	263m
8:35 AM	10.0	Turn left (South) on White Oak Rd.	0.6	S	176°	263m
8:41 AM	12.8	Turn left (South) on Westminster Dr.	2.8	ESE	111°	261m
8:42 AM	13.1	Turn right (South) on White Oak Rd.	0.4	SW	212°	264m
8:50 AM	17.1	Turn left (East) on Glanworth Dr.	3.9	E	82°	259m
8:54 AM	19.1	Continue East on Wellington Rd. S.	2.0	E	81°	270m
8:55 AM	19.8	(In Glanworth) Turn right (East) on Glanworth Dr.	0.7	SE	118°	271m
9:09 AM	26.2	Turn right (South) on Old Victoria Rd.	6.4	S	169°	253m
9:10 AM	26.7	Turn left (East) on Wiltsie Bourne Rd.	0.5	E	72°	250m
9:10 AM	26.9	Turn right (South) on Yarmouth Centre Rd.	0.2	SSW	181°	253m
9:24 AM	33.4	Turn left (East) on Ron McNeil Line	6.6	ESE	91°	257m
9:39 AM	40.7	Turn right (South) on Springwater Rd.	7.3	S	169°	245m
9:53 AM	47.8	Turn left (East) on Conservation Line	7.1	ESE	91°	223m
10:02 AM	51.9	Turn left (North) on Imperial Rd. (Hwy #73)	4.1	NNW	358°	227m
<b>10:07 AM</b>	<b>54.5</b>	<b>(In Aylmer) Stop in the restaurant in Aylmer for 45 minutes, then continue heading North on John St. N. (Hwy #73)</b>	2.6	NNE	1°	229m
10:57 AM	56.6	Turn right (East) on Glencolin Line	2.0	ESE	91°	240m
11:05 AM	60.7	Turn left (North) on Springfield Rd.	4.1	ENE	65°	230m
11:14 AM	64.9	(In Springfield) Turn right (East) on Ron McNeil Line	4.2	E	78°	243m
11:17 AM	66.4	Turn left (North) on Putnam Rd.	1.5	NNW	354°	242m
11:31 AM	73.2	(In Avon) Continue North on Putnam Rd.	6.9	NNW	351°	277m
11:52 AM	83.2	(In Putnam) Turn left (West) on Breen Rd.	9.9	W	264°	269m
11:56 AM	85.3	Turn left (West) on Hamilton Rd.	2.1	WSW	245°	264m
12:03 PM	88.8	Turn right (North) on Elgin Rd. (Hwy #73)	3.6	NNW	350°	263m
12:07 PM	90.6	Turn left (West) on Catherine St.	1.8	W	257°	266m
12:12 PM	93.3	(In Dorchester) Continue West on Catherine St.	2.6	W	253°	262m
12:25 PM	99.4	(In London) Continue West on River Rd.	6.2	WNW	272°	245m
12:30 PM	101.7	Turn left (West) on Gore Rd.	2.2	W	249°	259m
12:34 PM	103.6	Turn right (West) on Hamilton Rd.	1.9	WNW	281°	261m
12:43 PM	107.9	Turn left (West) on Horton St. E.	4.4	W	249°	250m
12:44 PM	108.7	Turn right (North) on Wellington St.	0.8	NNW	340°	249m
<b>12:47 PM</b>	<b>109.8</b>	<b>(In London) End at Centennial Hall</b>	1.0	NNW	338°	256m