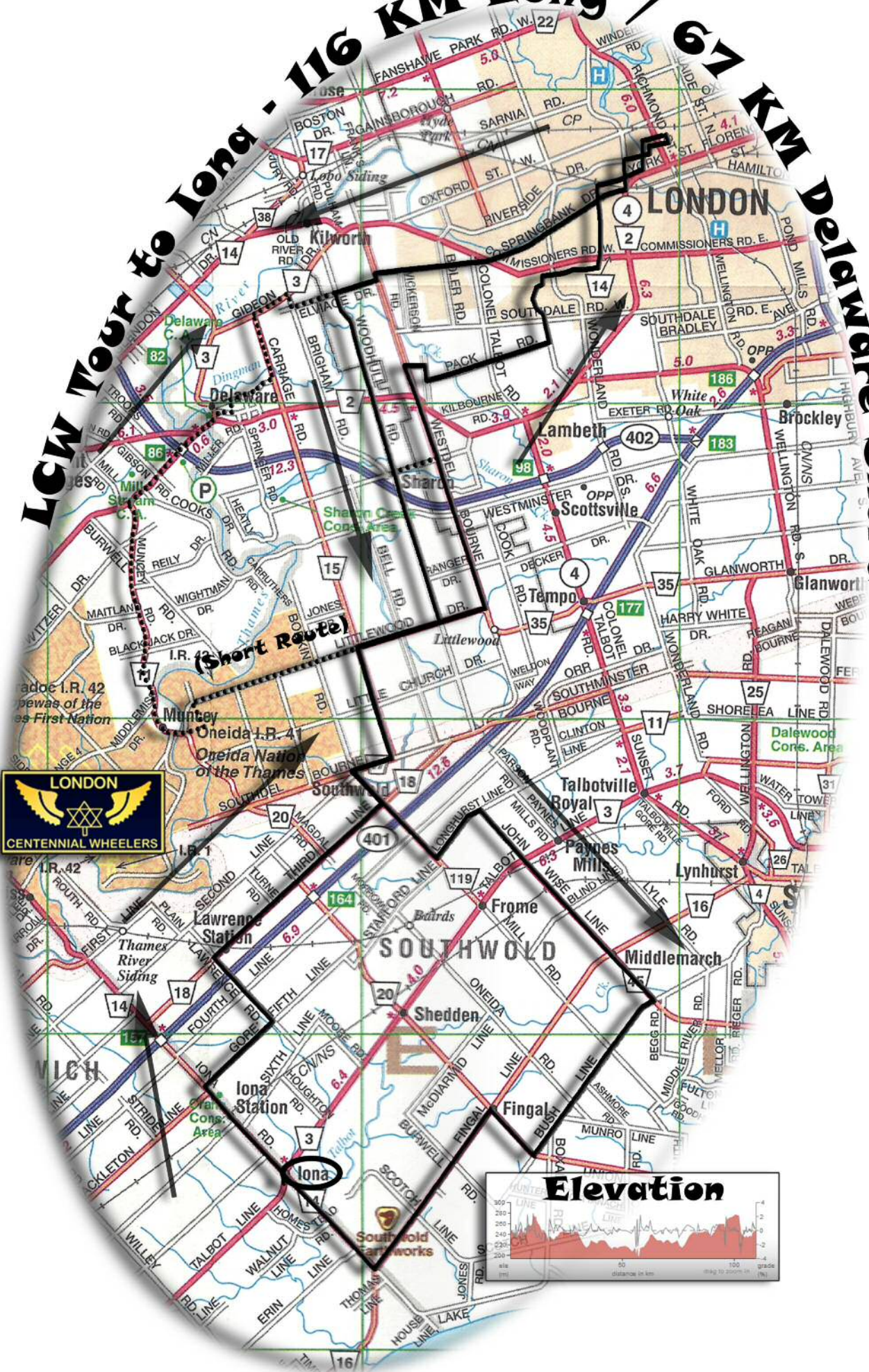


# LCW Tour to Iona - 116 KM Long - 67 KM Delaware Short



# LCW Tour to Iona Cue Sheet - 116 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
<b>8:00 AM</b>	<b>0.0</b>		<b>Start at Centennial Hall at 550 Wellington St, London (East of Victoria Park)</b>		(Start at 247)	8:00 AM	8:00 AM
8:00 AM	0.3	Right(→)	Turn right onto Queens Ave W	0.4	(0)	8:00 AM	8:00 AM
8:01 AM	0.7	Left(←)	Turn left onto Richmond St	0.7	(2)	8:01 AM	8:01 AM
8:02 AM	1.4	Right(→)	Turn right onto Horton St E	2.0	(1)	8:02 AM	8:03 AM
8:05 AM	3.4	Straight(↑)	Continue onto Springbank Dr	0.8	(7)	8:06 AM	8:08 AM
8:07 AM	4.1	Left(←)	Turn left onto Greenwood Ave	0.4	5	8:08 AM	8:09 AM
8:07 AM	4.5	Left(←)	Turn left onto Ridgewood Cres	0.5	2	8:08 AM	8:10 AM
8:08 AM	5.0	Right(→)	Turn right onto Emery St W	0.1	0	8:09 AM	8:11 AM
8:08 AM	5.1	Left(←)	Turn left onto Beachwood Ave	1.0	1	8:10 AM	8:12 AM
8:10 AM	6.0	Straight(↑)	Continue onto Andover Dr	0.3	18	8:12 AM	8:14 AM
8:10 AM	6.4	Right(→)	Turn right onto Village Green Ave	1.7	9	8:12 AM	8:15 AM
8:13 AM	8.1	Left(←)	Turn left onto Woodcrest Blvd	0.4	3	8:16 AM	8:19 AM
8:14 AM	8.4	Right(→)	Turn right onto Viscount Rd	0.2	1	8:16 AM	8:20 AM
8:14 AM	8.6	Left(←)	Turn left onto Farnham Rd	1.1	1	8:17 AM	8:20 AM
8:16 AM	9.7	Straight(↑)	Continue onto Bostwick Rd	4.8	(3)	8:19 AM	8:23 AM
8:24 AM	14.5	Right(→)	Turn right onto Homewood Ln	0.5	(15)	8:28 AM	8:34 AM
8:25 AM	15.0	Left(←)	Turn left onto Deadmans Rd	0.6	-	8:29 AM	8:35 AM
8:26 AM	15.5	Left(←)	Turn left onto Westdel Bourne	8.1	-	8:31 AM	8:37 AM
8:40 AM	23.6	Right(→)	Turn right onto Littlewood Dr/County Rd 35	4.2	(15)	8:47 AM	8:56 AM
8:47 AM	27.8	Left(←)	Turn left onto Carriage Rd	3.6	-	8:55 AM	9:06 AM
8:53 AM	31.5	Right(→)	Turn right onto Southdel Dr	1.4	(22)	9:02 AM	9:15 AM
8:56 AM	32.8	Left(←)	Turn left onto Mill Rd/County Rd 119	3.8	(7)	9:05 AM	9:18 AM
9:02 AM	36.6	Left(←)	Turn left onto Longhurst Line	2.1	13	9:13 AM	9:27 AM
9:06 AM	38.7	Right(→)	Turn right onto John Wise Line	8.2	(9)	9:17 AM	9:32 AM
9:20 AM	46.9	Right(→)	Turn right onto Bush Line	6.3	8	9:33 AM	9:52 AM
9:31 AM	53.2	Right(→)	Turn right onto Union Rd/County Rd 20	2.0	(10)	9:46 AM	10:07 AM
9:34 AM	55.3	Left(←)	Turn left onto Fingal Line/County Rd 16	6.3	(2)	9:50 AM	10:12 AM
<b>9:45 AM</b>	<b>61.5</b>	<b>Right(→)</b>	<b>Turn right onto Iona Rd/County Rd 14 (signs for County Road 14/Iona Road/Iona Station)</b>	7.8	(8)	10:03 AM	10:27 AM
10:43 AM	69.4	Right(→)	Turn right onto 5 Gore Line	3.0	31	11:03 AM	11:31 AM
10:49 AM	72.4	Left(←)	Turn left onto Lawrence Rd	2.8	(10)	11:09 AM	11:38 AM
10:53 AM	75.1	Right(→)	Turn right onto Third Line/County Rd 18	7.3	(5)	11:15 AM	11:45 AM
11:06 AM	82.4	Left(←)	Turn left onto Mill Rd	1.4	(5)	11:29 AM	12:02 PM
11:08 AM	83.8	Right(→)	Turn right onto Southdel Dr	1.4	(3)	11:32 AM	12:06 PM
11:10 AM	85.1	Left(←)	Turn left onto Carriage Rd	3.6	7	11:35 AM	12:09 PM
11:17 AM	88.8	Right(→)	Turn right onto Littlewood Dr/Middlesex 35	2.6	22	11:42 AM	12:18 PM
11:21 AM	91.4	Left(←)	Turn left onto Woodhull Rd	0.2	(2)	11:47 AM	12:24 PM
11:21 AM	91.6	Left(←)	Turn left onto Woodhull Rd	7.2	1	11:48 AM	12:24 PM
11:34 AM	98.8	Left(←)	Turn left onto Longwoods Rd/Middlesex County Rd 2	3.6	1	12:02 PM	12:42 PM
11:40 AM	102.4	Right(→)	Turn right onto Elviage Dr	1.3	14	12:09 PM	12:50 PM
11:42 AM	103.8	Left(←)	Turn left onto Westdel Bourne	0.2	11	12:12 PM	12:54 PM
11:43 AM	104.0	Right(→)	Turn right onto Byron Baseline Rd	3.5	2	12:12 PM	12:54 PM
11:49 AM	107.4	Left(←)	Slight left to stay on Byron Baseline Rd	-	(15)	12:19 PM	1:02 PM
11:49 AM	107.5	Straight(↑)	Continue onto Springbank Dr	3.0	-	12:19 PM	1:02 PM
11:54 AM	110.5	Left(←)	Turn left onto Mary Ave	-	(6)	12:25 PM	1:10 PM
11:54 AM	110.5	Left(←)	Turn left onto Springbank Dr	1.4	-	12:26 PM	1:10 PM
11:56 AM	112.0	Straight(↑)	Continue onto Horton St W	1.4	(13)	12:28 PM	1:13 PM
11:59 AM	113.3	Straight(↑)	Make a U-turn at Thames St	0.1	(1)	12:31 PM	1:17 PM
11:59 AM	113.5	Right(→)	Turn right onto Thames St	-	0	12:31 PM	1:17 PM
11:59 AM	113.5	Left(←)	Turn left onto Horton St E	0.6	(0)	12:31 PM	1:17 PM
12:00 PM	114.1	Right(→)	Turn right onto King St E	0.2	8	12:33 PM	1:18 PM
12:00 PM	114.3	Left(←)	Turn left onto Talbot St	0.5	(0)	12:33 PM	1:19 PM
12:01 PM	114.8	Right(→)	Turn right onto Dufferin Ave	0.4	1	12:34 PM	1:20 PM
12:02 PM	115.2	Left(←)	Turn left onto Clarence St	-	1	12:35 PM	1:21 PM
12:02 PM	115.2	Left(←)	Turn left onto Dufferin Ave	0.2	-	12:35 PM	1:21 PM
12:02 PM	115.4	Left(←)	Turn left onto Wellington St	-	1	12:35 PM	1:21 PM
<b>12:03 PM</b>	<b>115.5</b>	<b>End</b>	<b>End of route (Finish at Centennial Hall)</b>	-	-	12:36 PM	1:22 PM

## Delaware 67k Short Cue Sheet - 67 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
<b>8:00 AM</b>	<b>0.0</b>		<b>Start at Centennial Hall at 550 Wellington St, London (East of Victoria Park)</b>		(Start at 247)	8:00 AM	8:00 AM
8:00 AM	0.3	Right(→)	Turn right onto Queens Ave W	1.2	(0)	8:00 AM	8:00 AM
8:02 AM	1.5	Straight(↑)	Continue onto Riverside Dr	0.3	(9)	8:02 AM	8:03 AM
8:02 AM	1.7	Left(←)	Turn left onto Wharnccliffe Rd S	0.7	2	8:03 AM	8:04 AM
8:04 AM	2.4	Right(→)	Turn right onto Horton St W	0.7	2	8:04 AM	8:05 AM
8:05 AM	3.1	Straight(↑)	Continue onto Springbank Dr	0.8	(6)	8:06 AM	8:07 AM
8:06 AM	3.9	Left(←)	Turn left onto Greenwood Ave	0.4	5	8:07 AM	8:09 AM
8:07 AM	4.2	Left(←)	Turn left onto Ridgewood Cres	0.5	2	8:08 AM	8:10 AM
8:08 AM	4.7	Right(→)	Turn right onto Southcrest Dr	0.1	0	8:09 AM	8:11 AM
8:08 AM	4.8	Left(←)	Turn left at the 1st cross street onto Beachwood Ave	1.0	1	8:09 AM	8:11 AM
8:09 AM	5.8	Straight(↑)	Continue onto Andover Dr	0.3	18	8:11 AM	8:13 AM
8:10 AM	6.1	Right(→)	Turn right onto Village Green Ave	1.7	9	8:12 AM	8:14 AM
8:13 AM	7.8	Left(←)	Turn left onto Woodcrest Blvd	0.4	3	8:15 AM	8:18 AM
8:14 AM	8.2	Right(→)	Turn right onto Viscount Rd	0.2	1	8:16 AM	8:19 AM
8:14 AM	8.4	Left(←)	Turn left onto Farnham Rd	1.1	1	8:16 AM	8:20 AM
8:16 AM	9.4	Straight(↑)	Continue onto Bostwick Rd	0.7	(3)	8:18 AM	8:22 AM
8:17 AM	10.2	Right(→)	Turn right onto Pack Rd	4.1	(2)	8:20 AM	8:24 AM
8:24 AM	14.2	Right(→)	Turn right onto Homewood Ln	0.5	(13)	8:28 AM	8:34 AM
8:25 AM	14.7	Left(←)	Turn left onto Deadmans Rd	0.6	-	8:29 AM	8:35 AM
8:26 AM	15.3	Left(←)	Turn left onto Westdel Bourne	3.0	-	8:30 AM	8:36 AM
8:31 AM	18.3	Right(→)	Turn right onto Sharon Rd	1.5	(16)	8:36 AM	8:43 AM
8:33 AM	19.8	Left(←)	Turn left onto Woodhull Rd	5.0	(7)	8:39 AM	8:47 AM
8:42 AM	24.7	Right(→)	Turn right onto Littlewood Dr/County Rd 35	5.4	7	8:49 AM	8:59 AM
8:51 AM	30.1	Straight(↑)	Continue onto Oneida Rd	2.8	(12)	9:00 AM	9:12 AM
8:56 AM	32.9	Left(←)	Turn left onto Hazel Rd	0.7	(15)	9:05 AM	9:18 AM
8:57 AM	33.6	Straight(↑)	Continue onto Muncey Rd	0.5	(2)	9:07 AM	9:20 AM
8:58 AM	34.2	Left(←)	Turn left onto River Rd	-	(6)	9:08 AM	9:22 AM
8:58 AM	34.2	Right(→)	Turn right onto Native Rd	8.2	1	9:08 AM	9:22 AM
9:12 AM	42.4	Right(→)	Turn right onto Longwoods Rd/Middlesex County Rd 2	3.9	29	9:24 AM	9:41 AM
9:19 AM	46.3	Left(←)	Turn left onto York St	-	(19)	9:32 AM	9:51 AM
<b>9:19 AM</b>	<b>46.3</b>	<b>Food(↑)</b>	<b>BJ's Country Market</b>	0.2	0	9:32 AM	9:51 AM
10:04 AM	46.5	Right(→)	Turn right onto Wellington St	0.6	1	10:17 AM	10:36 AM
10:05 AM	47.1	Left(←)	Turn left onto Victoria St	0.4	9	10:19 AM	10:38 AM
10:06 AM	47.6	Right(→)	Victoria St turns right and becomes Harris Rd	1.5	(0)	10:20 AM	10:39 AM
10:09 AM	49.1	Left(←)	Turn left onto Carriage Rd	2.3	(7)	10:23 AM	10:42 AM
10:13 AM	51.4	Right(→)	Turn right onto Gideon Dr/County Rd 3	1.2	(7)	10:27 AM	10:48 AM
10:15 AM	52.6	Right(→)	Turn right onto Brigham Rd	0.4	30	10:30 AM	10:51 AM
10:15 AM	53.0	Left(←)	Turn left onto Elviage Dr	2.9	-	10:31 AM	10:52 AM
10:20 AM	55.9	Left(←)	Turn left onto Westdel Bourne	0.2	25	10:36 AM	10:59 AM
10:21 AM	56.1	Right(→)	Turn right onto Byron Baseline Rd	1.2	2	10:37 AM	10:59 AM
10:23 AM	57.3	Right(→)	Turn right onto Grand View Avenue	0.1	(9)	10:39 AM	11:02 AM
10:23 AM	57.4	Right(→)	Turn right onto Byron Baseline Rd	2.2	-	10:39 AM	11:02 AM
10:27 AM	59.6	Left(←)	Slight left to stay on Byron Baseline Rd	-	(6)	10:44 AM	11:08 AM
10:27 AM	59.7	Straight(↑)	Continue onto Springbank Dr	4.4	-	10:44 AM	11:08 AM
10:34 AM	64.1	Straight(↑)	Continue onto Horton St W	1.4	(20)	10:53 AM	11:18 AM
10:37 AM	65.5	Left(←)	Turn left onto Thames St	0.4	(1)	10:56 AM	11:22 AM
10:38 AM	66.0	Straight(↑)	Continue onto King St	0.7	5	10:56 AM	11:23 AM
10:39 AM	66.7	Left(←)	Turn left onto Clarence St	0.3	5	10:58 AM	11:24 AM
10:39 AM	67.0	Left(←)	Turn left onto Queens Ave W	-	1	10:58 AM	11:25 AM
<b>10:39 AM</b>	<b>67.0</b>	<b>End</b>	<b>End of route (Finish at Centennial Hall)</b>	-	(0)	10:58 AM	11:25 AM