

LCW Tour to Iona - 108 KM

Summary: 107.5 Kilometres - 4 Hours, 27 Minutes (at 29.0 KPH Average)

Time	# KMs	Notes	For	Direction	Elevation
8:15 AM	0.0	Start at Centennial Hall in downtown London. Head Left (South) on Wellington St.		S 160°	262m
8:15 AM	0.1	Turn right (West) on Dufferin Ave.	0.1	W 251°	269m
8:16 AM	0.5	Turn left (South) on Richmond St.	0.4	SSW 190°	259m
8:16 AM	0.6	Turn right (West) on Fullerton St.	0.1	W 251°	260m
8:17 AM	1.0	Turn left (South) on Ridout St. N.	0.4	S 169°	248m
8:17 AM	1.1	Turn right (West) on Queens Ave. (to Riverside Dr.)	0.1	WSW 229°	256m
8:18 AM	1.8	Turn left (South) on Wharncliffe Rd. N.	0.7	S 179°	235m
8:20 AM	2.5	Turn right (West) on Horton St. W. (to Springbank Dr.)	0.7	WNW 273°	247m
8:37 AM	11.1	Turn left (South) on Westdel Bourne	8.7	S 162°	271m
8:38 AM	11.3	Turn right (West) on Elviage Dr.	0.2	W 254°	267m
8:44 AM	14.2	Turn left (South) on Brigham Rd.	2.9	S 161°	252m
8:57 AM	20.6	Turn right (West) on Sharon Dr.	6.4	W 256°	238m
9:02 AM	22.7	Turn left (South) on Carriage Rd.	2.1	S 163°	231m
9:19 AM	31.3	Turn right (West) on Southdel Bourne	8.6	W 254°	229m
9:22 AM	32.7	Turn left (South) on Mill Rd.	1.4	SE 134°	225m
9:34 AM	38.5	Turn right (West) on Talbot Line (Hwy #3)	5.8	SW 215°	239m
9:43 AM	42.7	(In Sheddon) Turn left (South) on Union Rd.	4.2	SE 134°	226m
9:51 AM	46.8	(In Fingal) Turn right (West) on Fingal Line	4.1	SW 217°	220m
10:04 AM	53.1	Turn right (Northwest) on Iona Rd.	6.3	NNW 316°	212m
10:13 AM	57.2	(In Iona) Stop at the restaurant in Iona for 45 minutes, then continue heading North on Iona Rd.	4.1	NNE 13°	216m
11:06 AM	61.1	Turn right (East) on 5th Line	3.9	ENE 46°	238m
11:20 AM	67.8	Turn left (North) on Union Rd.	6.7	NNW 317°	232m
11:25 AM	70.5	Turn right (East) on 3rd Line	2.7	ENE 47°	229m
11:33 AM	74.1	Turn left (North) on Mill Rd.	3.6	NNW 317°	229m
11:36 AM	75.5	Turn right (East) on Southdel Dr.	1.4	E 71°	225m
11:39 AM	76.9	Turn left (North) on Carriage Rd.	1.4	NNW 341°	229m
11:56 AM	85.5	Turn right (East) on Sharon Dr.	8.6	E 70°	231m
12:07 PM	90.7	Veer left (North) on Murray Rd.	5.2	NNW 341°	254m
12:08 PM	91.1	Turn left (Northwest) on Longwoods Rd. (Hwy #2)	0.4	WNW 290°	260m
12:10 PM	92.0	Turn right (East) on Kilbourne Rd.	0.9	E 72°	260m
12:14 PM	94.0	Turn left (North) on Colonel Talbot Rd.	2.0	NW 311°	265m
12:17 PM	95.3	Turn right (East) on Pack Rd.	1.3	E 71°	267m
12:21 PM	97.3	Turn left (North) on Bostwick Rd.	2.0	NNW 351°	277m
12:25 PM	99.1	Turn right (East) on Viscount Rd.	1.8	ENE 58°	279m
12:25 PM	99.3	Turn left (North) on Woodcreat Blvd.	0.2	NNW 340°	281m
12:26 PM	99.7	Turn right (East) on Village Green Ave.	0.4	E 80°	281m
12:29 PM	101.4	Turn left (North) on Andover Dr.	1.7	NNW 347°	272m
12:32 PM	102.7	Turn right (East) on Southcrest Dr.	1.3	ESE 93°	253m
12:32 PM	102.8	Turn left (North) on Ridgewood Crescent	0.1	NNE 4°	252m
12:34 PM	103.6	Turn right (East) on Springbank Dr.	0.9	ENE 56°	247m
12:37 PM	105.1	Turn left (North) on Wharncliffe Rd. S.	1.5	NNW 357°	247m
12:37 PM	105.2	Turn right (East) on Stanley St.	0.1	E 68°	247m
12:38 PM	105.8	Turn left (North) on Thames St.	0.6	NNW 342°	239m
12:39 PM	106.0	Turn right (East) on King St.	0.1	E 69°	238m
12:39 PM	106.3	Turn left (North) on Talbot St.	0.4	NNW 340°	246m
12:40 PM	106.5	Turn right (East) on Dundas St.	0.1	E 70°	251m
12:41 PM	106.9	Turn left (North) on Clarence St.	0.4	NNW 342°	256m
12:41 PM	107.2	Turn right (East) on Dufferin Ave.	0.3	E 69°	259m
12:42 PM	107.4	Turn left (North) on Wellington St.	0.2	NNW 340°	269m
12:42 PM	107.5	(In London) End at Centennial Hall	0.1	NNW 340°	256m