



# LCW Tour to Mount Brydges, the Greg Curnoe Ride - 76 KM

Summary: 76.3 Kilometres - 3 Hours, 22 Minutes (at 29.0 KPH Average)

Time	# KMs	Notes	For	Direction	Elevation
<b>9:15 AM</b>	<b>0.0</b>	<b>Start at Centennial Hall in downtown London. Head Left (South) on Wellington St.</b>		S 160°	262m
9:15 AM	0.1	Turn right (West) on Dufferin Ave.	0.1	W 250°	269m
9:16 AM	0.5	Turn left (South) on Richmond St.	0.4	S 175°	259m
9:16 AM	0.6	Turn right (West) on Fullerton St.	0.1	W 249°	260m
9:17 AM	1.0	Turn left (South) on Ridout St. N.	0.4	S 159°	248m
9:17 AM	1.3	Turn right (West) on King St.	0.4	W 249°	246m
9:18 AM	1.5	Turn left (South) on Thames St.	0.2	S 158°	238m
9:18 AM	1.7	Turn right (West) on York St.	0.1	W 254°	239m
9:18 AM	1.8	Turn left (South) on Wortley Rd.	0.2	S 175°	241m
9:23 AM	4.3	Turn left (East) on Mountsfield Dr.	2.4	E 86°	266m
9:24 AM	4.6	Turn right (South) on Ridout St. S.	0.4	S 158°	262m
9:27 AM	6.1	Turn left (West) on Ferndale Ave.	1.5	W 263°	282m
9:29 AM	7.2	Turn left (South) on Homesview Rd.	1.1	S 178°	275m
9:41 AM	12.7	Turn left (East) on Westminster Dr.	5.5	ESE 109°	261m
9:42 AM	13.1	Turn right (South) on White Oak Rd.	0.4	SW 206°	264m
9:44 AM	14.4	Turn right (East) on Scotland Dr.	1.3	W 264°	277m
9:46 AM	15.1	Veer left (Southwest) on Morrison Rd.	0.8	SW 211°	262m
9:49 AM	16.8	Continue South on Wonderland Rd.	1.7	S 163°	267m
9:52 AM	18.0	Turn right (West) on Glanworth Dr.	1.3	W 261°	266m
9:56 AM	20.0	Continue West, across Hwy /4 onto Littlewood Dr.	2.0	WNW 283°	258m
10:04 AM	23.8	Turn right (North) on Westdel Bourne	3.8	NNE 14°	240m
10:14 AM	28.8	Turn left (West) on Sharon Rd.	5.1	W 248°	242m
10:26 AM	34.4	Turn right (North) on Springer Rd.	5.6	NNW 343°	226m
10:32 AM	37.4	(In Delaware) Turn left (West) on Longwoods Rd. (Hwy /2)	3.0	W 261°	239m
10:42 AM	42.4	Turn right (Northwest) on Mill Rd.	5.0	NNW 338°	241m
10:47 AM	44.6	Turn left (Northwest) on Adelaide Rd. (Hwy /81)	2.2	NW 295°	242m
<b>10:51 AM</b>	<b>46.8</b>	<b>Stop at the Restaurant for 45 minutes, then continue by heading back South on Adelaide Rd. (Hwy /81)</b>	2.2	SE 125°	250m
11:39 AM	48.2	Turn left (Northeast) on Parkhouse Dr.	1.4	ENE 46°	247m
11:42 AM	49.4	Veer left (Northeast) on Mill Rd.	1.2	NE 26°	248m
11:44 AM	50.3	Turn left (Northwest) on Troops Rd.	0.9	NW 314°	249m
11:44 AM	50.7	Turn right (Northeast) on Troops Rd.	0.4	ENE 46°	251m
11:45 AM	50.9	Turn left (North) on Glendon Dr.	0.2	NW 308°	255m
11:46 AM	51.4	Turn right (North) on Oriole Dr.	0.5	NNW 343°	251m
11:46 AM	51.5	Stay right (Northeast) on Oriole Dr.	0.0	NE 39°	253m
11:50 AM	53.3	Turn left (Northwest) on Amiens Rd.	1.8	NNW 319°	242m
11:51 AM	53.7	Turn right (Northeast) on Oxbow Dr.	0.5	ENE 46°	242m
11:56 AM	56.2	(In Komoka) Turn right (Southeast) on Komoka Rd.	2.5	SSE 135°	243m
12:02 PM	59.2	Turn left (East) on Gideon Dr.	3.0	ENE 64°	215m
12:07 PM	61.8	Turn right (South) on Brigham Rd.	2.6	S 160°	253m
12:08 PM	62.2	Turn left (East) on Elviage Dr.	0.4	E 69°	252m
12:14 PM	65.1	(In London) Turn left (North) on Westdel Bourne	2.9	NNW 339°	267m
12:15 PM	65.3	Turn right (East) on Byron Baseline	0.2	E 81°	271m
12:22 PM	68.8	Continue East across Commissioners Rd. W. to Springbank Dr.	3.5	ENE 53°	270m
12:32 PM	73.9	Turn left (North) on Wharncliffe Rd. S.	5.1	NNW 355°	247m
12:33 PM	74.0	Turn right (East) on Stanley St.	0.1	ENE 67°	247m
12:35 PM	75.0	Turn left (North) on Talbot St.	1.0	NNW 339°	246m
12:35 PM	75.3	Turn right (East) on Dundas St.	0.3	E 70°	251m
12:37 PM	75.9	Turn left (North) on Wellington St.	0.6	NNW 339°	253m
<b>12:37 PM</b>	<b>76.3</b>	<b>(In London) End at Centennial Hall</b>	0.5	NNW 339°	262m