



### 1000 km RUSA Certified Brevet (#913) Metric Version

Brevet starts at 1119 Lake Road, Ontario, NY at xx:xx. Time Limit 75 hours.

KEY: R/L =right/left, BR/L =bear right/left, QR/L =quick right/left, S =straight, blank = info cue

X =cross, > =becomes, E =enter, SS =stop sign, TL =traffic light, T ="T" Intersection, TRO = To Remain On,

US =US Route, NY =NY State Route, CR =County Route, CP = Checkpoint.

From Control	Leg	Turn	Total	Directions
0.0	0.0	CP	0.0	<b>Start: 1119 Lake Road (06:00 to 07:00)</b>
1.0	1.0	L	1.0	@ T, Lake Rd (East)(Unmarked)(Green "Seaway Trail" signs are along the next 49 miles)
12.7	11.6	BL	12.7	@ T SS, TRO Lake Rd TRO Seaway Trail (Pultneyville, NY - store, closed in 2010)
29.6	16.9	R	29.6	@ SS, NY 14 S (Sodus Point, NY)
33.9	4.3	L	33.9	Red Mill/ Glover Rd -Possibly closed in 2010, if closed follow posted detour signs to corner Shaker Tract/Ridge, continue on Ridge at cue mile 24.1/38.8km
36.5	2.6	R	36.5	@T, Shaker Tract, <i>signposted Hunter's Point Rd.</i>
38.8	2.3	L	38.8	@ SS, Ridge Rd.
40.5	1.7		40.5	Crossing Sodus Bay, NY
49.1	8.6		49.1	Entering Wolcott, NY; Ridge Rd > Main St > Mill St > Ridge Rd
49.9	0.9	L	49.9	Oswego St., TRO Seaway Trail following sign "To 104"
52.5	2.6	S	52.5	@ TL, CR 163/Ridge Rd @ NY 104 - CAUTION BUSY ROAD
55.5	3.0		55.5	Wolcott International Airport (on right)
56.1	0.6	VL	56.1	TRO Ridge Rd., Follow Seaway Trail sign, joining NY 370 W
57.3	1.2	S	57.3	@SS, NY 104A, the "Canadian 104" - Eh? crossing NY 104, mini mart/rest.t - CAUTION BUSY ROAD
59.1	1.9	L	59.1	TRO 104A and Seaway Trail RedCreek, NY
67.7	8.6		67.7	Fair Haven, NY
79.0	11.3	0	79.0	Sign for "North Sterling", next turn in 0.2 miles
79.3	0.3	S	79.3	@curve in 104A, Irwin Rd, CR 96 (unmarked) Leaving NY 104A and Seaway Trail Note: marked about 100' further on at next intersection
84.5	5.2	L	84.5	W Lake Rd - Unmarked, across from Oswego County sign
87.4	2.9	L	87.4	Lake Shore Road
90.3	2.9	R	90.3	TRO Lakeshore Rd, not much choice here!
90.4	0.1	L	90.4	Co Route 89 -> Rudolph Street passing SUNY Oswego Campus
93.8	3.4	R	93.8	Centennial Dr., Just after Waterbury Hall, on left, and at Centro Bus Stop Shelter on right
94.2	0.4	L	94.2	@ T Washington Blvd., Note; Two stop signs within 100', to reach Washington
94.3	0.1		94.3	Bayles St, just before "City of Oswego" sign
94.8	0.5		94.8	Restaurant "Diner", great food stop! Port City Diner Oswego, 7012 State Route 104, (315) 342-0108
94.8	0.0	L	94.8	NY 104 East, Rejoining Seaway Trail
94.9	0.0	CP	94.9	<b>Oswego, NY - Any store or restaurant, receipt preferred (08:48 - 12:20)</b> <b>CP to CP mileage zeroed at corner Bayles and 104</b>

From Control	Leg	Turn	Total	Directions
0.9	0.9	BR	95.8	W. Bridge Street, TRO NY 104 East
2.5	1.5		97.3	Cross Oswego River, Oswego, NY many stores restaurants etc.
3.5	1.0	BR	98.3	TRO NY 104 East
4.5	1.1	L	99.4	@TL, George St./ E 14th St., after railroad overpass, by "Ponderosa", Leaving Seaway Trail
5.2	0.7	R	100.1	@SS, TL, E. Seneca St.
6.3	1.1	S	101.2	E Seneca -> North Rd, CR 1, Sunoco Mini Mart
8.9	2.6	R	103.8	@SS, TRO CR1
14.7	5.8	BL	109.5	TRO CR1 East
23.1	8.4	L	117.9	104B East, Rejoin Seaway Trail East bound for next 28 miles/45km
25.4	2.3		120.3	Texas, NY, a suburb of Mexico, NY, by Big John's
27.7	2.3	BL	122.6	NY 3 North
32.0	4.3		126.9	Selkirk Shores State Park, diner across from entrance
59.2	27.2		154.1	Southwick Beach State Park
66.0	6.8		160.8	Alexander Corner general store on left, water, snacks, etc
68.0	2.0	L	162.8	Harbor Rd., CR 123, Henderson Harbor, leaving Seaway Trail, Trolley Ice Cream shop at intersection, just after "Big Stony Creek"
68.1	0.1	S	162.9	X CR 152, Danley Rd, TRO CR 123/Harbor Rd.
68.5	0.4	S	163.4	@SS, X CR 178, Military Rd, TRO CR123/Harbor Rd. A mistake here will take you a long way downhill, the wrong way!
69.2	0.7		164.1	Henderson Harbor, NY Watch for the "Castle" on the right, and the house bridging a stream on the left
73.8	4.6	L	168.6	NY 3 North, Rejoining Seaway Trail
78.2	4.4		173.1	Westcott Beach State Park, Variety Store on right near entrance
81.6	3.4		176.4	Smithville Rd., Sackets Harbor to left ~ 1.3 Miles, restaurants, stores etc
83.2	1.6		178.1	Sulphur Springs Rd., Sackets Harbor to left ~ 1.3 Miles, restaurants, stores etc
85.2	2.0		180.0	Sackets Harbor to left ~ 1.3 Miles, restaurants, stores etc
87.2	2.0	L	182.1	NY 180 N, Limerick, NY, Baggs Corner
92.9	5.7		187.8	Dexter, NY
95.5	2.5	L	190.3	NY 12E North
103.8	8.3		198.6	Nice N Easy Grocery Shoppe #2306, 12345 Main Street, Chaumont, NY 13622, (315) 782-4905, Subs etc.
122.8	19.0	R	217.6	@SS TRO 12E North, That's Canada across the water! The wind turbines are in Canada
122.8	0.0	CP	217.6	<b>Cape Vincent, NY - Any store or restaurant, etc, receipt preferred (12:27 - 20:32) CP to CP mileage zeroed at corner @SS</b>
24.1	24.1	S	241.7	NY 12 North, Clayton, NY, Antique Boat Museum, Mini Marts, Grocery Store, etc.
35.0	11.0	L	252.7	Seaway Ave. (Closed Citgo on left corner, before I81 entrance follow ? sign), leaving Seaway Trail
35.0	0.0		252.7	Follow "Welcome Center" sign
35.2	0.2	R	252.8	Collins Landing Rd,
36.0	0.8		253.6	Pedestrian entrance to bridge on right just past Welcome Center (Ramp, unmarked)
36.0	0.0		253.6	<b>The expansion joints on both bridges are very dangerous The Bridge Authority requires bicycles to be walked on both bridges, using the pedestrian sidewalks, which very narrow lanes.</b>
37.4	1.4		255.0	At end of pedestrian sidewalk, walk to bottom of stairs
37.4	0.0	L	255.1	Walk downhill to CR 100 (NE), TL under bridge follow "To I81" sign Note Sunoco Mini Mart & Restaurant about .5 mile west on CR 100
37.5	0.1	L	255.1	North on CR 191 (CR 191 parallels Rt 81 Do Not Ride On Rt 81), Wellesley Island
43.3	5.8	L	260.9	Turn left at dead end sign, do not ride on dirt road
43.3	0.1		261.0	Proceed up Rt 81 entrance ramp you may want to use Duty Free parking lot to avoid some of the traffic (rest rooms, water, 24 hours)
44.3	0.9	CP	261.9	<b>Proceed through Canadian Customs/Immigration using any Vehicle Lane (13:49 - 23:28) You may have your card signed at any business etc., near the border, such as the Duty Free store</b>

From Control	Leg	Turn	Total	Directions
0.0	0.0	S	261.9	Becomes Hwy 137 in Canada, to second bridge, Note: Signage is metric in Canada
1.2	1.2		263.1	Cross second suspension bridge using pedestrian sidewalk on left, southbound, side. To do this, cross highway to sidewalk on southbound side, walk across bridge, cross road once again, then turn left to resume northbound travel. The expansion joints on both bridges are very dangerous, The Bridge Authority requires bicycles to be walked on both bridges, Using the pedestrian sidewalks.
2.3	1.0		264.2	Far side of bridge, cross back to right side of road
2.9	0.6		264.8	To Cloverleaf, 1000 Islands Parkway, Take exit west toward Ivy Lea and Gananoque
17.3	0.2	L	279.2	West on 1000 Islands Parkway to Hwy 2, Gananoque, Note: cycle path/sidewalk on right. When road becomes 4 lane, watch for exit to Hwy 2. Missing this will put you on the 401, a 4 lane divided highway!
17.3	0.2	L	279.2	Hwy 2 West, at end of exit ramp -> King St. in Gananoque
20.0	2.7		281.8	Gananoque, many banks, ATMs Mini Marts, restaurants Sub shops, fast food etc. on/near route
20.1	0.2	BR	282.0	@ Y in road TRO Hwy 2/ Mill St
46.2	26.1		308.1	McDonalds on left, better coming, but if you're desperate for a shake...
47.6	1.4		309.5	West on Hwy 2 to Lasalle Causeway Bridge (Waterfront trail)
48.1	0.5	VL	310.0	Veer left onto Ontario St., Kingston, Hwy 2
48.6	0.4	S	310.5	TRO Ontario St, leaving Hwy 2 -- Possible detour in 2010, if Ontario street closed see detour adendum.
49.5	0.9	R	311.4	Ontario -> West at sharp R turn in road
49.6	0.1	L	311.5	West on King St., becomes Front
50.2	0.7		312.1	Kingston General Hospital
52.9	2.7		314.8	Kingston Psychiatric Hospital, hopefully, you don't need this, yet!
56.3	3.4	R	318.2	@TL, North on Days Road to Bath Road, Hwy 33, just after open space area
58.4	2.1	L	320.3	@TL, West on Bath Rd , CR 33 to CR 7, Bath, Services @ and near intersection Days & Bath Road. No 24 hour services after Amherstville until Napanee, 24 Hr Foodland in Amherstville
73.9	15.5		335.8	Millhaven Inn, 1550 Bath Rd (613) 352-7822 or (888) 439-8755
74.1	0.2		336.0	Millhaven Grocery, On left, approx 200 meters before junction Hwy 4 NOTE: NOT 24 hour
74.1	0.0	CP	336.0	<b>Millhaven/Bath, ON - Information control, see brevet card for question (16:10 - 04:28, day 2) CP to CP mileage zeroed at Millhaven Grocery</b>
0.1	0.1		336.1	Junction Hwy 4
11.5	11.3	R	347.5	Hwy 21, To Napanee, leaving water front at power station (2 smokestacks)
14.4	2.9	S	350.4	Becomes Hwy 8
15.6	1.2		351.5	Sharp bend in road, TRO Hwy 8 Note: Milled pavement/resurfacing next 1.5 miles in 2010
17.0	1.4	VL	353.0	TRO Hwy 8 (North)
27.7	10.7	L	363.6	@TL, Dundas St /, Hwy 2 (West) Napanee, ON, Note: Hospital on route in 1 mile
29.3	1.7		365.3	Twin Peaks Motel, (613) 354-4066 & Napanee Motel (613) 354-5200, 353 and 361 Dundas St. K7R 2B5
38.4	9.1		374.4	Deseronto, On Note: Small Diner corner Green St. Open 06:00 - 20:00
41.6	3.2	S	377.6	@TL, Cross Hwy 49 onto York Rd, leaving Hwy 2 Unmarked until next intersection in approx 100m
53.4	11.8	L	389.4	@T, SS, Hwy 2 (West)
66.6	13.2	CP	402.6	<b>Belleville - Any business, receipt preferred (18:12 - 08:48 day 2) Many motels, shops, restaurants, etc CP to CP mileage zeroed center of Bridge just after jct Hwy 62</b>

From Control	Leg	Turn	Total	Directions
13.6	13.6		416.2	CFB Trenton
16.1	2.4		418.7	Trenton, On, Hwy 2-> Dundas St -> Hwy 2, Tim Hortons, McDonalds, Subway etc., etc.
16.7	0.6	L	419.3	TRO Dundas St.
32.1	15.4		434.7	Right/Left Jog TRO Hwy 2, Main St, Brighton, On
32.2	0.1	L	434.8	Hwy 2, W, Main Street, toward Colborne (West), many services
45.3	13.0	L	447.8	Division St/CR 31, leaving Hwy 2, toward "Keeler Centre" First left after passing under pedestrian Xing arch
46.2	0.9	R	448.7	@T Earl St, TRO CR 31 (west)
46.6	0.4	L	449.2	@T, Ontario St, TRO CR 31
46.8	0.2	L	449.4	South, then west on Ontario St., becomes Lakeport Rd
53.6	6.9		456.2	Haldimand Conservation Area, Lakeport -> Wicklow Beach Rd
54.7	1.1	L	457.3	Orchard Grove Rd./CR30 (west) just before railroad Xing, -> Lakeshore Rd., to Archer Rd.,
62.3	7.6	R	464.9	Archer Rd., go over tracks
63.7	1.4	L	466.2	@T, SS, Highway 2 (West)
72.0	8.4		474.6	West on Highway 2, through Cobourg 2 -> King St.
72.8	0.8	R	475.4	@TL TRO Hwy 2 via William St.
74.9	2.1	L	477.5	Elgin St, TRO Hwy 2 (west)
83.1	8.2	R	485.7	Mill St.TRO Hwy 2, Port Hope, Tim Hortons, etc.
83.5	0.4	L	486.1	Walton St., TRO Hwy 2 West, Note: No services until Bowmanville
84.9	1.4	S	487.5	Ridout St, leaving Hwy 2, becomes Lakeshore Rd., through Port Britain (West)
96.4	11.5	L	499.0	@T TRO Lakeshore Rd.
107.0	10.6	L	509.6	@T TRO Lakeshore Rd., over railroad tracks Jct Spephenson Rd.
109.1	2.1	L	511.7	Becomes Boulton at curve, - Bond Head
109.6	0.5	R	512.1	@T Mill St, becomes CR 17, Leaving Lake front until Burlington
110.8	1.2	VR	513.3	@ odd intersection TRO Mill St, go under railroad underpass, past Hwy 401 to King St., Hwy 2, Newcastle
112.1	1.3	L	514.7	Highway 2 to Bowmanville, signposted King Avenue
119.6	7.5	CP	522.2	<b>Bowmanville, Ontario - Any Business, receipt preferred (22:14 - 16:52 day 2) CP to CP mileage zeroed at Jct Hwy 2 (King St) and CR 14 (Liberty Street)</b>
1.9	1.9	R	524.0	Martin Rd. N. (CR 57) Signposted Durham Road 57
3.4	1.6	L	525.6	Nash Rd, leaving CR57, just before "dip" in road
9.8	6.4	R	532.0	@SS, Courtice Rd (North)
12.0	2.1	L	534.1	Pebblestone Rd. (West)
12.8	0.8	R	534.9	@SS, Trulls Rd. -> Enfield (North)
14.6	1.9		536.8	Macs Minimart @ intersection Taunton Rd/ CR 4 -- No services until next CP, Mitchell's Corners
16.9	2.2	L	539.1	Sixth Concession Rd., becomes Conlin Rd. (West), Signposted "Conc RD 6"
24.1	7.2		546.3	Durham College - Oshawa Campus - Granite Anvil 1200k Start/Finish
25.5	1.4	R	547.7	@SS, Thornton Rd. (N), 1.3 miles gravel/chip seal (2010) just before jog in road
31.4	5.9		553.6	L/R Jog TRO Thornton Rd. (N) @ Jct Howden Rd.
33.6	2.1	L	555.7	@SS, Raglan Road W. / Myrtle Rd E./CR 5 becomes 9th Concession/ CR 5 (West)
56.1	22.6	R	578.3	@T, York - Durham Line (CR30) (North), Take Right bend
58.8	2.7	L	581.0	Main St./ CR 14, Stouffville (West)
61.1	2.3	CP	583.3	<b>Stouffville, Ontario - Any Business, receipt preferred (00:16 day 2 - 20:56 day 2) CP to CP mileage zeroed at RR Tracks / Go Station, corner Main and Blake St., center of town</b>

From Control	Leg	Turn	Total	Directions
0.5	0.5	R	583.7	9th Line (North) Note: 24 hour services on Main St. approx 1.25 km west of Jct 9th line, 24 hr supermarket, Tim Hortons, etc.
2.1	1.7	L	585.4	Bethesda Sideroad (Bethesda Rd.)
4.2	2.1	R	587.5	Highway 48 (North) Busy road use extreme caution!
4.6	0.4	L	587.9	Bethesda Rd. Note: Small LR or RL jogs at many intersections of Bethesda Rd.
10.7	6.0	X	594.0	Warden Ave., CR 65
12.8	2.2	X	596.1	To Woodbine Ave.
13.8	0.9	X	597.1	404 (4 lane limited access), don't worry, it's an overpass
14.9	1.1	X	598.2	To Leslie St. (Dirt for 0.9 km, fair surface)
16.7	1.8	X	600.0	To Bayview Ave. (Dirt for 1.8 km, good surface)
16.9	0.1	L	600.2	@T, SS, Old Bayview Ave. (Wilcox Lake), South, then west on Old Bayview Ave, becomes Sunset Beach Rd., to Yonge St.
19.2	2.4	R	602.5	@SS, Yonge St. (1) (North)
19.3	0.1	L	602.6	@TL, King Rd (West) (Caution: Busy road, use shoulder) (TS) (GS, R), Many services
25.5	6.2	L	608.8	@TL, Keele St. (South) King City
29.7	4.1	R	613.0	@TL, Kirby Road (West)
31.7	2.0	LR	615.0	Left Right Jog at Jane St.
32.8	1.0	X	616.0	Highway 400 (4 lane), relax, it's an underpass, good place to hide from the weather....
33.8	1.0	L	617.1	@SS, Weston Rd (South), York Region 56
35.9	2.1	R	619.1	Teston Rd. (West)
37.9	2.1	X	621.2	@SS, Pine Valley Road (L-R Jog in Teston at intersection)
41.7	3.7	R	624.9	@ T, Islington Ave., Kleinburg (North)
41.9	0.2	L	625.2	@SS, Nashville Rd. (West)
47.0	5.1	S	630.3	@TL, Onto Countryside Drive @ junction CR 50 (SouthWest)
50.5	3.6	X	633.8	CR 8, Gore Road
54.7	4.1	X	637.9	Airport Road, HWY 7
55.3	0.7	RL	638.6	Jog in road, TRO Countryside Drive
60.3	4.9	R	643.5	@ T, SS, Heart Lake Road (North)
61.5	1.3	L	644.8	@TL, Mayfield Road, Hwy 14, caution busy Road (West)
62.9	1.4	L	646.2	Kennedy Road (South) (This jogs around Heart Lake and the conservation area)
64.1	1.2	R	647.4	Conservation Dr (West), becomes Wanless at Hwy 10, Hurontario St.
65.5	1.4	X	648.8	Hurontario St, Hwy 10, Conservation becomes Wanless Dr, Services
72.4	6.9	L	655.7	@SS, Heritage Road (South), becomes Meadowvale after crossing Hwy 407
82.4	9.9	X	665.6	Hwy 407 (4 Lane limited access, overpass)
85.4	3.0	X	668.7	@TL, Mississauga Road
86.3	0.9	S	669.6	@TL, Cross Derry Rd, Becomes Creditview Rd. (South eastish)
87.5	1.3	X	670.8	Hwy 401 (4 lane, limited access) (overpass)
92.8	5.2	R	676.1	Eglinton Ave. (West)
96.1	3.3	R	679.4	Into Erin Mills Town Centre, 3rd entrance, 24 hour Tim Horton's
96.2	0.1	CP	679.5	<b>Tim Horton's, 24 hour, Erin Mills, ON (Randonneurs Ontario LOL Start) (03:39 day 2 - 05:00 day 3)</b>
0.0	0.0	R	679.5	Exiting Tim Hortons onto Eglinton Ave. (West), becomes Lower Baseline Rd
8.8	8.8	L	688.3	@SS, unmarked, TRO Lower Baseline Rd., If you hit Britannia Rd, you missed the turn.
10.1	1.4	L	689.6	@SS, T, 4th Line (South)
10.8	0.6	R	690.3	Lower Baseline Road (West)
14.3	3.5	S	693.8	@ Y bend in Rd., TRO Lower Baseline Rd.
16.4	2.0	L	695.8	@T, SS, Tremaine Road (South)
17.5	1.1	R	697.0	No. 2 Sideroad (West)
19.5	2.0	L	698.9	@T Appleby Line (South)
28.9	9.4	R	708.4	New Street, Burlington (West)
34.4	5.5	R	713.9	@ T, Martha St.. (North)
34.4	0.1	CP	713.9	<b>Burlington, ON - Any Business, receipt preferred (04:54 day 2 - 08:04 day 3) CP to CP mileage zeroed at intersection New Street &amp; Martha St.</b>

From Control	Leg	Turn	Total	Directions
0.2	0.2	L	714.1	Caroline St. (West)
0.5	0.3	L	714.4	Brant St (South)
0.7	0.2	R	714.7	Ontario St. (West) (1 block before TL)
1.5	0.8	L	715.5	@T, Maple Ave. (TS)
1.9	0.4	S	715.8	Lakeshore Rd. (TS) Name changes from Maple @ Jct Hwy 2 Back to the shore of Lake Ontario!
3.8	1.9	R	717.7	TRO Lakeshore Follow Lakeshore Road, under Skyway, to Eastport Drive
3.8	0.0		717.7	Cross under Skyway TRO Lakeshore. Immediately after crossing under, turn left onto Eastport Dr, Unmarked
4.0	0.2	L	717.9	Eastport Drive (South, we've turned the corner at the West end of the Lake!)
4.5	0.5		718.4	Caution: Steel deck lift bridge. The surface of the Hamilton Harbour lift bridge can be treacherous, please walk your bicycle.
5.1	0.6	L	719.0	Beach Blvd (Lake on your left, skyway on your right)
8.7	3.6	L	722.7	Van Wagners Beach Rd -> N. Service Rd. , keep the lake on the left, skyway/QEW on the right
25.1	16.4	R	739.0	@T TRO N. Service Rd/ Winston Rd. (E)
25.2	0.1		739.1	Tim Horton's Casablanca Winery and Inn, Subway, Harvey's, Super 8
28.4	3.2	R	742.4	@SS, Olive St. (E)
29.6	1.1	L	743.5	@T, SS, Ontario St. (N)
29.7	0.2	R	743.6	@SS, bend in road, becomes Lake St. Grimsby, convenience Market
33.3	3.5	S	747.2	Becomes N. Service Rd. Niagara Region Wine Country
43.2	10.0		757.2	Day's Inn, 24 hour Tim Hortons
46.1	2.9		760.1	<i>Jct. Jordan Rd. Possible detour to S. Service Rd. for bridge over 15 mile Creek. If road closed follow posted detour or check detour addendum.</i>
50.5	4.3	L	764.4	@SS, 7th Street, Louth (CR34) (North)
50.6	0.2	R	764.6	@T Lakeshore Road W., CR 87 (East) -> Main St., Port Dalhousie
54.6	4.0	R	768.5	@SS, Lock St./Lakeport Rd, Port Dalhousie, TRO CR 87
55.7	1.1	L	769.6	Lakeshore Rd., TRO CR 87, (North then East)
60.3	4.6		774.2	Crossing Welland Canal, Port Weller Watch for Ocean Freighters
72.0	11.6	L	785.9	@ curve in road, Nassau St. NOTL (Niagara On The Lake) (North East), leaving CR 87
72.8	0.8	R	786.7	@T Queen St., (South East) East, then south on Queen St, becomes Niagara Parkway, past York Rd., Queenston, becomes River Rd. Niagara River is now on your left, US just across river
86.2	13.4	L	800.1	Follow signage going around traffic circle to make a left, TRO Niagara Parkway
86.9	0.7		800.8	Passing beneath Queenston Lewiston Bridge
87.4	0.5		801.3	Floral Clock on right, restrooms, water, easy spot to get your Niagara Falls souvenirs
94.3	6.9		808.2	Whirlpool Bridge, limited hours and Nexus pass holders only, do NOT use
96.5	2.2		810.4	Passing beneath Rainbow bridge
96.8	0.4	R	810.7	Clifton Hill, Note: Niagara Falls to left , if you have extra time, you may continue south on Niagara Parkway/River Rd for a better view of the falls, they are VERY close here! You are very likely to get wet with the spray!
96.9	0.1	R	810.9	Falls Ave
97.0	0.1	R	810.9	Rainbow Bridge Entrance, Use vehicle lane, Duty Free Store
97.5	0.5		811.4	Cross Bridge to Niagara Falls, NY. Use vehicle lane to cross bridge to Niagara Falls. NOTE: If customs/immigrations wants to know where you are going/staying, tell them you are visiting Peter Dusel, 1119 Lake Rd, Ontario NY 14519 (315) 524-8519
97.7	0.2	CP	811.6	<b>US Customs and Immigration, or any business in vicinity, such as Duty Free on Canadian side, ask nice, if the officer says no, say "Thank You" and go on to an area business/ATM etc. (08:22 - 16:33)</b>
0.0	0.0		811.6	NOTE: If you have extra time, a short excursion, 0.3 mile, to the south will put you at the edge of the falls. Note: Signage in US is in Miles

From Control	Leg	Turn	Total	Directions
0.0	0.0		811.6	Follow Seaway Trail East next 86 miles / 138 kms East, to East Manitou Road NOTE: This area under construction in 2010 Follow posted detour TRO Seaway Trail East and NY 104E. Do NOT follow Seaway Trail west!
0.2	0.2	L	811.8	Rainbow Blvd, first turn after customs booth (North)
0.3	0.1	R	811.9	Main Street (SR104)
0.6	0.3	L	812.2	Whirlpool St./2nd Street (North)
3.5	2.9	R	815.1	@T, Findlay Drive
3.7	0.2	L	815.3	SR104/Lewiston Rd (104 is marked East, you are traveling North at this point, next to, but not on the Robert Moses Parkway)
10.9	7.1	->	822.5	SR18F North, Center St. (watch for Exit Sign) A left overall, Right at end of clover leaf, watch signs for 18F North!
11.2	0.4	R	822.8	At end of cloverleaf, onto NY 18F North, Center street (Yes, you are heading west on the Northbound route, we're heading back to the river)
12.7	1.4	R	824.3	TRO SR 18F East
13.0	0.3	L	824.6	@SS, TRO SR 18F East
13.2	0.2	R	824.8	@SS, TRO SR 18F East, Becomes Lower River Road
22.2	9.1	R	833.9	TRO 18F, Fort Niagara State Park, water, rest rooms in park
27.3	5.0	L	838.9	@T, Lake Road (SR18), toward Wilson, end SR18F
53.0	25.8	CP	864.6	<b>East on SR18 to Olcott any business (10:16 day 2 - 21:11 day 3)</b> <b>CP to CP mileage zeroed at Jct SR 18 and SR 78 (Caution: Last services for 95 kilometers)</b>
39.3	39.3	L	904.0	Lakeside Beach State Park Access Road, Follow signs to Seaway Trail and Lake Ontario State Parkway East/Rochester, water available in park
39.5	0.2	L	904.1	Lake Ontario State Parkway entrance, Eastbound
83.2	43.7	S	947.8	Manitou Beach Rd. Don't exit here!
85.9	2.7	L	950.6	East Manitou Road N. (Braddock Bay S.P.), CR140, Left at end of exit ramp, go North
88.0	2.1	R	952.7	@T, SS, Edgemere Drive
93.0	5.0	L	957.7	@ Island Cottage Road, TRO Edgemere Dr., becomes Beach Ave. Restaurants
97.4	4.3	R	962.0	Lake Ave. (South) Charlotte, NY
97.4	0.0	CP	962.0	<b>Charlotte, NY - Any Business, receipt preferred (13:44 day 2 - 05:41 day 4)</b>
0.0	0.0		962.0	Abbott's Frozen Custard, at corner Beach and Charlotte
1.1	1.1	L	963.1	Pattonwood Drive, CR 99 (Lake Ontario Parkway) Stores, Colonel O'Rorke Bridge, (Caution: Expansion joints on bridge) Follow Seaway Trail next 26 miles to the finish
2.5	1.5	R	964.6	@T, TL, St. Paul Blvd.
2.7	0.2	L	964.7	@TL, Lakeshore Blvd., -> Pine Valley Rd, -> Sweet Fern Rd.
7.9	5.1	R	969.9	@TL, Culver Rd., 24 Hr MiniMart at intersection Lakeshore Blvd/ Culver
13.5	5.7	L	975.6	@TL and jct Waring Road/WoodmanPark TRO Culver and Seaway Trail
14.0	0.5	L	976.0	@TL, Empire Blvd. (SR404 East)/Clifford Ave.
16.3	2.3		978.3	South end of Irondequoit Bay
19.5	3.2	L	981.5	@TL, Bay Road/Creek St, TRO Seaway Trail Note: 24 hour Wegman's supermarket at intersection
25.5	6.0	R	987.5	@T, Lake Road
31.7	6.2		993.7	Webster Beach Park, water, rest rooms on North side of Road
41.6	9.9	L	1003.6	Main Driveway 1119 Lake Rd, signposted "Shoreline Blvd"
42.3	0.7	R	1004.3	North on driveway to 1119 Lake Road (315-524-8519)
42.6	0.3	CP	1004.6	<b>1119 Lake Rd, Ontario, NY, 14519 (315) 524-8519 - CONGRATULATIONS!!!!</b> <b>Open 15:05 day 2, July 9, 2010 - Close 09:00 day 4, 11 July 2010</b>

Abandon, please call Pete Dusel at (315) 524-8519

From Control	Leg	Turn	Total	Directions
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### LOL 2010 - Possible Construction Detours

Use if Route is not passable by Bicycle. These may change before the ride begins

#### Red Mill/Glover Rd Start at Mile 21.1 / 34 km

From Control	Leg	Turn	Total	Directions
33.9	0.0	S	33.9	Continue S. on NY 14 at Jct. Red Mill/Glover Rd.
36.6	2.7	L	36.6	Ridge Rd.
39.6	3.0	S	39.6	Rejoin Route at Jct Shaker Tract
				You are now back on route on Ridge Rd, continue to "Crossing Sodus Bay"

#### Kingston - Ontario Street Construction Mil 193 / 311km

From Control	Leg	Turn	Total	Directions
48.4	0.0	R	310.1	Queen St.
48.6	0.1	L	310.2	King St.
48.9	0.3	L	310.3	Clarence St. - Kingston Brewing Company
49.1	0.2	R	310.5	Ontario St.
				You are now back on route, continue on Ontario St. to "Ontario -> West at sharp R in Road"

#### 15 Mile Creek Bridge Out, N. Service Rd. Mile 472.3 / 760 km

From Control	Leg	Turn	Total	Directions
46.1	0.0	R	760.1	Jordan Rd.
46.5	0.3	L	760.4	S. Service Rd.
50.8	4.4	L	764.8	7th Street
51.4	0.6	X	765.4	N. Service Road, on 7th Street, rejoining route
				You are now back on route, continue on 7th Street to "@T Lakeshore Rd. W, CR 87 (East)"

#### Niagara Falls, NY

From Control	Leg	Turn	Total	Directions
0.0	0.0	CP	811.6	US Customs
0.0	0.0	S	811.6	Onto 384 / Niagara St
0.5	0.5	L	812.0	2nd St / Whirlpool St.
0.8	0.3	R	812.4	Main St/ NY 104 East
2.2	1.4	VL	813.7	TRO Main St/ NY 104 E / Seaway Trail
2.9	0.8	R	814.5	Ontario Ave. - Start of posted detour for main
3.4	0.4	L	815.0	Highland Ave. / 11th Street
4.9	1.5	L	816.5	College Ave. / NY 31 West
5.8	0.9	R	817.4	Lewiston Rd. / NY 104 East / Seaway Trail
				You are now back on route, continue to follow Seaway Trail and NY 104 East, "SR104/Lewiston Rd (104 is marked East, you are traveling North at this point, next to, but not on the Robert Moses Parkway)"

<http://www.gmap-pedometer.com/?r=3853863>