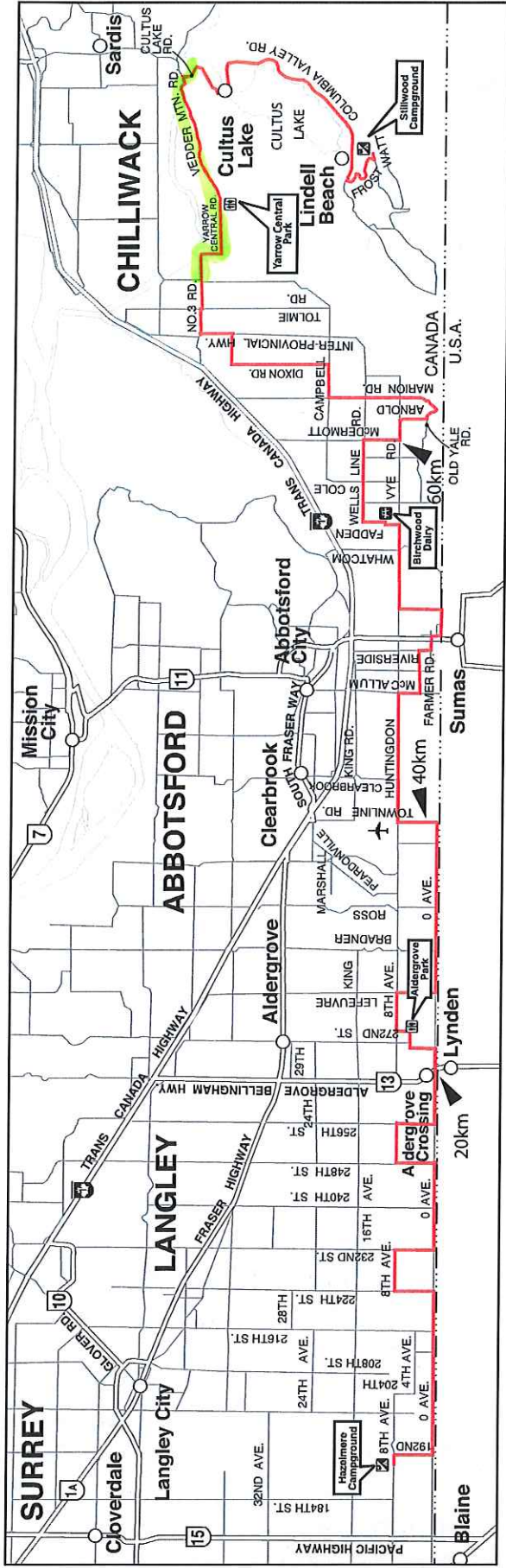


DAY 1 • BICYCLE TREK FOR LIFE & BREATH ROUTE MAP • DAY 1



START

Hazelmere Campgrounds
(18843 8th Ave, Surrey)

- Turn left on 8th Ave
- Turn right on 192nd St
- Turn left on 0 Ave
- Turn left on 224th St
- Turn right on 8th Ave
- Turn right on 232nd St
- Turn left on 0 Ave
- Turn left on 248th St
- Turn right on 8th Ave
- Turn right on 256th
- Turn left on 0 Ave
- Turn left on 272nd St

Turn right into Alder Grove Park
Maintenance Yard (6th Ave)
Follow and turn right down
main park road to picnic area.



REST STOP #1

Alder Grove Lake Regional Park
(8th Ave & 272nd St, Alder Grove)

- Go North back to park exit
- Turn right on 8th Ave
- Turn right on Lefeurvre Rd
- Turn left on 0 Ave
- Turn left on Townline Rd
- Turn right on Huntingdon Rd
- Turn right on McCallum Rd
- Turn left on Farmer Rd
- Turn right on Riverside Rd
- Turn left on 4th Ave
- Turn right on B St
- Turn left on 2nd Ave
- 2nd Ave turns in Boundary Rd
- Turn left on Angus Campbell Rd
- Turn right on Vye Rd
- Turn left on Fadden Rd
- Turn right on Nelles Rd



LUNCH STOP #2

Birchwood Dairy Farm
(1154 Fadden Rd, Abbotsford)

- Continue North on Fadden Rd
- Turn right on Wells Line Rd
- Turn right on McDermott Dr
- Turn left on Vye Rd
- Turn right on Arnold Rd
- Turn left on Old Yale Rd
- Turn left at Marion Rd
- Turn right on Campbell Rd
- Turn left on Dixon Rd
- Turn right at No 4 Rd
- Turn left at Inter-Provincial Hwy
- Turn right at No 3 Rd
- Turn right at Tolmie Rd, then
immediate left at No 3 Rd
- Turn left at Yarrow Central Rd



REST STOP #3

Yarrow Central Park
(42348 Yarrow Central Rd)

- Continue East on Yarrow
Central Rd
- Yarrow Central Rd becomes
Vedder Mountain Rd
- Turn right on Cultus Lake Rd
- Turn left on Frost Rd
- Turn left on Watt Rd

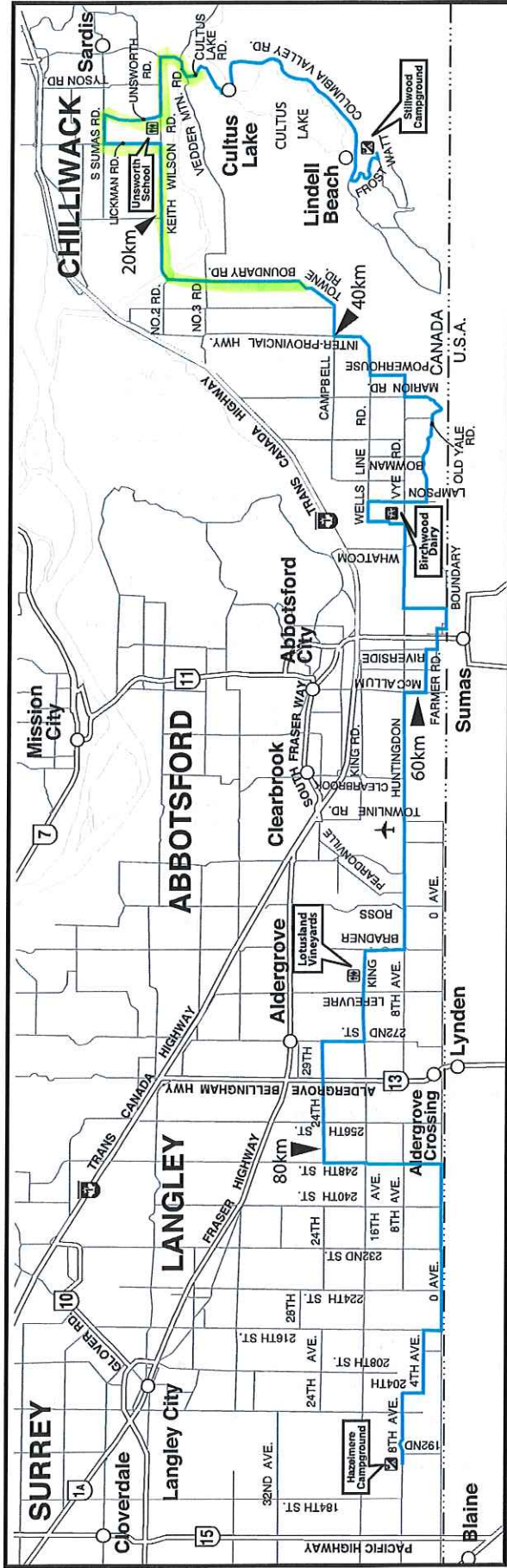


DAY 1 FINISH

Camp Stillwood
(44005 Watt Rd, Lindell Beach)

Congratulations!
100km down, 100km to go...

DAY 2 • BICYCLE TREK FOR LIFE & BREATH ROUTE MAP • DAY 2



START

Camp Stillwood
(44005 Watt Rd, Lindell Beach)

- Turn right on Frost Rd
- Turn right on Cultus Lake Rd
- Turn right on Vedder Mtn Rd
- Turn left on Keith Wilson Rd
- Turn right on Unsworth Rd

REST STOP #1

Unsworth Elementary School
(5685 Unsworth Rd, Chilliwack)

- Continue North on Unsworth Rd
- Turn left on S. Sumas Rd
- Turn left on Lickman Rd
- Turn right on Keith Wilson Rd
- Turn left on Boundary Rd
- Turn right on No 3 Rd, immediate left back onto Boundary Rd
- Boundary Rd becomes Towne Rd
- Turn right on Campbell Rd
- Turn left on Inter-Provincial Hwy
- Inter-Provincial Hwy becomes Wells Line Rd
- Turn left on Powerhouse Rd
- Turn right on Vye Rd
- Turn left on Marion Rd
- Turn right on Old Yale Rd
- Turn right on Lamson Rd
- Turn left on Wells Line Rd
- Turn left on Fadden Rd

LUNCH STOP #2

Birchwood Dairy Farm
(1154 Fadden Rd, Abbotsford)

- Continue South along Fadden
- Turn right on Vye Rd
- Turn left on Angus Campbell Rd
- Turn right on Boundary Rd
- Boundary Rd becomes 2nd Ave
- Turn right on B St
- Turn left on 4th Ave
- Turn right on Riverside Rd
- Turn left on Farmer Rd
- Turn right on MacCallum Rd
- Turn left on Huntingdon Rd
- Turn right on Bradner Rd
- Turn left on King Rd

REST STOP #3

Lotusland Vineyards
(28450 King Rd, Abbotsford)

- Continue West along King Rd
- Turn right on 272nd St
- Turn left on 24th Ave
- Turn left on 248th St
- Turn right on 0 Ave
- Turn right on 216th St
- Turn left on 4th Ave
- Turn right on 204th St
- Turn left on 8th Ave
- Continue West and arrive at Hazelmere Campgrounds!