



Dist. to Next Rest Stops	Dist. From Start
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# 185 Km Route

Details

## Follow the Yellow Route Signs

Arrive at 6:30 a.m. for 7:00 a.m. Start

0 Km	-Start-Ray McDonald Sports Centre.
0.1	-Right @ 100 Ave., East out of town.
10.5	-Right on Hwy 28 South.
23.6	-Right on Twp Rd 544, West (Also called Sturgeon Rd into St. Albert).
26.6	-Right @ T-Jtn. to head into St. Albert.
31.4	-Right on Kingwood Dr. into Kingswood Park to access the rest stop.
31.6	-Rest Stop #1, Kingswood Park Shelter, St. Albert. After, back on Sturgeon Rd.
32.0	-rd becomes Sir Winston Churchill Ave.
35.4	-Cross under St. Albert Trail.
35.8	-Right on St. Anne St. and ride past St. Albert Place.
36.5	-after crossing St. Albert Trail again, road becomes Sturgeon Road.
38.0	-Left on Boudreau Rd, cross the Sturgeon R.
38.6	-Right on Bellerose Drive.
44.6	-Left on Starkey Road.
47.9	-Left on Hwy 37, West
64.3	-Right on Hwy 44, North.
65.1	-Rest Stop #2, Perrott family field pullout on right side of road
84.4	-Right into Alcomdale to the rest stop.
84.5	-Left on Main St. Go 2 blks
84.7	-Rest Stop #3, Alcomdale Hall. Then back to Hwy 44, turn Right, heading N.
114.3	-Left on Hwy 18, W into Westlock.
114.5	-Right on 102 Ave. for 1/2 block.
114.6	-Lunch Stop #4 @ the Westlock Museum. Then continue on 102 Ave. N
114.8	-Right on 102 St. Ride 1 block.
115.0	-Right on 104 Ave. Ride one block.
115.2	-Left on 100 St. (Hwy 18), E out of town.
126.4	-Exit Right onto Hwy 2.
127.0	-Rest Stop #5 at Fas Gas on the Right. Then continue South on Hwy 2. for 25 km.
149.6	-Left on Hwy 651, East to Legal.
152.9	-Left on 50 St., Legal for 1 block.
153.0	-Right on 51 Ave. heading E.
153.2	-Rest Stop #6, Citadel Park, Legal. Continue East on 51 Ave.
153.5	-Right on 46 St. for 1 block.
153.6	-Left on 50 Ave. (Hwy 651) out of town.
159.7	-Right on Hwy 803, South.
173.3	-Right on Hwy 28.
175.9	-Right on Hwy 642, West to Morinville.
176.0	-Rest Stop #7 @ Davis Family Property, just past the intersection. Then continue West.
186.2	-Left on 104 St. (also called Boisvert St.)
186.3	-Finish, Ray McDonald Sports Centre, Morinville.