

MedioFondo

100km – Turn by Turn

- 🚩 Start on Mavis Ave, adjacent to Fort Langley National Historic Site
- Turn **RIGHT** onto Glover Rd
- ← Turn **LEFT** onto Billy Brown Road
- Turn **RIGHT** onto 96 Ave / McKinnon Crescent
- Turn **RIGHT** onto Allard Crescent
- ← Turn **LEFT** onto Fort to Fort Trail / Allard Crescent
- ← Turn **LEFT** onto 208 Street
- ← Turn **LEFT** onto 96 Avenue
- Turn **RIGHT** onto 216 Street
- ← Turn **LEFT** onto Telegraph Trail
- ← Turn **LEFT** onto Glover Road
- Turn **RIGHT** onto Rawlison Crescent
- Turn **RIGHT** onto 240 Street
- ← Turn **LEFT** onto 80 Avenue
- Turn **RIGHT** onto Telegraph Trail
- ↑ Continue **STRAIGHT** onto 248 Street

PrestoFondo Turns

- ⊕ **Aid Station #1**
- ← Turn **LEFT** onto 0 Avenue
- ← Turn **LEFT** onto 264 Street
- Turn **RIGHT** onto 3B Avenue
- ← Turn **LEFT** onto Highway 13
- Turn **RIGHT** onto 8 Avenue
- ← Turn **LEFT** onto Lefevre Road
- Turn **RIGHT** onto King Road
- Turn **RIGHT** onto Bradner Road

- ⊕ **Aid Station #2**
- ← Turn **LEFT** onto 0 Ave
- ← Turn **LEFT** onto Townline Road
- ← Turn **LEFT** onto Huntingdon Road

GranFondo Turns Right

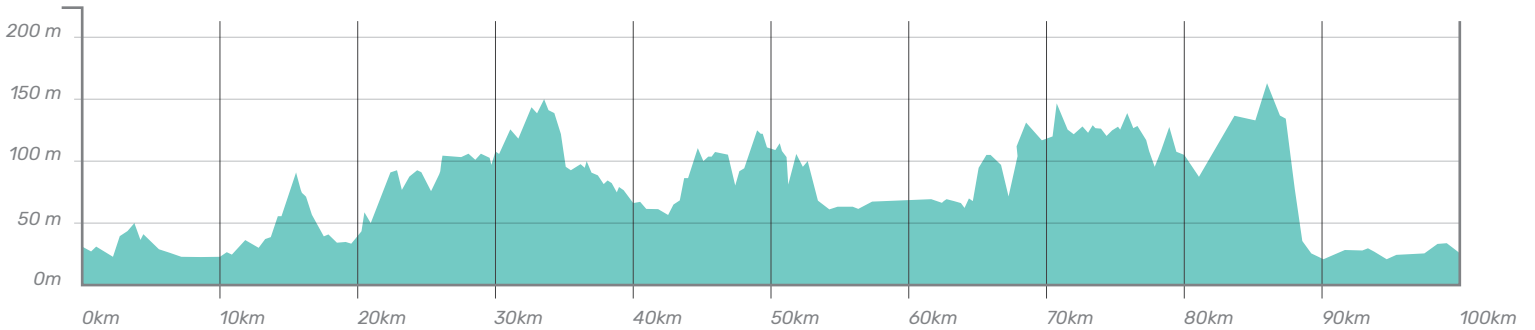
- Turn **RIGHT** onto Ross Road
- ← Turn **LEFT** onto Simpson Road
- Turn **RIGHT** onto Bradner Road
- Turn **RIGHT** onto Townshipline Road
- ← Turn **LEFT** onto Mt Lehman Road

GranFondo Merges at Mt. Lehman Road and Hawkins Road

- ← Turn **LEFT** onto Taylor Road
- ⊕ **Aid Station #3**
- ↑ Continue onto Satchell Street, follow Satchell Street
- ← Turn **LEFT** onto McTavish Road
- Turn **RIGHT** onto Graham Crescent
(Merge with Presto)
- ← Turn **LEFT** onto Gray Avenue / 84th Avenue
- Turn **RIGHT** onto 272 Street
- ← Turn **LEFT** onto 88 Avenue /
River Road / Trans Canada Trail
- ← Turn **LEFT** onto Mavis Ave
- 🚩 Finish Line

MedioFondo

Metric Century – 100km



MedioFondo METRIC CENTURY

This 100km route showcases many of the same great features of the 160km route. This distance will both challenge and reward you for your efforts and is the perfect option to do with friends and colleagues.

COURSE LEGEND

 Aid Station