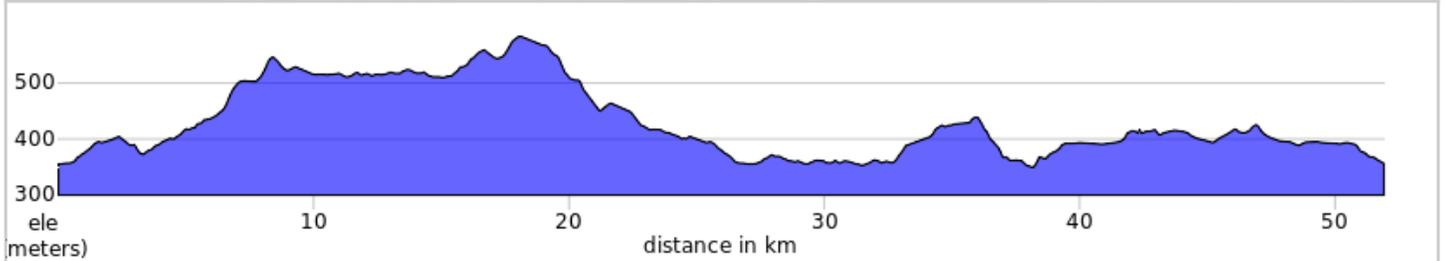
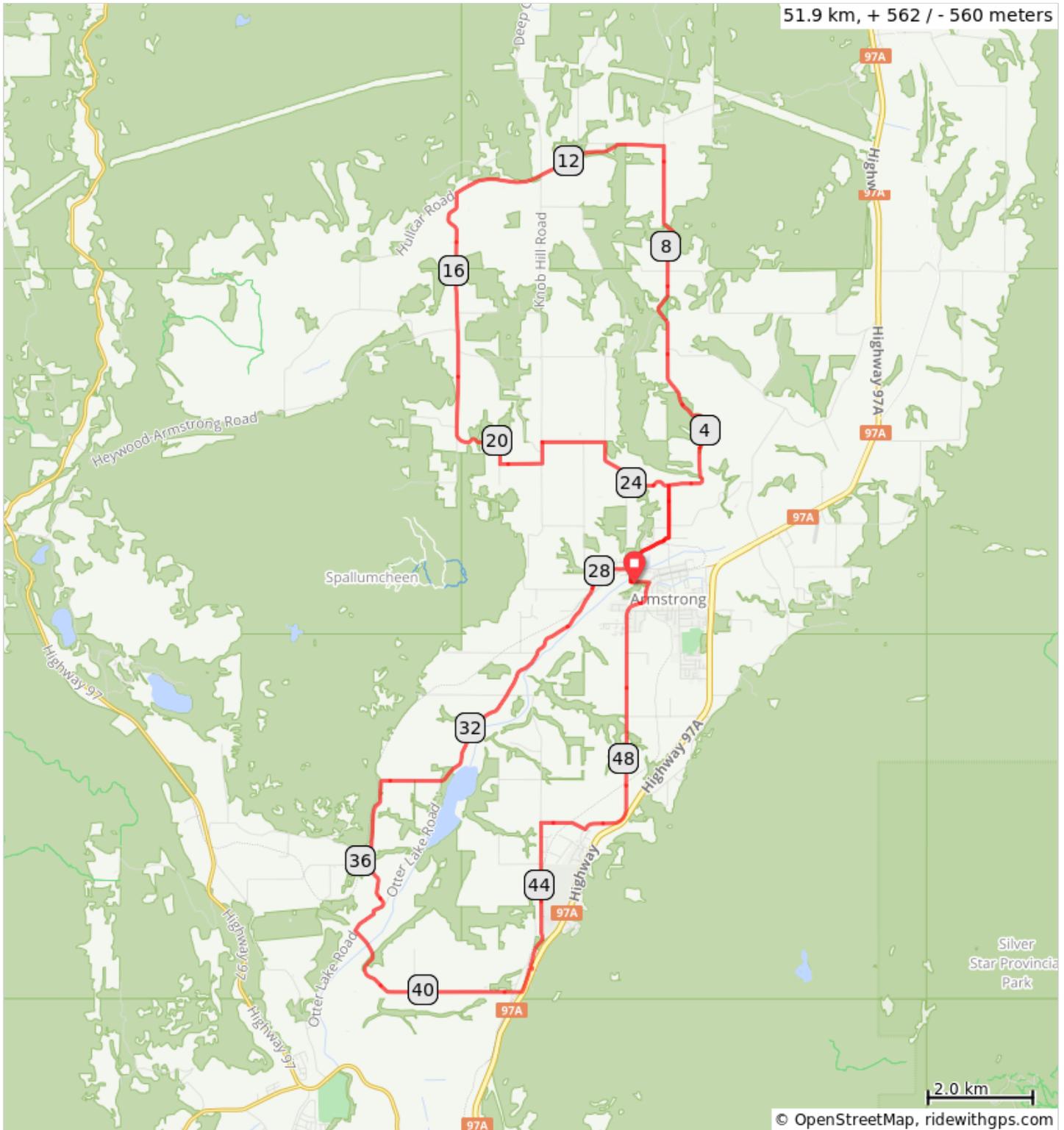


# 20 Armstrong Long



## 20 Armstrong Long

Num	Dist	Type	Note
1.	0.0		Start of route
2.	0.1		R onto Adair St
3.	0.3		R onto Wood Ave
4.	0.4		L onto Highland Park Rd
5.	2.4		R onto Sleepy Hollow Rd
6.	6.0		Continue straight onto Lansdowne Rd
7.	10.1		L onto Hullcar Rd
8.	14.3		L onto Parkinson Rd
9.	17.1		Continue straight onto Salmon River Rd
10.	17.4		Continue onto Hallam Rd
11.	19.1		Slight L to stay on Hallam Rd
12.	20.4		L to stay on Hallam Rd
13.	21.2		L onto Salmon River Rd
14.	21.6		R onto Dodds Rd
15.	22.8		R onto Schubert Rd

22.8 kilometers. +364/-296 meters

Num	Dist	Type	Note
31.	46.1		L onto Pleasant Valley Rd
32.	51.6		L onto Park Dr
33.	51.9		End of route

6.7 kilometers. +23/-82 meters

Num	Dist	Type	Note
16.	23.9		L onto Highland Park Rd
17.	24.7		R to stay on Highland Park Rd
18.	26.7		R onto Wood Ave
19.	26.8		L onto Adair St
20.	27.1		L onto Park Dr, Lunch at NorVal Arena
21.	27.2		R onto Adair St
22.	27.4		L onto Wood Ave
23.	28.0		L onto Fraser Rd
24.	28.6		Continue onto Otter Lake Rd
25.	33.2		Continue onto Grandview Flats Rd
26.	35.7		Slight L onto Corkscrew Rd
27.	37.3		R onto Otter Lake Rd
28.	37.7		L onto Larkin Cross Rd
29.	42.3		At the roundabout, 3rd exit onto Otter Lake Cross Rd
30.	45.2		R onto Crozier Rd

22.4 kilometers. +222/-236 meters