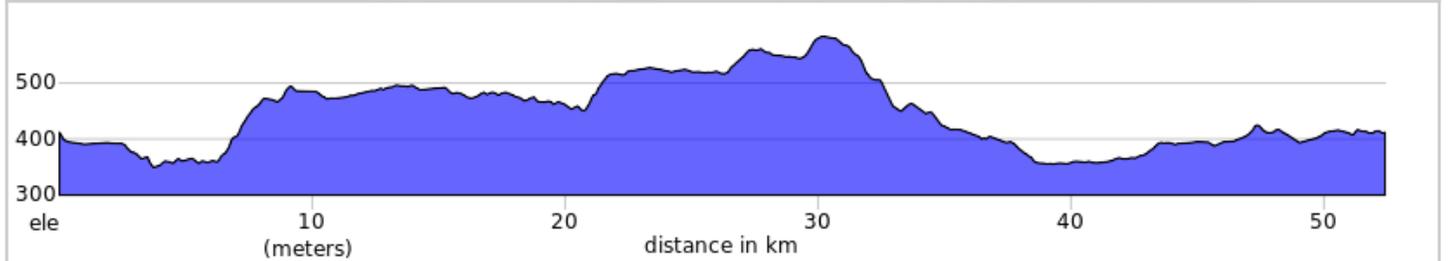
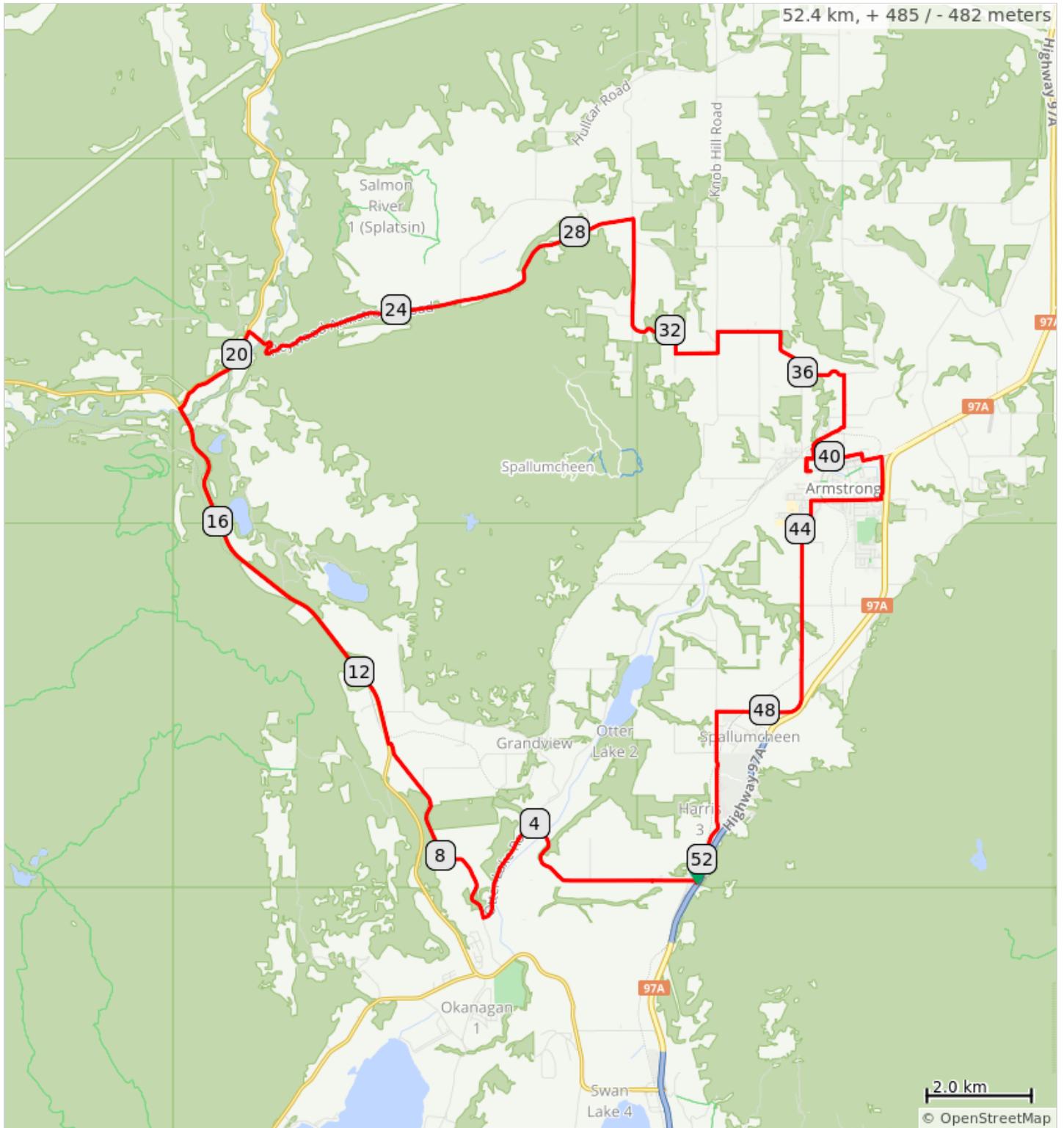


05 Spall Loop Long



05 Spall Loop Long

Num	Dist	Type	Note
1.	0.0	📍	Start of route
2.	0.1	←	L onto Larkin Cross Rd
3.	4.2	←	L onto Otter Lake Rd
4.	6.3	→	R onto St Annes Rd
5.	10.5	→	R onto BC-97 N
6.	18.4	→	R onto Salmon River Rd
7.	20.5	→	R onto Heywood Armstrong Rd
8.	29.1	→	R to stay on Salmon River Rd
9.	29.5	↑	Continue onto Hallam Rd
10.	31.2	←	Slight L to stay on Hallam Rd
11.	32.5	←	L to stay on Hallam Rd
12.	33.3	←	L onto Salmon River Rd
13.	33.7	→	R onto Dodds Rd
14.	34.9	→	R onto Schubert Rd
15.	35.9	←	L onto Highland Park Rd
16.	36.8	→	R to stay on Highland Park Rd

36.8 kilometers. +368/-373 meters

Num	Dist	Type	Note
32.	51.9	↑	At the roundabout, take the 1st exit onto Larkin Cross Rd
33.	52.4	←	L onto Larkin Pl
34.	52.4	📍	End of route

3.4 kilometers. +4/-3 meters

Num	Dist	Type	Note
17.	38.7	→	R onto Wood Ave
18.	38.9	←	L onto Adair St
19.	39.1	←	L onto Park Dr
20.	39.2	⚡	LUNCH at Armstrong Park
21.	39.3	→	R onto Adair St
22.	39.5	→	R onto Wood Ave
23.	40.6	→	R onto Mill St
24.	40.7	←	L onto Pleasant Valley Rd
25.	41.1	→	R onto Smith Dr
26.	41.9	→	R onto Rosedale Ave
27.	43.2	←	L onto Colony St
28.	43.6	→	R onto Colony Ave
29.	43.8	←	L onto Pleasant Valley Rd
30.	48.2	→	R onto Crozier Rd
31.	49.0	←	L onto Otter Lake Cross Rd

12.2 kilometers. +85/-33 meters