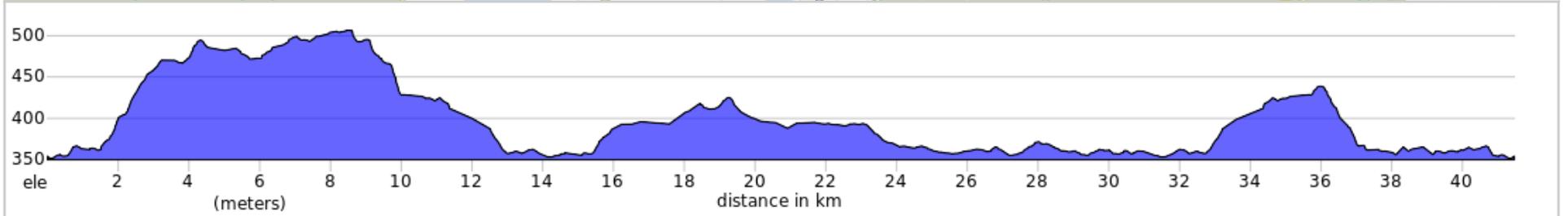
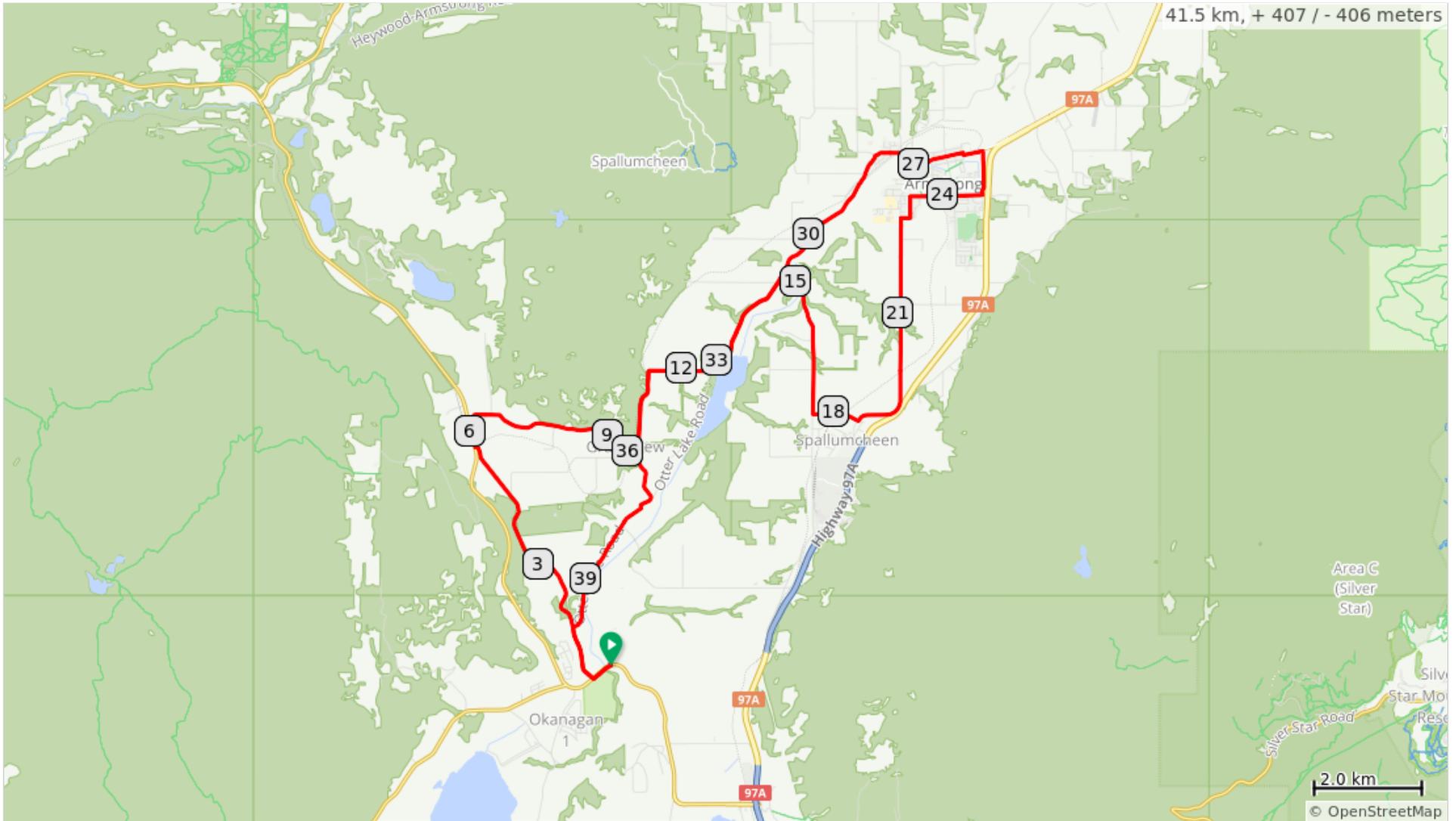


# 03 O'Keefe/Armstrong Long



41.5 km, + 407 / - 406 meters



03 O'Keefe/Armstrong Long

Num	Dist	Type	Note	Next
1.	0.0	📍	Start of route	0.0
2.	0.0	➔	R onto BC-97 N	0.4
3.	0.4	➔	R onto St Annes Rd	5.3
4.	5.7	➔	R onto BC-97 N	0.3
5.	6.0	➔	R onto Grandview Flats Rd	3.4
6.	9.4	←	L to stay on Grandview Flats Rd	3.0
7.	12.5	↑	Continue straight onto Otter Lake Rd	2.1
8.	14.6	➔	R onto Otter Lake Cross Rd	3.0
9.	17.6	←	L onto Crozier Rd	0.9
10.	18.4	←	L onto Pleasant Valley Rd	4.3
11.	22.8	➔	R onto Colony Ave	0.2

22.8 kilometers. +265/-225 meters

Num	Dist	Type	Note	Next
23.	33.2	↑	Continue onto Grandview Flats Rd	2.6
24.	35.8	←	Slight L onto Corkscrew Rd	1.5
25.	37.3	➔	R onto Otter Lake Rd	2.6
26.	39.9	←	L onto St Annes Rd	1.1
27.	41.0	←	L onto BC-97 S	0.4
28.	41.4	←	L	0.0
29.	41.5	📍	End of route	0.0

12.8 kilometers. +63/-99 meters

Num	Dist	Type	Note	Next
12.	23.0	←	L onto Colony St	0.4
13.	23.4	➔	R onto Rosedale Ave	1.3
14.	24.7	←	L onto Smith Dr	0.8
15.	25.5	←	L onto Pleasant Valley Rd	0.4
16.	25.9	➔	R onto Mill St	0.0
17.	25.9	←	L onto Pleasant Valley Blvd, Continue to Park for Lunch. Leave to the L.	0.9
18.	26.9	←	L onto Park Dr	0.3
19.	27.2	➔	R onto Adair St	0.2
20.	27.4	←	L onto Wood Ave	0.6
21.	28.0	←	L onto Fraser Rd	0.6
22.	28.7	↑	Continue onto Otter Lake Rd	4.6

5.9 kilometers. +24/-56 meters