



Turn	Mile	Street/Direction	Turn	Mile	Street/Direction
R	-----	Fort Vancouver Way	BR	12.3	Lower River Rd at "Y"
R	0.6	St Johns Blvd	L	15.1	32nd Ave
L	0.9	33rd St	R	15.5	La Frambois through barricade
R	2.3	Columbia	R	16	Weigel just BEFORE city park
L	2.6	39th St	L	16	Unander – first left
L	3.5	Fruit Valley	L	16.2	31st St
R	3.8	La Frambois Rd	R	16.2	Fruit Valley
L	4.3	32nd Ave through barricade	L	16.5	Fourth Plain
R	4.8	Lower River Road	R	17.3	Franklin
BL	7.5	At "Y"	L	17.6	McLoughlin- quick jog L & R at Main St to continue on McLoughlin
L	7.7	Enter path parallel road	L	18.6	Fort Vancouver Way
L	9.3	Frenchman's Bar Park	R	18.9	Into Clark College - <i>Finish</i>
L	9.5	From path at road or continue across road on path			
	9.9	***REST STOP***			
U		Follow path out of park.			