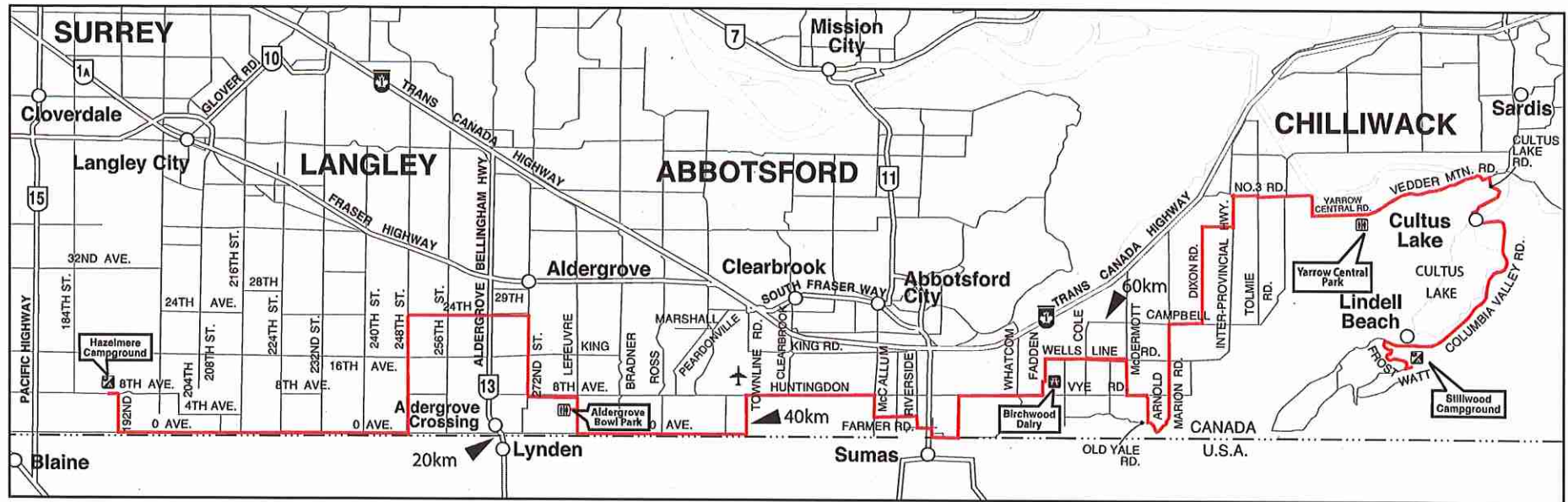


DAY 1 • BICYCLE TREK FOR LIFE & BREATH ROUTE MAP • DAY 1



START

Hazelmere Campgrounds
(18843 8th Ave, Surrey)

Turn left on 8th Ave
Turn right on 192nd St
Turn left on 0 Ave
Turn left on 248th St
Turn right on 24th Ave
Turn right on 272nd St
Turn left on 8th Ave
Turn right on Lefeuve Rd

REST STOP #1

Aldergrove Bowl Park
(Enter off Lefeuve Rd, Aldergrove)

Continue south on Lefeuve Rd
Turn left on 0 Ave
Turn left on Townline Rd
Turn right on Huntingdon Rd
Turn right on McCallum Rd
Turn left on Farmer Rd
Turn right on Riverside Rd
Turn left on 4th Ave
Turn right on B St
Turn left on 2nd Ave
2nd Ave turns in Boundary Rd
Turn left on Angus Campbell Rd
Turn right on Vye Rd
Turn left on Fadden Rd
Turn right on Nelles Rd

LUNCH STOP #2

Birchwood Dairy Farm
(1154 Fadden Rd, Abbotsford)

Continue North on Fadden Rd
Turn right on Wells Line Rd
Turn right on McDermott Dr
Turn left on Vye Rd
Turn right on Arnold Rd
Turn left on Old Yale Rd
Turn left at Marion Rd
Turn right on Campbell Rd
Turn left on Dixon Rd
Turn right at No 4 Rd
Turn left at Inter-Provincial Hwy
Turn right at No 3 Rd
Turn right at Tolmie Rd, then
immediate left at No 3 Rd
Turn left at Yarrow Central Rd

REST STOP #3

Yarrow Central Park
(42348 Yarrow Central Rd)

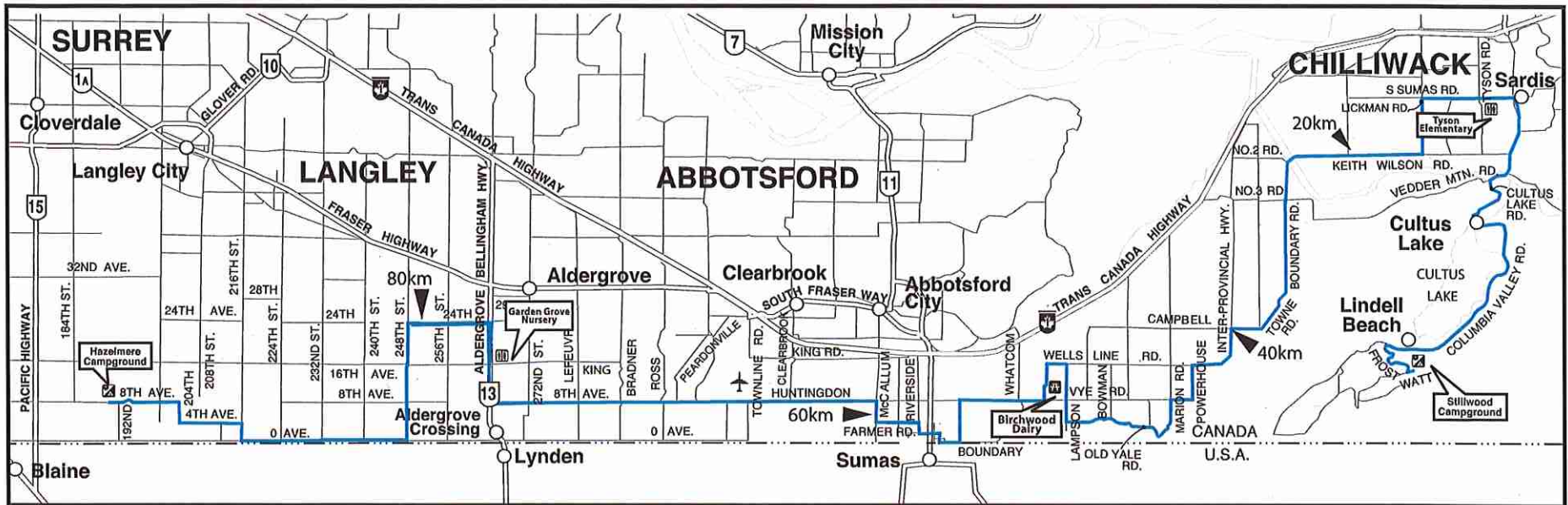
Continue East on Yarrow
Central Rd
Yarrow Central Rd becomes
Vedder Mountain Rd
Turn right on Cultus Lake Rd
Turn left on Frost Rd
Turn left on Watt Rd

DAY 1 FINISH

Camp Stillwood
(44005 Watt Rd, Lindell Beach)

Congratulations!
100km down, 100km to go...

DAY 2 • BICYCLE TREK FOR LIFE & BREATH ROUTE MAP • DAY 2



START

Camp Stillwood
(44005 Watt Rd, Lindell Beach)

Turn right on Frost Rd
Turn right on Cultus Lake Rd
Turn right on Vedder Mtn Rd
Turn left on South Sumas Rd

REST STOP #1

Tyson Elementary School
(45170 S. Sumas Road, Chilliwack)

Continue West on S. Sumas Rd
Turn left on Lickman Rd
Turn right on Keith Wilson Rd
Turn left on Boundary Rd
Turn right on No 3 Rd, immediate
left back onto Boundary Rd
Boundary Rd becomes Towne Rd
Turn right on Campbell Rd
Turn left on Inter-Provincial Hwy
Inter-Provincial Hwy becomes
Wells Line Rd
Turn left on Powerhouse Rd
Turn right on Vye Rd
Turn left on Marion Rd
Turn right on Old Yale Rd
Turn right on Lamson Rd
Turn left on Wells Line Rd
Turn left on Fadden Rd

LUNCH STOP #2

Birchwood Dairy Farm
(1154 Fadden Rd, Abbotsford)

Continue South along Fadden
Turn right on Vye Rd
Turn left on Angus Campbell Rd
Turn right on Boundary Rd
Boundary Rd becomes 2nd Ave
Turn right on B St
Turn left on 4th Ave
Turn right on Riverside Rd
Turn left on Farmer Rd
Turn right on MacCallum Rd
Turn left on Huntingdon Rd
Turn right on Highway 13

REST STOP #3

Garden Grove Nursery
(1654 264 St, Aldergrove)

Continue North along Highway 13
Turn left on 24th Ave
Turn left on 248th St
Turn right on 0 Ave
Turn right on 216th St
Turn left on 4th Ave
Turn right on 204th St
Turn left on 8th Ave
Continue West and arrive at
Hazelmere Campgrounds!