



**CHURCHILL PARK/
DUNCAN McINTOSH
ARENA**

★ Turn Around 10km Route

◆ TURN AROUND 15km ROUTE

2019 CAMBRIDGE TOUR de GRAND 10-15 Km

● Washroom and Food Location

TOP

2019 Cambridge Tour de Grand 10-15 km

Start Time 10:30 AM

Legend	Turns	Direction
● Washrooms and Refreshments	Left-L	North - N
* Use caution	Right - R	East - E
M - Marshalls	Straight - STR	South - S
P - Police		West - W

Marshalls - M	Turn	Dir	Description	KM	Total KM
Police - P	STR	W	Onto path past Arena through parking lot to HWY #24	0.6	0.6
Washrooms - W					
P M *	STR	W	Cross over #24 Hwy to Rail Trail	0.1	0.7
		*	Use Caution Crossing HWY #24		
P M *	L	S	On Rail Trail to Foot Bridge Road	3.0	3.7
		*	Use Caution Crossing Road		
	STR	S	On Rail Trail to Barrier	2.0	5.7
			Keep Right		
			Rest Stop Closes 1:00 pm		
● 10K sign	STR	N	Turn Around & Ride Back Same Trail	5.0	10.7
*P M	R	E	Cross over HWY #24 & Back on Path to Arena	0.6	
		*	Use Caution Crossing HWY #24		11.3

You're Finished 10KM - Well Done!

See Below if you wish to continue - 15KM

Go only as far as you feel comfortable in order to return to Duncan MacIntosh

Marshalls - M	Turn	Dir	Description	KM	Total KM
Police - P	STR	S	Continue on trail to Glen Morris & Parking Lot	3.5	
Washrooms - W					
15KM Sign	STR	N	Turn Around & Ride Back Same Trail		
		*	Use Caution Crossing #24		
P M *	R	E	Cross over HWY #24 into Churchill Park following path through park back to Duncan McIntosh Arena		18

Event Headquarters - (519) - 240-5325