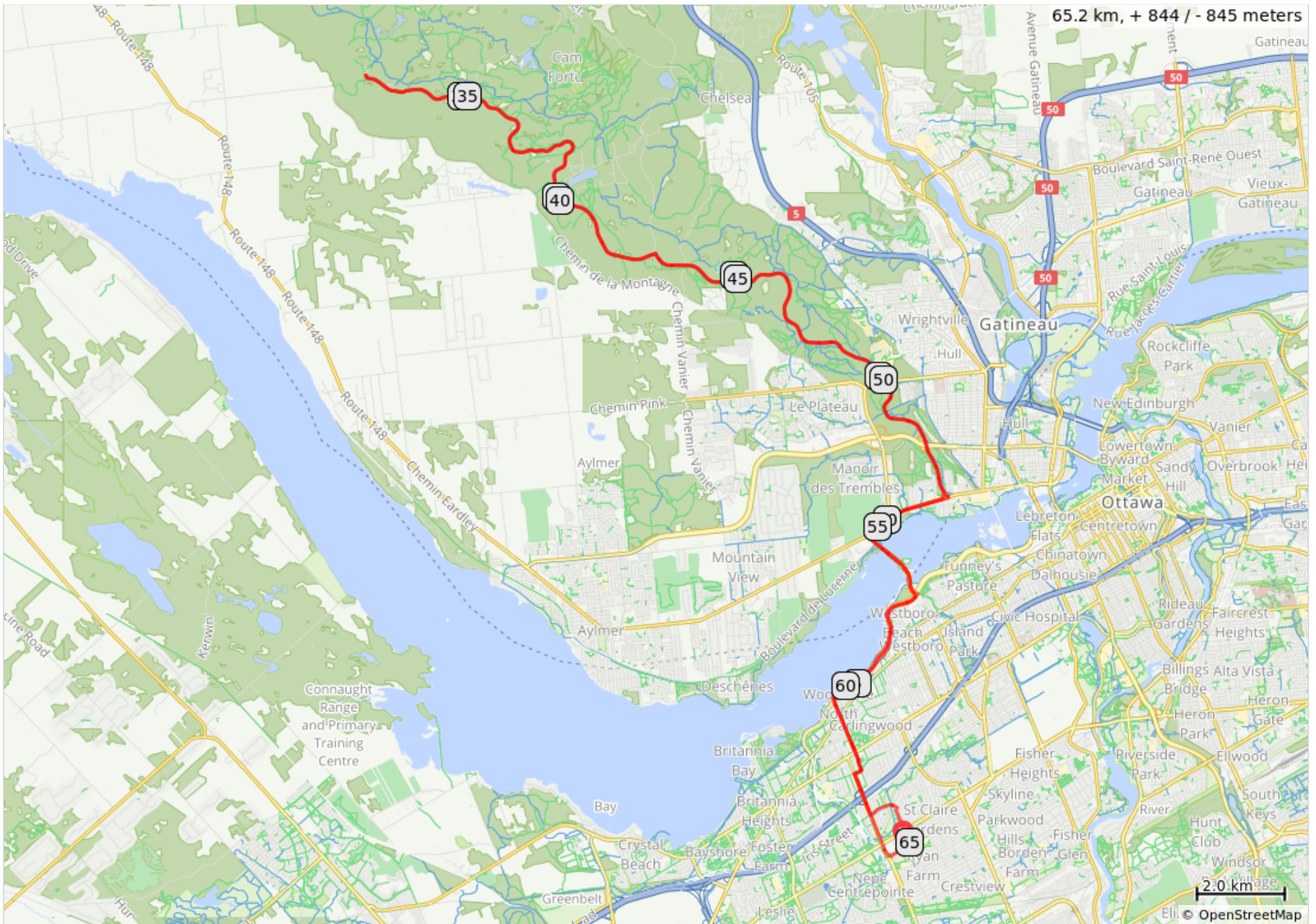


70 K Gatineau Park Sunday



65.2 km, + 844 / - 845 meters



70 K Gatineau Park Sunday

Dist	Type	Note	Next
0.0	📍	Start of route	0.0
0.0	➔	R onto Navaho Dr	0.1
0.1	➡	L to stay on Navaho Dr	0.2
0.3	➔	R onto Woodroffe Ave	2.1
2.4	➔	R onto Lenester Ave	0.6
3.0	↑	Continue onto Woodroffe Ave	1.3
4.3	➔	Stay R to go onto John A. MacDonald Parkway	3.4
7.7	➡	L onto Island Park Dr	1.0
8.7	↑	Continue onto Champlain Bridge	0.8
9.5	➔	Slight R onto Chemin d'Aylmer	0.6
10.0	↑	Continue onto Boul Alexandre-Taché	1.4
11.5	➡	L onto Prom. de la Gatineau	10.6
22.1	➡	L onto Promenade Champlain	10.3
32.4	💧	Take a break and some pictures at Champlain Lookout!	10.3
42.8	➔	R onto Prom. de la Gatineau	10.4
53.2	➔	Slight R	0.2
53.4	➔	R onto Boul Alexandre-Taché	1.5
54.9	↑	Continue onto Chemin d'Aylmer	0.4
55.3	➡	L onto Place Samuel de Champlain	1.5
56.8	↑	Continue onto Island Park Dr	0.2
57.0	➔	R onto Sir John A. Macdonald Parkway W	3.5
60.5	➡	Slight L onto Woodroffe Ave	1.3

60.5 kilometers. +903/-933 meters

Dist	Type	Note	Next
61.8	↑	Continue onto Fairlawn Ave	0.4
62.2	➔	R onto Lenester Ave	0.2
62.4	➡	L onto Woodroffe Ave	1.0
63.4	➡	L onto Iris St	0.7
64.1	➔	R onto Navaho Dr	0.9
64.9	➔	R to stay on Navaho Dr	0.1
65.0	↑	Continue onto Navaho Dr	0.2
65.2	➔	R	0.0
65.2	📍	End of route	0.0

4.8 kilometers. +23/-11 meters