



**CHURCHILL PARK /
DUNCAN MCINTOSH
ARENA**

★ Turn Around 10km Route

◆ TURN AROUND 15km ROUTE
GLEN MORRIS

**2016 CAMBRIDGE
TOUR de GRAND
10-15 Km**

 Washroom and Food Location

2016 Cambridge Tour de Grand – 10 – 15 km

Start time 10:30AM

Legend	Turns	Direction – Dir.
● - Washrooms & Refreshments * - use caution M - Marshalls P - Police	Left – L Right – R Straight – STR	North – N East – E South – S West - W

Marshalls-M Police-P Washrooms-W	Turn	Dir.	Description	Km	Total Km
	STR	W	Onto Path Past Arena through parking lot to Hwy. #24	0.6	0.6
P M *	STR	W	Cross over #24 Hwy to Rail Trail * USE CAUTION CROSSING #24	0.1	0.7
P M *	L	S	On Rail Trail to Foot Bridge Road * USE CAUTION CROSSING ROAD	3.0	3.7
	STR	S	On Rail Trail to Barrier	2.0	5.7
			KEEP RIGHT		
			Rest Stop Closes 1:00pm		
● 10 K 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 * USE CAUTION CROSSING HWY. #24	0.6	11.3

**YOU'RE FINISHED 10 KM – WELL DONE!
SEE BELOW IF YOU WISH TO CONTINUE – 15 KM**

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

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

EVENT HEADQUARTERS - (519) 240-5325