



# May 13-19, 2019 Ride of the Week

<https://www.strava.com/routes/18892965>

14.36 km

Distance

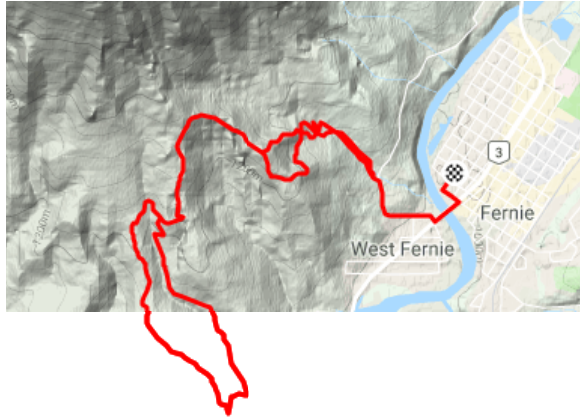
661 m

Elevation Gain

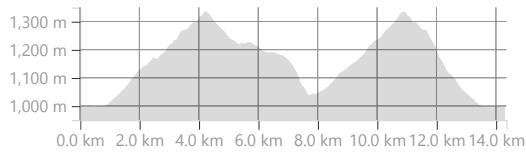
MTB

Ride Type

Est. Moving Time: 1:13:22



Map data ©2019 Google



Route recommendations may be incomplete and/or inaccurate and may contain sections of private land and/or sections of terrain that could be challenging or hazardous. Always use your best judgement about the safety of road and trail conditions and follow traffic and property laws. Est. Moving Time based on your avg speed of 11.7 km/h over last 4 weeks

DIRECTION	DISTANCE (kilometers)
Proceed onto 9th Avenue	0.0
Continue on 4th Street	0.2
Right onto Crowsnest Highway	0.3
Right onto Riverside Road	0.6
Left onto Beach Avenue	0.6
Continue on Sangala Street	1.0
Proceed onto Burma Road	1.2
Continue on Phat Bastard	1.3
Continue on Mushroom Head	3.4
Right	5.2
Left onto Hedonism	5.6
Right	7.6
Right onto Stove Trail	7.9
Continue on Mushroom Head	9.3
Right onto Red Sonja	11.6
Continue on Phat Bastard	12.9
Right onto Burma Road	13.0
Continue on Sangala Street	13.0
Left onto Beach Avenue	13.2
Right onto Riverside Road	13.6
Left onto Crowsnest Highway	13.7
Left onto 4th Street	13.9
Continue on 9th Avenue	14.1
Arrive at Finish	14.3