0.0	Q	Start of route	0.1
0.1		L	0.1
0.2		L	0.2
0.4		R toward E 4th Ave	0.0
0.4		L onto E 4th Ave	0.2
0.6		L onto Pearl St	1.8
2.5		Continue onto High St	0.1
2.5		R onto E 28th Ave	0.2
2.8		R onto E 29th Ave	0.4
3.2		Slight R onto Lorane Hwy	5.5
8.7		Continue onto Spencer Creek Rd	2.6
11.4		L onto Briggs Hill Rd	4.4
15.7		R onto Territorial Hwy	1.4
17.1		R onto Doane Rd	3.1
20.2		R onto Crow Rd	1.1
21.3		R onto Erickson Rd	1.6
22.9		Continue onto Pine Grove Rd	0.1
23.0		L to stay on Pine Grove Rd	0.5
23.5		R onto Gimpl Hill Rd	4.8
28.3		L onto Bailey Hill Rd	0.5
28.7		R to stay on Bailey Hill Rd	1.1
29.9		R onto W 18th Ave	0.3
30.1		L onto Quaker St	0.4
30.5		Slight R toward Fern Ridge Trail	0.0
30.5		Continue onto Fern Ridge Trail	0.2
30.7		Slight L to stay on Fern Ridge Trail	0.6
31.4		L onto City View St	0.0
31.4		R onto Fern Ridge Trail	0.6
32.0		Keep R to stay on Fern Ridge Trail	0.3
32.2		Continue onto W 16th Ave	0.1
32.3		R onto Polk St	0.0
32.3		L	0.2
32.5		Continue onto W 16th Ave	0.2

32.7	Continue onto Fern Ridge Trail	0.1
32.8	Slight L to stay on Fern Ridge Trail	0.1
32.9	L onto W 15th Ave	0.0
32.9	R to stay on W 15th Ave	0.7
33.6	L onto High St	0.8
34.4	R onto E 4th Ave	0.1
34.6	R	0.0
34.6	L	0.1
34.7	Slight R at Ruth Bascom Bike Path	0.1
34.8	R	0.1
34.9	R	0.1
35.0	End of route	0.0