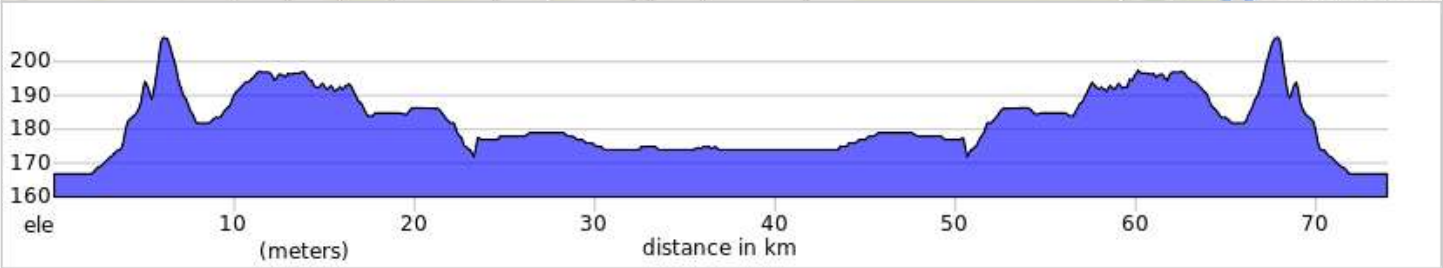
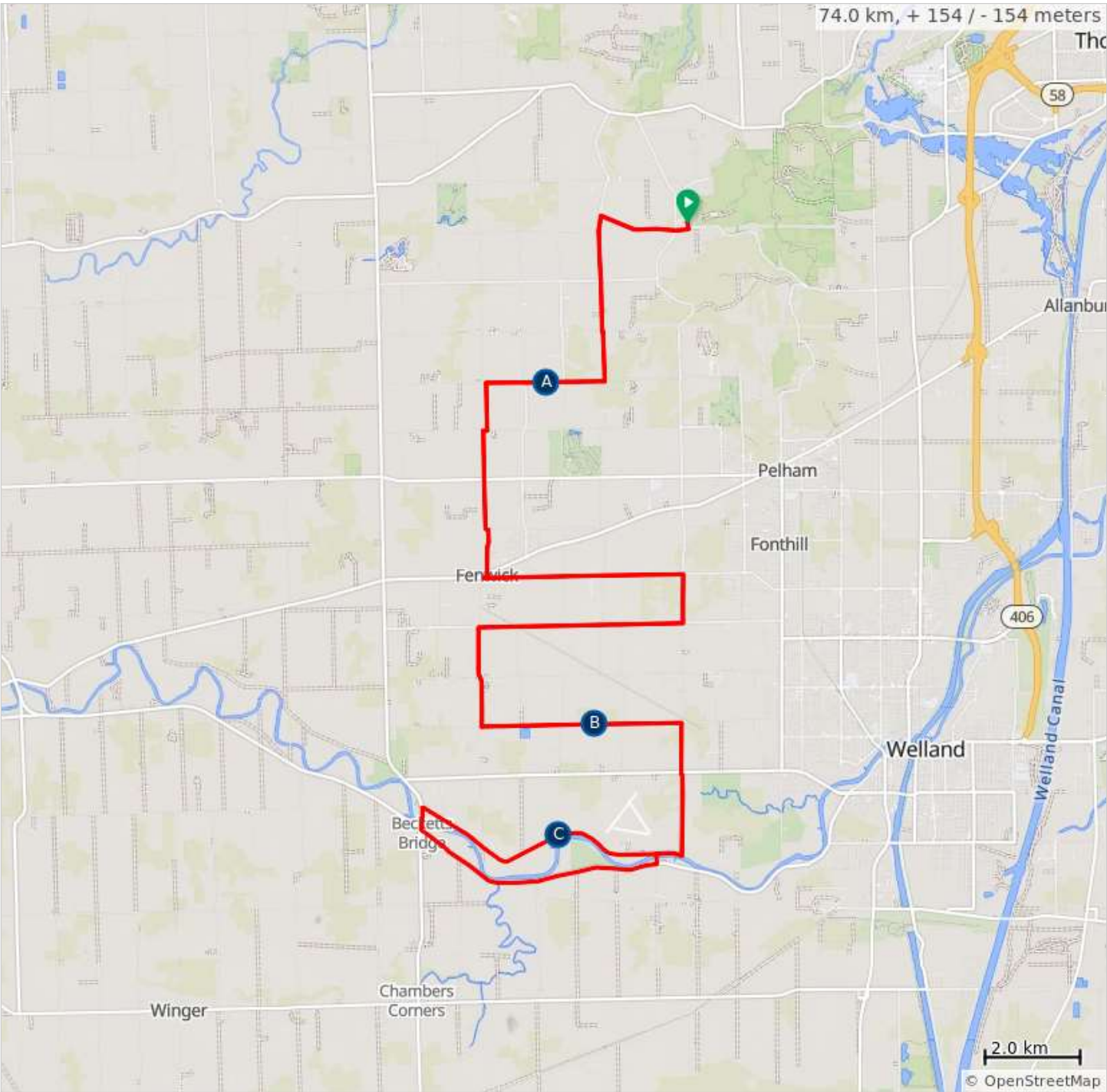


2025 BMCR 75K



- A. Comfort Maple Rest Stop
- B. Restroom - Harold Bradshaw Park

- C. 606 River Road Rest Stop



Num	Dist	Prev	Type	Note	Next
1.	0.0	0.0	📍	Start of route	0.2
2.	0.2	0.2	➡	Right onto Roland Road	1.9
3.	2.0	1.9	⬅	Sharp left onto Centre Street	2.4
4.	4.5	2.4	⬅	Left onto Kilman Road	0.0
5.	4.5	0.0	➡	Right onto Centre Street	1.0
6.	5.5	1.0	➡	Right onto Metler Road	2.5
7.	8.0	2.5	⬅	Left onto Maple Street	1.0
8.	9.0	1.0	➡	Right onto Tice Road	0.1
9.	9.0	0.1	⬅	Left onto Maple Street	2.1
10.	11.1	2.1	➡	Right onto Maple Street	1.0
11.	12.1	1.0	↗	Keep right onto Maple Street	0.0
12.	12.1	0.0	➡	Right onto Canboro Road	0.1
13.	12.2	0.1	⬅	Left onto Welland Road	4.2
14.	16.4	4.2	➡	Right onto Effingham Street	1.0
15.	17.4	1.0	➡	Right onto Foss Road	4.3
16.	21.6	4.3	⬅	Left onto Church Street	2.0

21.6 kilometers. +71/-53 meters

Num	Dist	Prev	Type	Note	Next
17.	23.6	2.0	↑	Continue onto Church Street	0.1
18.	23.7	0.1	➡	Right onto Chantler Road	4.2
19.	27.9	4.2	➡	Right onto Effingham Street	2.8
20.	30.7	2.8	↘	Sharp right onto River Road	0.6
21.	31.2	0.6	⬅	Left onto O'Reillys Road North	0.2
22.	31.5	0.2	➡	Right onto Riverside Drive	5.3
23.	36.8	5.3	➡	Right onto Victoria Avenue	0.5
24.	37.2	0.5	↘	Sharp right onto River Road	1.3
25.	38.6	1.3	↑	Continue onto River Road	4.7
26.	43.3	4.7	⬅	Sharp left onto Effingham Street	2.8
27.	46.1	2.8	⬅	Left onto Chantler Road	4.2
28.	50.2	4.2	➡	Right onto Church Street	2.1
29.	52.3	2.1	➡	Right onto Foss Road	4.3
30.	56.6	4.3	⬅	Left onto Effingham Street	1.0
31.	57.6	1.0	⬅	Left onto Welland Road	4.2
32.	61.8	4.2	➡	Right onto Canboro Road	0.1

40.1 kilometers. +44/-26 meters

Num	Dist	Prev	Type	Note	Next
33.	61.8	0.1	←	Left onto Maple Street	1.0
34.	62.8	1.0	←	Left onto Maple Street	2.1
35.	64.9	2.1	→	Right onto Tice Road	0.1
36.	65.0	0.1	←	Left onto Maple Street	1.0
37.	66.0	1.0	→	Right onto Metler Road	2.5
38.	68.5	2.5	←	Left onto Centre Street	1.0
39.	69.5	1.0	←	Left onto Kilman Road	0.0
40.	69.5	0.0	→	Right onto Centre Street	2.4
41.	71.9	2.4	↻	Sharp right onto Roland Road	1.9
42.	73.8	1.9	←	Left into White Meadows Farms	0.2
43.	74.0	0.2	📍	End of route	0.0

12.2 kilometers. +30/-59 meters
