

Coureur de Bois 1000

#	KM	Cum KM	Action	Direction
1	0.0	0.0	LT	<b>Depart OW-Hornet's Nest on Bearbrook Rd.</b>
2	1.0	1.0	RT	TL/St. Joseph's Blvd.
3	2.2	3.2	LT	TL/Youville Drive
4	1.0	4.2		TL/ Continue on Grey Nuns' Dr.
5	1.2	5.4	LT	Lumberman's Way
6	0.6	6.0	LT	SS /Orleans Dr.
7	1.0	7.0	RT	TL /Jeanne D'Arc
8	2.8	9.8		SS/Cross 10th Line- Becomes North Service Rd.
9	1.9	11.7	RT	SS /Trim Rd.
10	0.1	11.8		TL/Cross hwy 117
11	0.9	12.7	LT	TL /Queen St.
12	2.4	15.1	RT	Frank Kenny Dr.
13	1.0	16.1	LT	Willhaven Dr.
14	4.4	20.5		SS/ Cross Dunning
15	3.1	23.6		Gravel begins for 3 km.
16	2.9	26.5	RT	SS/ Canaan Rd.
17	0.2	26.7	LT	Baseline Rd
18	2.1	28.8		SS/Joanisse Rd.
19	1.3	30.1	LT	St. Jean st.
20	1.8	31.9	RT	Poupart st.
21	2.0	33.9	RT	TL/ Laurier st.
22	2.3	36.2	RT	Mtée Outaouais
23	2.8	39.0	LT	SS/Landry st.
24	0.3	39.3		TL/Cross hwy 117-continue on Prescott-Russell Rd. 8
25	10.7	50.0		Wendover-church on right
26	5.2	55.2	LT	SS/ Hwy 117
27	0.5	55.7	LT	Route 21
28	7.4	63.1	LT	SS/Treadwell- Church on right front
29	0.2	63.3	RT	Continue on 21
30	10.7	74.0		LeFaivre town centre
31	9.0	83.0	LT	SS/Baie Rd -Prescott-Russell Rd. 24
32	1.5	84.5		Continue on 24
33	9.5	94.0		L'Orignal town centre
34	0.5	94.5	LT	SS/King st.
35	5.1	99.6	LT	SS /County Rd. 4
36	3.4	103.0		Hawkesbury-Tim Horton's- <b>CHECKPOINT</b>
37	0.0	103.0	LT	TL/ John St.- Cross bridge to Quebec
38	2.3	105.3	RT	TL /Hwy 344
39	8.7	114.0		Chatham camp ground
40	5.5	119.5		Carillon dam on right
41	5.3	124.8		Town of Carillon
42	3.7	128.5	RT	SS/Saint-André Est- continue on Rue Principale
43	0.7	129.2	LT	Wales Rd./Several SS
44	1.3	130.5	RT	Towards St.Hermas- Becomes Chemin de la Riviere Rouge S.
45	0.2	130.7		Cross bridge
46	6.6	137.3	RT	Towards St. Hermas
47	1.2	138.5	RT	Montee Robitaille-towards St. Placide
48	4.0	142.5	LT	SS/ Rang St. Vincent
49	3.2	145.7		Pass under Hydro lines
50	3.3	149.0		SS/ Continue on St. Vincent
51	3.3	152.3	RT	SS/ Du Rio st.
52	0.2	152.5	LT	Belle Riviere St.

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53	0.2	152.7		SS/ Cross Hwy 148
54	3.4	156.1		Railway crossing
55	0.8	156.9	RT	SS/ Cote des Saints
56	7.4	164.3	LT	Montee Clement
57	1.5	165.8	RT	SS/ St. Jean st
58	1.0	166.8	LT	SS/ St. Jacques st.
59	0.8	167.6	LT	SS/ Ste. Henriette rd.
60	0.3	167.9	RT	Charles st.
61	4.1	172.0		TL /Cross under Hwy. 15
62	0.2	172.2		TL/Fast foods/ <b>CHECKPOINT</b>
63	2.4	174.6	LT	Hwy 117 in Blainville
64	0.4	175.0	RT	TL/ Chemin Victor
65	8.0	183.0		Town of Sainte-Anne-des-Plaines
66	3.0	186.0		Jct SS./Hwy. 335
67	7.0	193.0		Continue on Comtois Rd.
68	5.5	198.5		TL/Cross Hwy 337/Chemin Gascon- Continue on chemin Pincourt
69	2.5	201.0		Town of Mascouche
70	2.0	203.0	LT	SS/Pincourt continues
71	0.3	203.3	LT	SS/ Ch. Sainte-Marie
72	0.7	204.0	RT	Montee du Domaine
73	2.0	206.0	LT	SS/Cote de Saint George
74	4.2	210.2	RT	SS/ Rang du ruisseau des Anges
75	3.8	214.0		Cross hwy 125
76	1.7	215.7		Cross hwy 25
77	1.6	217.3	RT	SS/Riviere du Sud-
78	2.4	219.7	LT	SS/ Rue Dr. Wilfrid Locat/-Town of St. Roch de l'Achigan
79	0.1	219.8		Cross river
80	0.1	219.9	RT	SS /Rue Principale
81	1.4	221.3	LT	Rang St. Regis
82	3.5	224.8	LT	Hwy341N
83	2.7	227.5	RT	SS /Follow 341N
84	0.7	228.2	RT	SS/ Follow 341N
85	2.2	230.4	RT	SS/ Follow 341N
86	3.3	233.7	RT	SS/ Chemin Levesque
87	3.4	237.1	LT	Chemin Viger
88	3.3	240.4		Town of Crabtree
89	1.3	241.7		Continue on 8e rue
90	3.5	245.2	LT	Chemin St. Jean
91	2.2	247.4	RT	SS /St. Jacques st
92	1.4	248.8		Entering Joliette-Overpass
93	0.2	249.0		SS/continue on rue Notre-Dame-(Left on Beaudry N. to coffee shop in Shopping C.) <b>CHECKPOINT</b>
94	0.4	249.4	RT	From Notre-Dame, heading East, onto St. Pierre South
95	0.3	249.7	LT	Delanaudiere st.
96	1.3	251.0	LT	St. Thomas
97	0.5	251.5	RT	Chemin des Prairies
98	1.2	252.7		Jct. 131-cross and continue on 158 E.
99	4.7	257.4	RT	Rue St. Charles
100	0.3	257.7	LT	Rue Monique continues Rang Sud
101	1.8	259.5	LT	Rang Sud eventually becomes Rang St. Albert, then Rang des Cascades, on S. side of creek, parallel to Hwy 158
102	12.5	272.0	RT	SS /Hwy. 158 East
103	1.3	273.3	LT	Hwy 347/ Town of Ste. Genevieve

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104	5.1	278.4	RT	To St. Cuthbert
105	2.5	280.9	RT	Rue Principale, St. Cuthbert
106	3.0	283.9	LT	Toward St. Viateur
107	0.2	284.1		Cross bridge
108	0.1	284.2	LT	SS
109	0.4	284.6	RT	Follow La route verte-Rang York
110	3.0	287.6		Town of St. Viateur
111	4.4	292.0		Town of St. Barthelemy . Continue on York which becomes Rang du Pied de la Cote.
112	10.0	302.0		Town of Maskinonge
113	1.0	303.0	LT	Cross bridge-Cycle route-Route du Petit Bois-St. Laurent Cycle route
114	3.1	306.1		Continue on Cycle route – Petit Bois
115	6.8	312.9		SS/Cross 138-Follow Route Verte
116	2.8	315.7	LT	Hwy 138. Cycle route thru Louiseville on 138. Cross bridge
117	1.3	317.0	LT	Avenue Royale-Cycle route. Past bridge
118	5.2	322.2		Continue on Petites Terres-Cycle route along east side of river
119	4.2	326.4	LT	SS /Hwy 138
120	0.0	326.4		Continue thru Yamachiche on HWY 138 to Trois-Rivières
121	21.6	348.0		<b>CHECKPOINT</b> Various restaurants
122	0.0	348.0		Depart Fm. Control, follow Hwy 138 east thru Trois-Rivières & Cap-de-la-Madeleine
123	9.5	357.5	LT	Rue St-Maurice (easy to miss)
124	2.0	359.5		Rg. St-Malo on right
125	1.7	361.2	RT	SS/Ch. Des Grandes Prairies
126	0.6	361.8	LT	SS/ Rue Courteau
127	1.5	363.3		Cross autoroute 40
128	1.1	364.4	RT	SS/Rg. St-Alexis
129	3.5	367.9	LT	SS/Ch. Notre-Dame
130	2.1	370.0		Town of St-Maurice
131	5.1	375.1	RT	Rang St-Félix
132	8.4	383.5		SS /Hwy 352/ Continue on Rg. des Chutes & Rg. De la Riv. Batiscan/Cont. on Hwy
133	2.9	386.4		Village of St-Narcisse
134	9.4	395.8	RT	St-Stanislas/Hwy 159 <b>CHECKPOINT</b>
135	0.0	395.8		Cross bridge/Hwy 159
136	4.9	400.7	LT	Continue on Hwy 159/Rg. St-Augustin
137	11.6	412.3	LT	Rg du Rapide-Nord/Hwy 354
138	11.0	423.3	RT	St.Casimir/Hwy 363/Cross river
139	3.7	427.0	BR	Cont. on Hwy 363 Leaving Hwy 354
140	5.2	432.2		Town of St-Marc-des-Carières
141	6.0	438.2		Cross autoroute 40
142	2.0	440.2	LT	SS/Hwy 138
143	55.1	495.3	RT	Ch. Du Roy/Cycle signs/Follow Ch. Du Roy & Cycle route along river to Cap Rouge
144	11.8	507.1		Cap Rouge town centre/Av. McCartney
145	0.7	507.8	RT	TL/Av. McCartney/ Watch for Cycle Route sign on right/Stop/ Climb stairs on right at bottom of McCartney hill.
146	0.3	508.1		Bike route /Ch. St-Louis/ Cont. East On Ch. St-Louis
147	3.6	511.7		Cross over autoroute
148	2.4	514.1	RT	Av. Du Verger/ Descend to Blvd. Champlain along River
149	1.0	515.1	LT	Bike route along river and Blvd. Champlain.
150	9.0	524.1	RT	Ferry terminal to Lévis. <b>CHECKPOINT</b>
151	0.0	524.1	RT	Cycle route West along St. Laurent & Du Fleuve
152	13.0	537.1	RT	TL/Hwy 132. Follow Cycle route
153	2.0	539.1	LT	Stay on Hwy 132/ cycle route towards St-Nicolas. Do NOT cross bridge to Québec
154	0.0	539.1		Follow Hwy 132 all the way to Trois-Rivières Bridge
155	69.0	608.1		Deschaillons

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156	10.0	618.1		St-Pierre-les-Becquets
157	13.0	631.1		Gentilly
158	8.0	639.1	BR	Follow Route Verte Cycle Route signs onto path/road under and along Hwy 132 (expressway)
159	2.0	641.1	LT	SS/Hwy 261/Away fm.132 on the right
160	0.1	641.2	RT	Cinder cycle path
161	3.9	645.1		Path becomes Rue Desormeaux
162	2.0	647.1	RT	SS/North along river in BÚcancour
163	1.0	648.1	LT	Hwy 132
164	7.0	655.1		Town of Ste-Angèle
165	5.0	660.1		Cross under Hwy 55/155. Cont. on Blvd. Bécancour
166	6.0	666.1	LT	Rte du Port
167	3.0	669.1	RT	TL/Hwy 132
168	0.2	669.3		Motel Domaine des Acadiens <b>CHECKPOINT</b>
169	0.0	669.3	LT	Hwy 132 West/Cross river
170	4.0	673.3	LT	Ch. Du Pays-Brûlé (just past bridge over Nicolet R.)
171	21.2	694.5	LT	SS/Rte de la Grande-Ligne
172	0.3	694.8	RT	Rg. Ste-Anne
173	3.8	698.6	LT	Hwy 132
174	2.1	700.7		Pierreville
175	12.0	712.7		Yamaska. Cross bridge. Cont on Hwy 132
176	19.6	732.3		Sorel/Hwy 133/Hwy 132 becomes Boul. Fiset. Cont. to ferry to St. Ignace
177	1.0	733.3		St-Ignace de Loyola. Hwy 158
178	7.0	740.3	LT	Hwy 138. Berthierville. Cont. on 138
179	19.0	759.3		Lavaltrie
180	18.0	777.3	RT	Repentigny. Valmont st. Cross autoroute.
181	2.0	779.3	LT	Boul. L'Assomption
182	3.0	782.3	RT	Boul. Brien/Cross bridge/ Town of Le Gardeur
183	0.3	782.6	LT	TL/Rue Lacombe
184	0.1	782.7	RT	Rue St-Paul
185	6.6	789.3	LT	SS/Ch. De la Cabane Ronde
186	0.2	789.5	RT	Ch. St-Philippe
187	2.8	792.3		Cross hwy 25
188	2.2	794.5	LT	Ch. St-Henri (Hwy 125)
189	3.8	798.3	RT	TL/Ch.Ste. Marie past bridge in Town of Mascouche
190	3.0	801.3	LT	Ch. Pincourt
191	0.1	801.4	BR	Bear right at top of hill/Cont. on Ch. Pincourt/ Comtois/ Lepage to Blainville
192	30.9	832.3	LT	Blainville/Hwy 117
193	0.3	832.6	RT	TL/Ch. Charles
194	0.4	833.0		TL/Cross under Hwy 15/ <b>CHECKPOINT</b>
195	4.1	837.1	LT	Rg. Ste-Henriette
196	0.3	837.4	RT	St.Jacques/Mtée. Duquette
197	0.8	838.2	RT	St-Jean
198	1.0	839.2	LT	Mtée.Clément
199	1.5	840.7	RT	Côte des Saints
200	7.4	848.1	LT	Belle-Rivière St.
201	4.2	852.3		SS/Cross 148
202	0.2	852.5	RT	SS/Du Rio
203	0.2	852.7	LT	Rg. St-Vincent
204	3.3	856.0		SS/Cont. on St-Vincent
205	3.3	859.3		Pass under Hydro lines
206	3.2	862.5	RT	Mtée. Robitaille
207	4.2	866.7	LT	Ch. Lalande

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208	1.2	867.9	LT	Ch. De la Riv.-Rouge N. or S. /towards St.-André-Est
209	6.8	874.7		Becomes Wales Rd.
210	1.3	876.0	RT	SS/St.-André-Est/ Rue Principale (stores)
211	1.3	877.3	LT	SS/Hwy 344. Follow 344 to Hawkesbury
212	2.4	879.7		Town of Carillon
213	20.6	900.3	LT	TL/Hawkesbury/Cross bridge
214	1.5	901.8	TL	Bear right / <b>CHECKPOINT</b> / Continue West along Ottawa River/County Rd. 4
215	3.2	905.0	RT	King St.
216	5.1	910.1	RT	Prescott-Russell Rd. 24
217	0.5	910.6		L'Orignal town centre
218	9.0	919.6	RT	Ray Rd./Prescott-Russell Rd. 24
219	9.0	928.6		Lefaivre town centre
220	5.7	934.3	LT	Treadwell/ County Rd. 9
221	5.2	939.5	RT	Church on left/Concession 1/Rt. 21
222	7.4	946.9	RT	SS/Hwy 17/cross bridge
223	0.5	947.4	RT	Rue Principale
224	5.2	952.6		Wendover/store
225	11.7	964.3		TL/Cross Hwy 17/Cont. on CR 8/Landry st.
226	0.3	964.6	RT	Mtée. Outaouais
227	2.8	967.4	LT	Laurier st. in Rockland
228	2.3	969.7	LT	TL/Poupart st./ Some stores are further east on Laurier st.
229	2.0	971.7	LT	St. Jean st.
230	1.3	973.0	RT	Baseline Rd.
231	2.1	975.1	RT	SS/Canaan Rd.
232	0.5	975.6	LT	Willhaven/ 3 km. of gravel
233	6.6	982.2		SS/Cross Dunning Rd./CR 35
234	4.5	986.7	RT	Frank Kenny Dr.
235	1.0	987.7	LT	SS/Queen St./CR 34
236	2.4	990.1	RT	TL/Trim Rd.
237	0.9	991.0		TL/Cross Hwy 174
238	0.1	991.1	LT	North Service Rd.
239	1.9	993.0		SS/Tenth Line Rd. on left/Cont. on Jeanne d'Arc Blvd.
240	2.7	995.7	LT	TL/Orleans Dr.
241	1.0	996.7	RT	Lumberman's Way
242	0.6	997.3	RT	Grey Nuns' Dr.
243	4.2	1001.5		TL/Youville Dr.
244	5.0	1006.5	RT	TL/St. Joseph's Blvd.
245	2.2	1008.7	LT	TL/Bearbrook Rd.
246	1.6	1010.3	RT	Hornet's Nest/ <b>CHECKPOINT</b>

***Final version June, 2006***