

Step	Dist (km)	Cum. dist.	Directions
1	0.0	0.0	<b>Start at 2051 Bordelais in St-Lazare</b>
2	0.0	0.0	Left on Bordelais
3	1.4	1.4	Right on Muscadet St.
4	0.1	1.5	Left on Champagne
5	0.6	2.1	Right on Ste-Angélique
6	5.6	7.7	Left on Highway 201
7	4.0	11.7	Right on Chemin St Marie becomes 2ième Rang
8	11.9	23.6	Left on Montée Noire
9	3.0	26.6	Right on 3ième Rang (Rue Principale)
10	1.2	27.8	Straight on Highway 325
11	1.2	29.0	Right to continue on Hwy 325 (Chemine Latulippe)
12	0.6	29.6	Left on Chemin Bédard
13	1.0	30.6	Straight on CR 10 at Ontario Border
14	5.7	36.3	Left on CR 23
15	4.5	40.8	Right on CR 25
16	12.8	53.6	Left on Hwy 34
17	1.2	54.8	Right on CR 25
18	13.7	68.5	Right on CR20
19	2.2	70.7	Left on Kenyon Concession 1
20	2.2	72.9	Left on Strathmore Rd
21	5.1	78.0	Left on Bender Rd
22	0.3	78.3	Right on Macmillan's Corners Rd
23	2.2	80.5	Left on Earl Rd
24	1.1	81.6	Right on Amell Rd
25	0.1	81.7	Left on Hwy 138
26	0.2	81.9	Right on Willy Allan Rd
27	4.9	86.8	Left on Township 38
28	4.3	91.1	Right on Maloney Rd
29	0.3	91.4	Left on McClave Rd
30	0.2	91.6	Left on CR 18
31	4.6	96.2	Right on CR36 Post Rd
32	2.1	98.3	Left on Powerdam Rd (CR33)
33	5.5	103.8	Left on Hwy2 Promenade Vincent Massey
34	3.0	106.8	Right on Brookedale (Hwy138)
35	0.1	106.9	<b>Checkpoint - Cornwall - Tim Hortons on left</b>
36	2.0	108.9	Base of bridge to USA
37	0.0	108.9	Cross bridge to NY State State ( <b>DANGER 2 Wide Expansion Joints on Second Bridge</b> ) <b>WALK YOUR BIKE ACROSS THE JOINTS!!!!!!!</b>
38	3.6	112.5	Go around roundabout till GM Powerplant sign
39	0.7	113.2	Right on access road to GM plant Cheveolet Rd (no sign)
40	0.3	113.5	Bear Right on CR45 (cross steel bridge) becomes Roosevelt Access Rd
41	1.1	114.6	Right on Roosevelt Rd at ROOSEVELTOWN
42	0.8	115.4	Left on Hall Rd
43	2.3	117.7	Left on Hwy37C towards HELENA
44	4.3	122.0	Right on Depot Rd towards HELENA
45	0.6	122.6	Left on Main St / CR55 towards North Lawrence
46	14.3	136.9	Straight on HWY 11c/CR55
47	3.4	140.3	Straight on CR55 @ US11
48	8.7	149.0	Right on Hwy11B towards NICHOLVILLE
49	0.7	149.7	Left on CR72 / Hwy458 just past NICHOLVILLE
50	12.1	161.8	Left on South St.
51	0.0	161.8	St Regis Falls - Adirondack Café & Corner Store
52	0.0	161.8	Right on South St. Towards Hwy458
53	0.0	161.8	Straight on Hwy458
54	27.0	188.8	Right on Hwy30 Adirondack Trail
55	0.3	189.1	<b>Checkpoint - Samson's Bar and Grill</b> Open 12:30 PM-2am. Dinner served till 9PM.
56	0.0	189.1	Continue on HWY 30 Adirondack Trail
57	13.9	203.0	Left on Hwy86 at PAUL SMITHS
58	8.6	211.6	Left on CR55 (Becomes Essex CR81) towards BLOOMINGDALE
59	5.7	217.3	Right on State St. (St Regis St) at BLOOMINGDALE

## Quebec Placid 600k

Step	Dist (km)	Cum. dist.	Directions
60	0.2	217.5	Left on Hwy3 Main St
61	0.3	217.8	Right on River Rd CR18 becomes CR48
62	11.7	229.5	Right onto bridge, at Franklin Falls Rd
63	2.4	231.9	Bear Right at the split CR48 becomes CR72 Gillespie Dr
64	8.0	239.9	Merge with Hwy431 Whiteface Mtn Mem Hwy going left (Caution: Fast downhill)
65	4.6	244.5	Wilmington - Mel's Diner on the right on Hwy 86 S
66	0.0	244.5	Straight on Hwy86 E at SS
67	0.6	245.1	Left on Hazelton Rd CR12 (may be 83)
68	10.8	255.9	Right on Silver Lake Rd. at BLACK BROOK
69	1.8	257.7	Bear Right and continue on Silver Lake Rd
70	3.3	261.0	Left on Dry Bridge Rd (Caution: intersection is hard to notice, in middle of downhill)
71	8.7	269.7	Left on Clintonville Rd. or CR39
72	5.4	275.1	Straight on Harkness Rd. or CR38 at HARKNESS
73	3.7	278.8	Left on Union Rd or CR48
74	2.8	281.6	Right to continue on Union Rd
75	1.5	283.1	Right on Cross St
76	0.2	283.3	Left on Rte 22
77	0.2	283.5	Right on Rte 422 Bear Swamp Rd
78	0.7	284.2	<b>Checkpoint - PERU McDonalds 24 hours until August</b>
79	0.0	284.2	Backtrack on Rte 422 Bear Swamp Rd
80	0.7	284.9	Right on Rte 22. Wilson Farm Xpress Convenience Store -Route 22 & Bear Swamp Rd (Open till midnight)
81	0.3	285.2	Left on Pleasant St Rte 22B
82	0.8	286.0	Bear Rt to remain on Pleasant St Rte 22B
83	6.4	292.4	Continue on Hwy22B at SCHUYLER FALLS - Convenience store on the left
84	0.3	292.7	Right on Salmon River Rd.
85	1.2	293.9	Left on Mason St.
86	7.4	301.3	Left on Hwy22B at MORRISONVILLE
87	0.6	301.9	Right on Sand Rd.(becomes Rabideau St) towards WOODS MILLS
88	5.4	307.3	Right on bridge CR57
89	0.3	307.6	Left on Hwy3 Cadyville Rd
90	2.4	310.0	Right on Buck's Corners Rd.
91	3.8	313.8	Right on Ryan Rd.
92	2.9	316.7	Merge with Emmons St. CR56
93	1.2	317.9	Left on Hwy374 / Cook Street at DANNEMORA
94	6.9	324.8	Right on Plank Road at LEDGER CORS
95	6.5	331.3	Left on Smith Road
96	9.0	340.3	Right at intersection of Bar Comb Rd.
97	1.9	342.2	Left on Ellenberg Center Rd towards ELLENBERG CENTER
98	1.0	343.2	Straight on West Hill Rd ( later becomes Forge Rd or CR54)
99	11.5	354.7	Right on Hwy374
100	2.2	356.9	Left on Brainardsville Rd.
101	18.3	375.2	Left on Hwy 11 towards MALONE
102	3.7	378.9	Left on Hwy30 South / Finnley Blvd towards SARANAC LAKE
103	0.2	379.1	<b>Checkpoint - Malone - Super 8 Motel-Overnight Accommodation on left</b>
104	0.0	379.1	Left on Hwy30 South
105	0.9	380.0	Left on Woodward St.
106	0.4	380.4	Straight on Hillsdale Terrace
107	0.5	380.9	Right on Duane St. or CR25
108	11.1	392.0	Left on Pond Rd / CR27 at Chasm Falls towards OWL's HEAD
109	5.0	397.0	Right on CR27 at Owl's Head
110	5.1	402.1	Right on CR27 at Mountain View
111	9.8	411.9	Merge Right with CR26 SR99 / Port Kent Hopkinton Tpke
112	6.6	418.5	Cross Hwy30, continue straight on Red Tavern Rd. (CR14)
113	23.1	441.6	Left on CR5 Moira St Regis Falls Rd
114	0.3	441.9	<b>Checkpoint - St Regis Falls - Convenience store on left</b>
115	0.0	441.9	Double back to intersection of CR14 and CR5
116	0.2	442.1	Straight on CR5
117	17.7	459.8	Straight on Hwy95 crossing US11 at MOIRA

<b>Step</b>	<b>Dist (km)</b>	<b>Cum. dist.</b>	<b>Directions</b>
118	13.7	473.5	Left to stay on Hwy95 at BOMBAY
119	7.8	481.3	Left on Hwy37
120	8.0	489.3	Right on Hwy138 ( <b>CAUTION Wide Expansion Joint on First Bridge</b> ) <b>WALK YOUR BIKE ACROSS THE JOINTS !!!!!</b>
121	5.8	495.1	<b>Checkpoint - Cornwall - Tim Hortons on RIGHT</b>
122	0.2	495.3	Left on 13th St Hwy2 becomes Promenade Vincent Massey
123	2.9	498.2	Right on Powerdam Rd / CR33
124	5.5	503.7	Right on CR36 Post Rd
125	2.1	505.8	Left on CR 18
126	4.6	510.4	Right on McClave RD
127	0.2	510.6	Right on Maloney Rd
128	0.3	510.9	Left on Township 38
129	4.3	515.2	Right on Willy Allan Rd
130	4.9	520.1	Left on Hwy 138
131	0.2	520.3	Right on Amell Rd
132	0.1	520.4	Left on Earl Rd
133	1.1	521.5	Right on Macmillan's Corners Rd
134	2.2	523.7	Left on Bender Rd
135	0.3	524.0	Right on Strathmore Rd
136	5.1	529.1	Right on Kenyon Concession 1
137	2.2	531.3	Right on CR20
138	2.2	533.5	Left on CR 25
139	13.8	547.3	Left on Hwy 34
140	2.1	549.4	Right on CR 25
141	11.8	561.2	Left on CR 23
142	4.5	565.7	Right on CR10
143	5.7	571.4	Straight on Chemin Bédard at Ontario Border
144	1.0	572.4	Right on CR325 Montée Latulippe
145	0.6	573.0	Becomes CR325 Chemin 3ième Rang
146	1.2	574.2	Straight onto Rue Principale (leave Hwy 325)
147	1.5	575.7	Left on Montée Noire
148	3.0	578.7	Right on 2ième Rang becomes Chemin St Marie
149	11.9	590.6	Left on Highway 201
150	3.6	594.2	Right on Ste-Angélique
151	6.0	600.2	Left on Champagne
152	0.5	600.7	Right on Muscadet St.
153	0.2	600.9	Left on Bordelais
154	1.4	602.3	Right into Driveway at 2051 Bordelais
			<b>The end</b>