

Wakefield Populaire

#	LEG (km)	CUM (km)	DIRECTIONS
1			Island Park Dr at Bate's Island
2	1.1	1.1	Place de Samuel Ch
3		1.1	Turn right onto Ch D'Aylmer
4	0.6	1.6	Boul Alexandre Tache
5		1.6	Turn left onto ST-RAYMOND
6	2.1	3.8	ST-RAYMOND
7		3.8	Turn left onto Boul Du Plateau
8	0.6	4.4	Boul Du Plateau
9		4.4	Turn right onto Rue de L'Atmosphere
10	0.4	4.7	Rue de la SAPINIERE
11		4.7	Turn right onto Rue de la SAPINIERE
12	0.7	5.4	Ch Pink
13		5.4	Turn left onto Ch Pink
14	0.4	5.8	Ch de la Montagne N
15		5.8	Turn right onto Ch de la Montagne N
16	3.9	9.7	Ch de la Montagne
17		9.7	Turn right onto Ch Notch
18	4.5	<b>14.2</b>	<b>Old Chelsea (section vertical = 582 ft)</b>
19	0.4	14.6	Ch Du Lac Meech
20		14.6	Turn right onto Ch Old Chelsea
21	0.1	14.7	Ch Old Chelsea
22		14.7	Turn left onto Ch Scott
23	2.7	17.4	Gleneagle
24	8.1	25.5	Hwy 105
25		25.5	Turn right onto Ch de la Riviere Gatineau
26	1.9	27.3	Cascades
27		27.3	Get on Ch de la Riviere Gatineau and drive northwest
28	7.2	<b>34.5</b>	<b>Wakefield (section vertical = 604 ft)</b>
29	2.4	36.9	
30		36.9	Turn right onto 366
31	4.9	41.8	Hwy 366
32	6.5	48.3	Montee de la Source
33		48.3	Turn left onto 307
34	7	55.3	Hwy 307
35		55.3	Turn left onto 307
36	0.1	55.4	Turn left onto 366 ramp
37	0.4	55.8	Turn right onto 366
38	15.1	<b>70.9</b>	<b>Perkins (section vertical = 1694 ft)</b>
39		70.9	Turn right onto MONTEE PAIEMENT
40	7.7	78.6	MONTEE PAIEMENT
41		78.6	Bear left onto Montee Paiement
42	5	83.7	Montee Paiement
43		83.7	Turn right onto Ch de Bellechasse
44	3.1	86.8	Av Gatineau
45		86.8	Turn right onto Av Gatineau
46	0.7	87.5	Ch Tach

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47		87.5	Turn left onto Ch Tach
48	1.6	89.1	Ch Des Erables
49		89.1	Turn left onto Ch Des Erables
50	3.8	92.9	Av Principale
51		92.9	Turn left onto Av Principale
52	0.7	93.6	Av Principale
53		93.6	Turn right onto Rue Alonzo Wright
54	0.8	94.4	
55		94.4	Turn left onto 105
56	1.4	95.8	Boul St Joseph
57		95.8	Turn right onto Ch Freeman
58	1.2	97.0	Boul Des Hautes Plaines
59	2.2	99.2	Boul de la Cite Des Jeunes
60		99.2	Turn left onto Boul de la Cite Des Jeunes
61	4.2	103.0	Boul de la Cite De Jeunes
62		103.0	Turn right onto Rue Gamelin
63	1	104.0	Rue Gamelin
64		104.0	Turn left onto De la Gatineau Prom
65	2.6	107.0	Turn right onto Boul Alexandre Tache
66		107.0	Boul Alexandre Tache
67		107.0	Turn left onto Rue Begin
68	0.1	107.0	Rue Brunet
69		107.0	Turn right onto Rue Brunet
70	1.5	109.0	Rue Brunet
71	0.3	109.0	Place de Samuel
72		109.0	Turn left onto Place Samuel de Champlain
73	0.8	<b>110.0</b>	<b>Island Park Dr at Bate's Island (sect vert = 1440 ft)</b>