

















Spring Fling (40 km, 31 km or 44 km)

Rides starts at Cobourg Marina





0.0	0.0		follow the Waterfront Trail
3.8	3.8		King St. E. (C.R.2)
2.8	6.6		Workman Rd.
2.5	9.1		Elgin St. E.
0.4	9.5		Jarvis Rd.

0.5	10.0		Danforth Rd.
0.5	10.5		Nagle Rd.
2.6	13.1		Meadowland Dr.
1.0	14.1		<i>paved path through park at Van Luven Rd.</i>
0.5	14.6		Community Centre Rd.
0.4	15.0		C.R.45 (Village of Baltimore) <i>(unmarked; stop sign)</i>
1.0	16.0		C.R. 15 (Harwood Rd.)
1.5	17.5		Racetrack Rd.
1.5	19.0		Leach Rd.
0.3	19.3		Rose Rd.
1.3	20.6		Ferguson Rd.
0.2	20.8		Ball Rd.
0.8	21.6		Cornish Hollow Rd.

Turn left at Cornish Hollow Rd. for the shortcut.
Follow the green line on the map.
The shortcut shortens the route by 9 km.

21.6			Cornish Hollow Rd.
0.4	22.0		Smylie Rd.
2.6	24.6		C.R. 18 (unmarked; stop sign)
0.8	25.4		Alberts Alley (at Camborne Church) <i>becomes Doyle Rd.</i>
0.8	26.2		Jibb Rd.
1.9	28.1		Williamson Rd.

Turn right on Bickle Hill Rd. after 1.3 km
for the 4 km Bickle Hill extension.
Follow the blue line on the map.

3.3	31.4		Danforth Rd. <i>(stop sign @ Dale Rd.)</i>
2.0	33.4		Danforth Rd. <i>(stop sign @ C.R.18)</i>
0.9	34.3		Ontario St. (stop sign)
4.5	38.8		Ontario St. (at lights)
0.6	39.4		<i>boardwalk at Lake Ontario follow Waterfront Trail to start</i>
0.8	40.2		Cobourg Marina

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