

	Dist	Turn		Road	Exit	Total Time	Total Dist
		Start	at	Gare Mont-Laurier		00:00:00	0.00 km
		Go straight (WSW)	on	<unnamed>		00:00:00	0.00 km
	in 0.01 km	Turn right (NW)	on to	Rue Olivier-Guimond		00:00:00	0.01 km
	in 0.17 km	Turn left (SW)	on to	Rue de la Madone		00:00:22	0.18 km
	in 0.08 km	Turn right (WNW)	on to	Rue Pelletier		00:00:31	0.26 km
	in 0.28 km	Keep left (S)	on to	PR 309 (Rue Limoges)		00:01:07	0.53 km
	in 16.09 km	Keep right (SSE)	on to	<unnamed>		00:43:41	16.62 km
	in 0.59 km	Go straight (SSW)	on to	PR 309		00:44:58	17.21 km
	in 2.87 km	Turn left (ENE)	on to	Ch de Kiamika		00:52:34	20.09 km
	in 10.97 km	Stop	at	2 ponts Couverts		01:16:25	31.06 km
		Go straight (E)	on	Ch de Kiamika		01:16:25	31.06 km
	in 0.13 km	Turn right (S)	on to	Ch de Ferme-Rouge		01:16:42	31.19 km
	in 0.60 km	Turn left (E)	on	Ch de Ferme-Rouge		01:18:01	31.80 km
	in 3.38 km	Keep left (N)	on to	Rang 6e		01:25:23	35.18 km
	in 9.40 km	Go straight (N)	on to	Ch de Mont-Laurier-Kiamika		01:45:48	44.57 km
	in 0.20 km	Turn left (WNW)	on to	Ch de Mont-Laurier-Val-Barre...		01:46:14	44.77 km
	in 1.49 km	Go straight (WNW)	on to	Rout Pierre-Neveu		01:49:29	46.27 km
	in 0.28 km	Turn right (N)	on to	Mont des Lamoureux		01:50:06	46.55 km
	in 0.05 km	Turn left (W)	on to	Piste Cyclable		01:50:12	46.60 km
	in 0.66 km	Go straight (WNW)	on to	Piste Cyclabe		01:51:37	47.25 km
	in 2.67 km	Go straight (NW)	on to	Piste Cyclable		01:57:26	49.92 km
	in 5.81 km	Turn right (ENE)	on to	<unnamed>		02:10:05	55.73 km
	in 0.01 km	Finish	at	Gare Mont-Laurier		02:10:05	55.73 km

Total Time: 02:10:05 Total Distance: 55.73 km