

2017 Can Am METRIC Century 62 miles (100km)

Help: 716-228-0470

Orange Arrows - Main Route White Arrows - Optional Scenic Route

	R	ELMWOOD AVE	
0.4	R	FOREST	
0.5	L	RICHMOND	
1.0		Around COLONIAL CIRCLE	
	S	RICHMOND	
2.4	R	PORTER AVE	
	R	FOLLOW SIGNS TO PEACE BRIDGE	
3.8		CROSS PEACE BRIDGE / CUSTOMS CHECKPOINT	
4.8	R	QUEEN ST	
5.0	L	NIAGARA BLVD	
20.1	S	BRIDGEWATER ST (ROAD NAME CHANGE)	
20.4	R	PORTAGE RD (OVER BRIDGE)	
20.5	R	MACKLEM	
20.7	S	NIAGARA PKWY (ROAD NAME CHANGES)	
20.7		KINGSBRIDGE PARK RESTROOMS AND WATER	
23.1		TABLE ROCK REST STOP OPEN 7:30 - 11:30	
		GREAT VIEW OF FALLS!!	
30.1		ENTER TRAFFIC CIRCLE	
30.2		TAKE 3RD EXIT from TRAFFIC CIRCLE onto PORTAGE ROAD	
30.4	L	Enter Queenston Plaza (1st Left)	
		Go around bldg to plaza, cross to Far Right Lane	
		Cross LEWISTON / QUEENSTON BRIDGE TO U.S.	
31.4	R	EXIT 1ST RAMP 25B (keep left at split)	
31.8	R	EXIT 3RD RAMP SR 104 WEST (LEWISTON RD)	
32.0	S	SR 104 WEST	
33.4	R	At ROBERT MOSES N / BIKE ROUTE / DEVIL'S HOLE STATE PARK	
	L	through DEVILS HOLE Parking Lot, over curb, onto BIKE PATH	
		WALK ACROSS FOOTBRIDGE !!	
33.6	L	ROBERT MOSES PARKWAY TRAIL	
34.7	R	WHIRLPOOL STATE PARK REST STOP OPEN 10:00 - 1:30	
		Great View of Gorge at Wall!!	
	R	Exit park onto BIKE TRAIL	
37.0	X	MAIN ST. onto RAINBOW BLVD on left	

		ENTER TRAFFIC CIRCLE	
	R	Exit park onto BIKE TRAIL	
37.0	X	MAIN ST. onto RAINBOW BLVD on left	
		ENTER TRAFFIC CIRCLE	
	S	RAINBOW BLVD	
37.9	X	JOHN DALY BLVD	
38.0	S	BUFFALO AVENUE	
42.6	R	BUFFALO AVE (before overpass)	
48.0	R	REST STOP R. KLIMEK VETERANS PARK OPEN 11:00 - 2:00	
48.3	S	RIVER ROAD	
	BR	RIVER ROAD (SR 265)	
49.3	R	NIAGARA STREET	
	S	NIAGARA STREET OR OPTIONAL SCENIC BIKE PATH ROUTE	
		NIAGARA STREET RETURN	
57.3	S	NIAGARA STREET	
57.4	R	REMAIN ON NIAGARA	
57.7	L	FOREST	
58.0	L	DART	
58.4	R	LETCHWORTH	
	X	GRANT	
59.0	S	ROCKWELL FINISH !!!	
		OPTIONAL SCENIC BIKE PATH RETURN	
49.4	R	CREEKMORE DR	
49.5	L	NIAGARA SHORE DR	
49.9	S	Onto Bike Path (River on the right)	
57.2	L	AUSTIN STREET	
57.3	R	NIAGARA STREET	
58.0	R	REMAIN ON NIAGARA	
58.1	L	FOREST	
58.4	L	DART	
58.7	R	LETCHWORTH	
	X	GRANT	
59.1	S	ROCKWELL FINISH !!!	

CAN AM CENTURY 2017 - 103 MILES (162 KM)

HELP 716-228-0470

Orange Arrows - Main Route White Arrows - Optional Scenic Route

	R	ELMWOOD AVE
0.4	R	FOREST
0.5	L	RICHMOND
1.0		Around COLONIAL CIRCLE
	S	RICHMOND
2.4	R	PORTER AVE
	R	FOLLOW SIGNS TO PEACE BRIDGE
3.8		CROSS PEACE BRIDGE / CUSTOMS CHECKPOINT
4.8	R	QUEEN ST
5.0	L	NIAGARA BLVD
20.1	S	BRIDGEWATER ST (ROAD NAME CHANGE)
20.4	R	PORTAGE RD (OVER BRIDGE)
20.5	R	MACKLEM
20.7	S	NIAGARA PKWY (ROAD NAME CHANGES)
20.7		KINGSBRIDGE PARK RESTROOMS AND WATER
23.1		TABLE ROCK REST STOP OPEN 7:30 - 11:30
		GREAT VIEW OF FALLS!!
37.0	R	RICARDO (Across from JOHN STREET E.)
38.4	R	QUEENS ROYAL PARK REST STOP OPEN 8:30 - 11:00
38.4	L	KING
39.5	BL	COTTAGE
39.6	BR	RYE
39.7	BL	NIAGARA
40.2	R	EAST AND WEST RD.
44.3	L	TOWNLINE RD.
46.5	L	LINE 4
47.1	X	NIAGARA STONE onto CONCESSION RD. 7
49.7	L	QUEENSTON RD.
51.6	L	YORK
54.4	R	NIAGARA PARKWAY
55.0		INTO TRAFFIC CIRCLE
55.1		Take 2nd exit from Traffic Circle (PORTAGE RD.)
55.2	L	Enter Queenston Plaza (1st Left)

Go around bldg to plaza, cross to Far Right Lane		
CROSS LEWISTON / QUEENSTON BRIDGE TO U.S.		
56.0	R	EXIT 1ST RAMP 25B (KEEP RIGHT at split)
56.2	R	exit to Rt. 104 EAST LEWISTON
56.6	R	exit for Rt. 104 / Rt. 18F LEWISTON ART PARK
58.6	R	RIDGE ROAD / CENTER STREET
59.3	R	N. 4th St. RT 18F
59.6	L	ONEIDA ST. RT 18F
59.7	R	N. 2nd St. / RIVER RD. Rt. 18F
64.7	S	MAIN STREET
65.4	S	SCOTT STREET Into FORT NIAGARA ST PARK
65.4	RS	FORT NIAGARA STATE PARK REST STOP OPEN 9:30 - 1:00
	BL	At traffic circle for REST STOP
66.1	BR	To exit YOUNGSTOWN / 18F
66.3	R	18F LAKE RD.
66.9	L	LAKE ST.
67.1	S	3RD STREET
67.3	R	LOCKPORT ST / RT 93
67.5	L	MAIN ST @ T
68.3	S	RT 18F
73.2	L	ONEIDA ST. RT 18F
73.3	R	N. 4th St. RT 18F
73.6	L	CENTER STREET
74.3	R	CAYUGA DRIVE
74.5	R	CREEK ROAD
75.4	S	onto Rt. 104 LEWISTON ROAD
		CLIMB UP ESCARPMENT, SLOW DOWN, WAIT FOR YOUR FRIENDS!
78.1	R	ROBERT MOSES N / BIKE ROUTE / DEVILS HOLE STATE PARK
	L	through DEVILS HOLE Parking Lot, over curb, onto BIKE PATH WALK ACROSS FOOTBRIDGE !!
78.5	L	ROBERT MOSES PARKWAY TRAIL
79.7	R	WHIRLPOOL STATE PARK REST STOP OPEN 10:00 - 1:30 GREAT VIEW OF GORGE AT WALL !!

32 MILE RIDE

[illegible]

79.7	R	Exit park onto BIKE TRAIL
81.9	X	MAIN ST. onto RAINBOW BLVD on left
82.3		ENTER TRAFFIC CIRCLE
82.3	S	RAINBOW BLVD
82.8	X	JOHN DALY BLVD
82.9	S	BUFFALO AVENUE
87.6	R	BUFFALO AVE (before overpass)
92.1	R	REST STOP R. KLIMEK VETERANS PARK OPEN 11:00 - 2:00
93.3	BR	RIVER RD (SR 265)
93.9	R	NIAGARA ST
	S	NIAGARA STREET OR OPTIONAL SCENIC BIKE PATH ROUTE

NIAGARA STREET RETURN		
100.0	S	NIAGARA STREET
102.0	R	REMAIN ON NIAGARA
102.4	L	FOREST
102.7	L	DART
103.0	R	LETCHWORTH
103.2	X	GRANT
103.2	S	ROCKWELL FINISH !!!

OPTIONAL SCENIC BIKE PATH RETURN		
94.1	R	CREEKMORE DR
94.1	L	NIAGARA SHORE DR
94.5	S	Onto Bike Path (River on the right)
101.9	L	AUSTIN STREET
102.0	R	NIAGARA STREET
102.7	R	REMAIN ON NIAGARA
102.8	L	FOREST
103.1	L	DART
103.4	R	LETCHWORTH
103.5	X	GRANT
103.5	S	ROCKWELL FINISH !!!