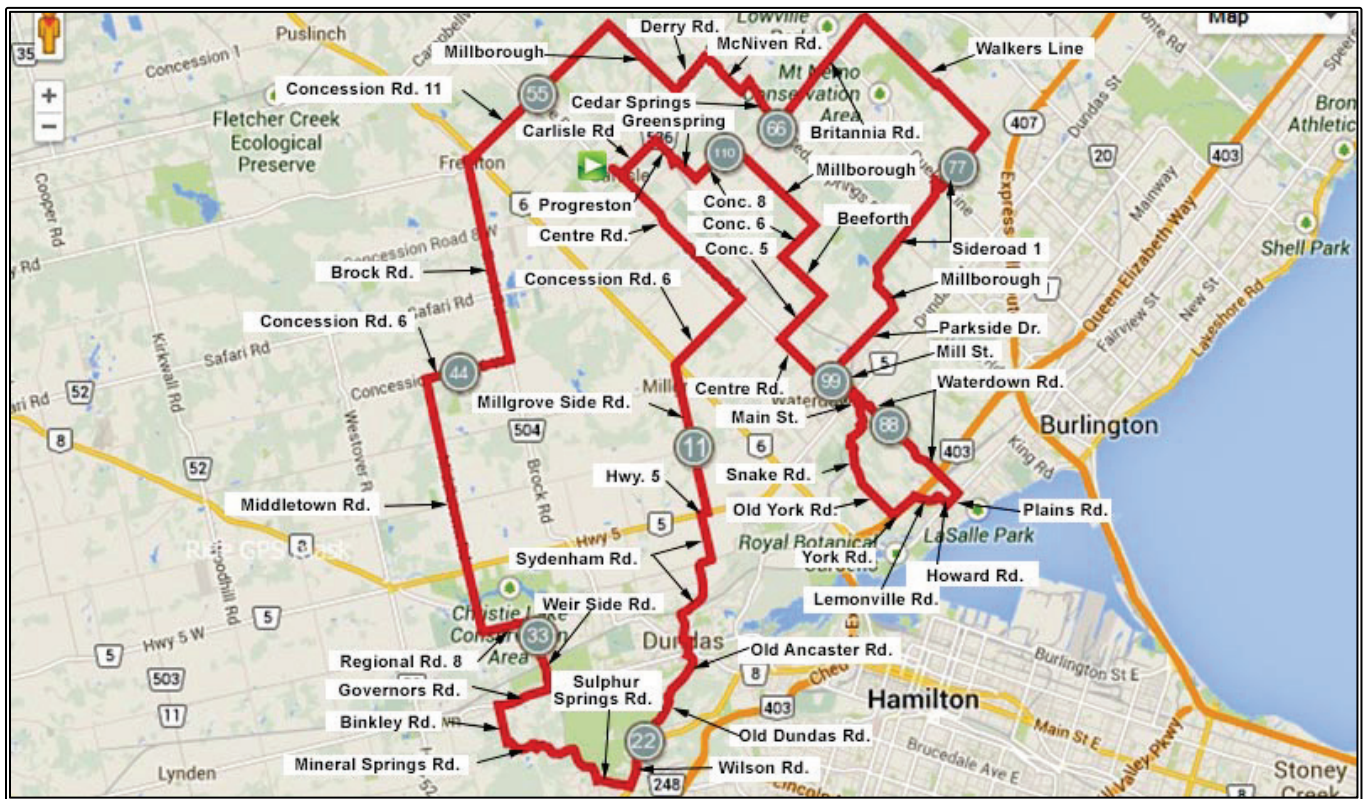
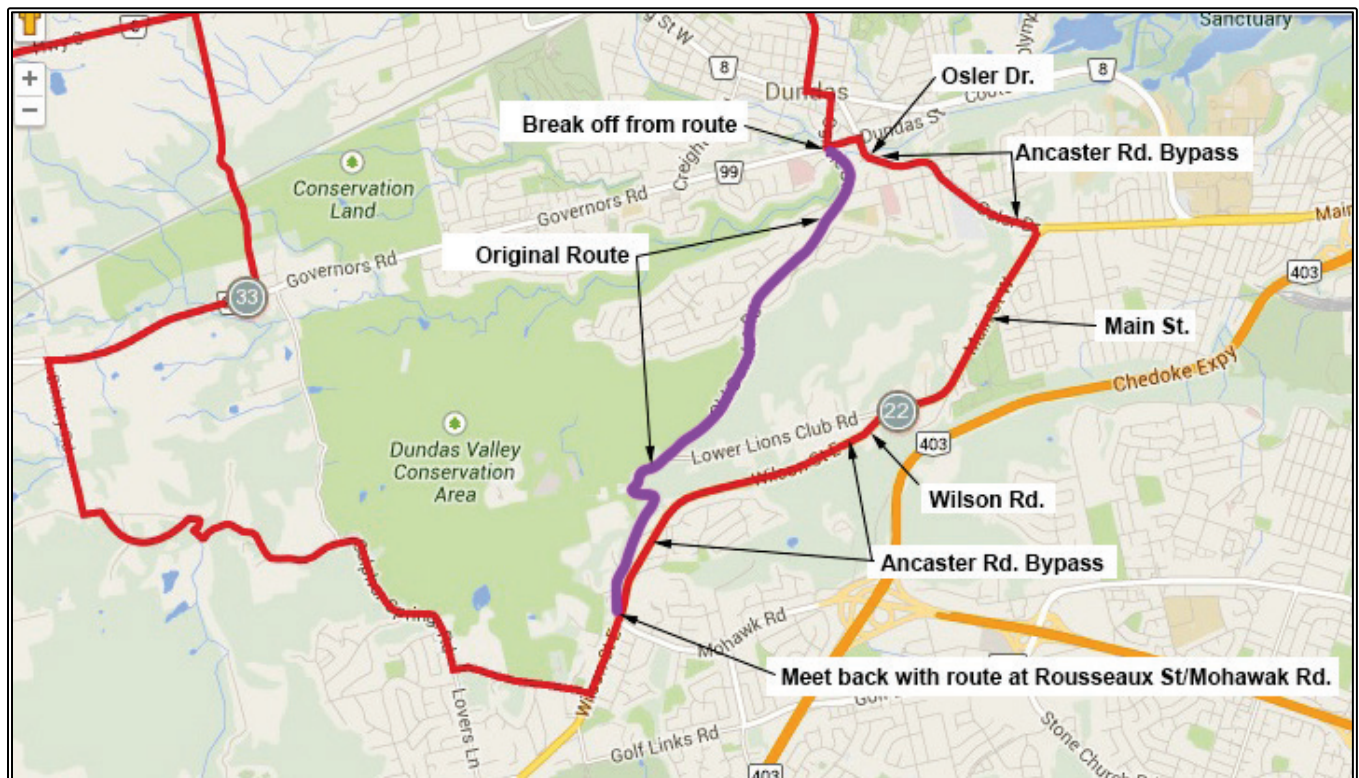


CARLISLE 115 KM, ELEVATION GAIN 1094 M



Old Ancaster Rd. Bypass



CUE SHEET

Start – Carlisle Community Centre	0.0 km		
Turn left out of the parking lot	0.0 km		
Turn right onto Concession Rd. 6	5.5 km		
Cross Hwy 6 onto Millgrove Side Rd.	8.3 km		
CAUTION – HWY. 6 IS A BUSY ROAD			
Turn right onto Hwy. 5	13.0 km		
Turn left onto Sydenham Rd.	13.2 km		
Turn right to stay on Sydenham Rd. @ Rock Chapel Rd.	14.6 km		
Veer left to stay on Sydenham Rd.	15.0 km		
CAUTION – STEEP DESCENT AHEAD	15.9 km		
Turn left onto King St.	17.8 km		
DUNDAS – FOOD/WATER	17.8 km		
Turn right onto Ogilvie St.	18.0 km		
Ogilvie St. becomes Old Ancaster Rd. @ Governors Rd.	18.4 km		
CATEGORY - 4 CLIMB AHEAD	18.4 km		
Veer right to keep on Old Ancaster Rd.	18.8 km		
Turn left onto Old Dundas Rd.	19.8 km		
Turn right onto Wilson Rd.	22.8 km		
ANCASTER – FOOD/WATER	22.8 km		
Turn right onto Sulphur Springs Rd.	23.4 km		
Turn right to stay on Sulphur Springs Rd.	24.5 km		
left would be Lovers Lane			
Sulphur Springs veers left onto Mineral Springs	26.0 km		
Turn right onto Binkley Rd.	28.2 km		
Turn right onto Governors Rd.	29.4 km		
Turn left onto Weir Side Rd.	31.0 km		
CAUTION - CATEGORY 5 CLIMB AHEAD	31.0 km		
Very steep (15%) for 300 m after the railway bridge	31.8 km		
Turn left onto Regional Rd. 8	33.2 km		
Turn right onto Middletown Rd.	34.9 km		
Turn right onto Concession Rd. 6	42.8 km		
Turn left onto Brock Rd.	45.4 km		
Turn right onto Louisa St.	51.7 km		
Turn left onto Williams St.	51.8 km		
Turn right onto Freelton Rd.	52.0 km		
Turn left onto Concession Rd. 11	52.1 km		
FREELTON	52.1 km		
Cross Hwy. 6 onto Concession Rd. 11	52.1 km		
CAUTION – HWY. 6 IS A BUSY ROAD			
Turn right onto Millborough Line	57.9 km		
Turn left onto Derry Rd.	60.8 km		
Turn right onto McNiven Rd.	62.2 km		
KILBRIDE – FOOD/WATER (see note 1)	63.0 km		
Turn right onto Cedar Springs Rd.	64.2 km		
Turn left onto Britannia Rd.	65.8 km		
Turn right onto Walkers Line	70.3 km		
Turn left onto Sideroad 2	73.3 km		
Turn right onto Walkers Line	73.4 km		
CAUTION – DON'T MISS THIS TURN	73.4 km		
Turn right onto Sideroad 1	75.5 km		
CAUTION - CATEGORY 5 CLIMB AHEAD	75.5 km		
Cross Guelph Line onto Millar Cres.	77.7 km		
Turn left onto Sideroad 1	78.2 km		
Turn left onto Millborough Side Rd.	82.0 km		
Turn right onto Parkside Rd.	83.0 km		
Turn left onto Mill St.	85.4 km		
Mill Rd. becomes Waterdown Rd. @ Dundas	86.3 km		
WATERDOWN – FOOD/WATER	86.3 km		
Descend Waterdown Rd.	86.3 km		
CAUTION – STEEP DESCENT AHEAD	86.3 km		
Turn right onto Plains Rd.	91.0 km		
Turn right onto Howard Rd.	91.5 km		
Turn left onto Lemonville Rd.	91.9 km		
Turn left onto York Rd.	92.8 km		
Turn right onto Old York Rd.	93.0 km		
Turn right onto Snake Rd.	95.0 km		
Turn right onto Main St.	97.1 km		
WATERDOWN – FOOD/WATER	97.1 km		
Turn left onto Parkside Dr.	99.1 km		
Turn right onto Centre Rd.	99.3 km		
Turn right onto Concession Rd. 5	101.0 km		
Turn left onto Beeforth Rd.	103.0 km		
Turn right onto Concession Rd. 6	105.0 km		
Turn left onto Millborough Line	106.0 km		
Veer left onto Concession Rd. 8	109.0 km		
Turn right onto Greensprings Rd.	111.0 km		
PROGRESTON	111.0 km		
Turn right onto Progreston Rd.	112.0 km		
Turn left onto Carlisle Rd.	113.0 km		
Turn right onto Centre Rd.	115.0 km		
Finish – Carlisle Community Centre	115.2 km		