








































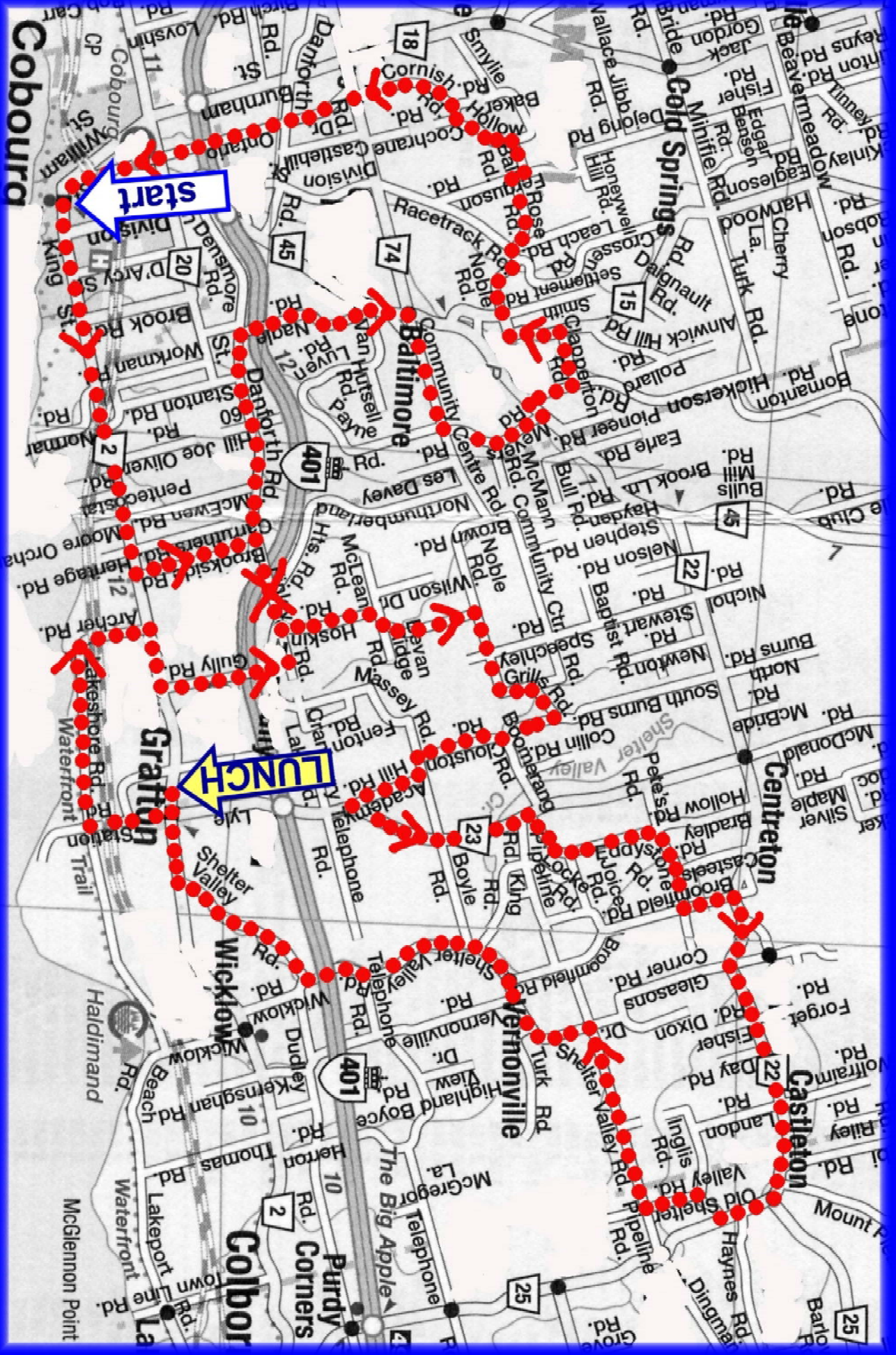


# Shelter Valley Shuffle (Long Route, 102 km)

## Ride Starts at Covert St. Parking, Cobourg

0.0	0.0		South through Henley Arcade Walkway, then east on King St.			
7.2	7.2		Brookside Rd.	1.5	68.4	 Gully Rd. <i>(becomes Danforth Rd.)</i>
2.0	9.2		Danforth Rd.	6.8	75.2	 Nagle Rd. (watch for sign!)
1.7	10.9		Hoskin Rd.	2.9	78.1	 Van Luven Rd.
2.1	13.0		The Scot's Line <i>becomes Grill's Rd.</i>	0.1	78.2	 C.R.45
5.6	18.6		Clouston Rd. <i>enjoy the climb?</i>	0.5	78.7	 Community Centre Rd. <i>(village of Baltimore; store)</i>
3.1	21.7		Massey Rd (St. Anne's Inn)	2.5	81.2	 Meyer Rd. S.
0.4	22.1		Academy Hill Rd. (stop sign)	2.2	83.4	 C.R.45 <i>(unmarked; stop sign)</i>
1.8	23.9		C.R. 23 <i>(unmarked; stop sign)</i>	0.4	83.8	 Hickerson Rd.
3.8	27.7		Eddystone Rd.	1.1	84.9	 Clapperton Rd.
4.7	32.4		Broomfield Rd.	1.0	85.9	 C.R.15 (Harwood Rd.) <i>(unmarked; stop sign)</i>
1.0	33.4		C.R.22 <i>(becomes Percy St.)</i>	1.6	87.5	 Racetrack Rd.
6.4	39.8		Percy St. <i>(becomes C.R.25)</i> <i>(village of Castleton - store)</i>	1.4	88.9	 Leach Rd. <i>(watch for the sign!)</i>
1.0	40.8		Old Shelter Valley Rd.	0.3	89.2	 Rose Rd.
1.8	42.6		Pipeline Rd. <i>becomes Shelter Valley Rd.</i>	1.3	90.5	 Ferguson Rd.
13.1	55.7		C.R. 2 <i>(unmarked; stop sign)</i>	0.2	90.7	 Ball Rd.
2.1	57.8		Lunch @ Grafton Arena <i>picnic tables, washrooms, restaurant</i>	0.8	91.5	 Cornish Hollow Rd.
			<b>back-track east on C.R.2 after lunch</b>	3.8	95.3	 Ontario St. (stop sign) <i>(jog R/L on Dale Road)</i>
0.4	58.2		Old Danforth Rd. <i>becomes Station Rd.</i>	5.6	100.9	 University Ave. (traffic lights)
2.2	60.4		Lakeshore Rd. (stop sign)	0.5	101.4	 George St. (traffic lights)
3.9	64.3		Archer's Rd. (watch for sign!)	0.4	101.8	 Home
1.4	65.7		C.R.2 <i>(unmarked; stop sign)</i>			
1.2	66.9		Gully Rd.			

Cobourg



start

LUNCH

Cold Springs

Baltimore

Graton

Wicklow

Vernonville

Castleton

Cobourg