















Shelter Valley Shuffle (Short Route, 54 km)

Ride Starts at Covert St. parking, Cobourg

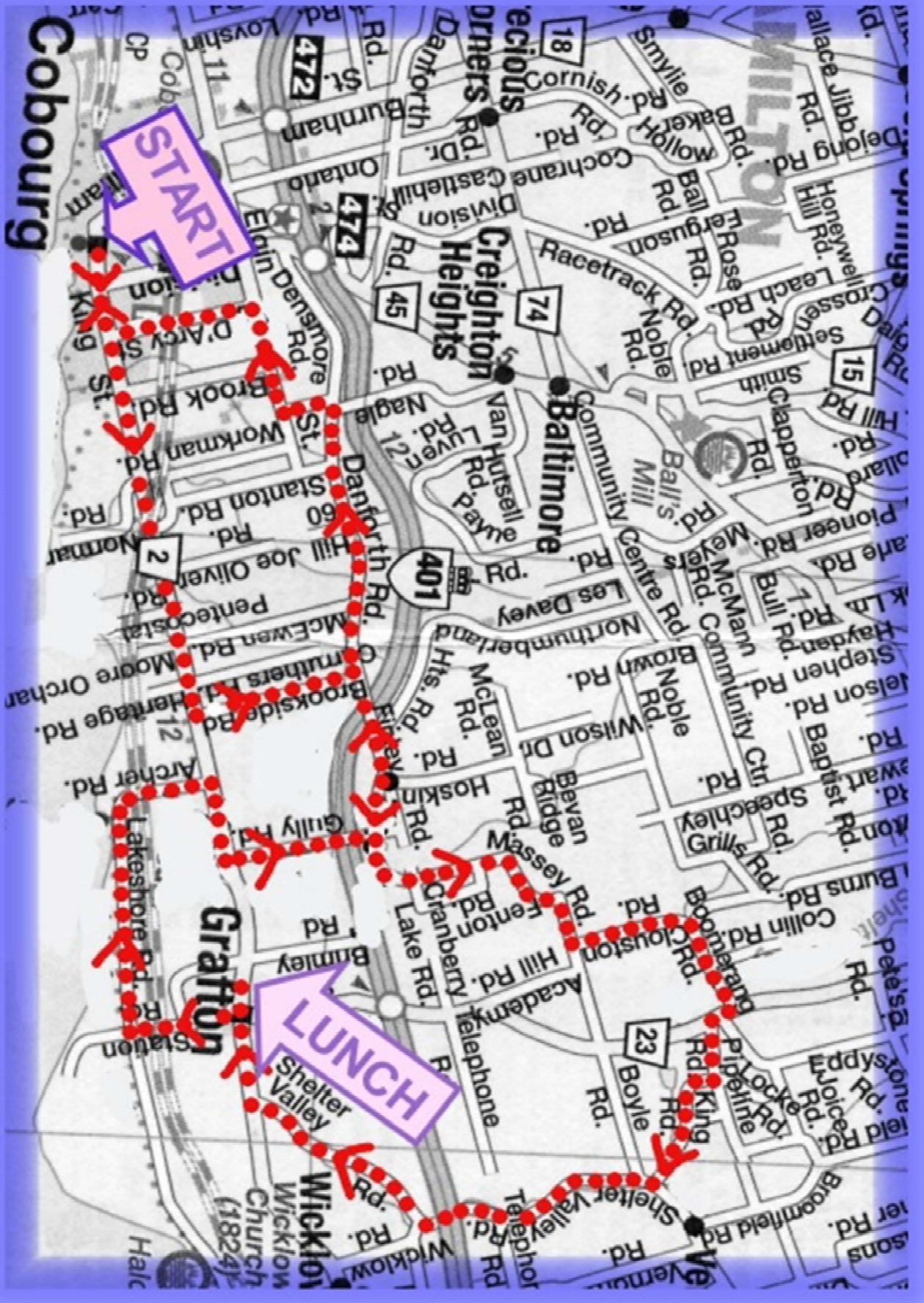
0.0	0.0		South through Henley Arcade Walkway, then east on King St.
7.2	7.2		Brookside Rd.
2.0	9.2		Danforth Rd. <i>becomes Gully Rd.</i>
2.5	11.7		Massey Rd. (stop sign)
4.5	16.2		Clouston Rd. <i>(turn left @ Ste. Anne's Inn & Spa)</i>
1.8	18.0		Boomerang Rd. <i>(turn at bottom of steep hill!)</i>
1.6	19.6		C.R. 23 <i>(unmarked; stop sign)</i>
0.3	19.9		Pipeline Rd.
0.9	20.8		King Rd.
2.0	22.8		Shelter Valley Rd. <i>(unmarked; stop sign)</i>
5.8	28.6		C.R. 2 <i>(unmarked; stop sign)</i>
2.1	30.7		Lunch @ Grafton Arena picnic tables, washrooms, restaurant

			back-track east on C.R.2 after lunch
0.4	31.1		Old Danforth Rd. <i>becomes Station Rd.</i>
2.2	33.3		Lakeshore Rd. (stop sign)
3.9	37.2		Archer's Rd.
1.4	38.6		C.R.2 <i>(unmarked; stop sign)</i>
1.2	39.8		Gully Rd.
1.5	41.3		Gully Rd. <i>(becomes Danforth Rd.)</i>
7.3	48.6		Greer Rd. <i>(becomes Elgin St. E.)</i>
2.3	50.9		D'Arcy St. (stop sign)
2.0	52.9		King St. E. (traffic lights)
1.0	53.9		Home!

	Before lunch	After lunch	Total
LONG	58 km	44 km	102 km
MEDIUM	46 km	37 km	83 km
SHORT	31 km	23 km	54 km

Cobourg

START



Graton

LUNCH

Wicklow