



FOLLOW THE BLUE TRAIL MARKER

Start rolling down Racht Club Road
left onto Rideau Ferry Road, over the bridge
Right onto Old Kingston Road, down to the end
Right On HWY 15 through Portland
Right onto Cove Road then Big Rideau Lake Road and McCann Road
Right onto Narrows lock Road to the support station
Continue down Narrows Lock Road, turn Right on Lally Road
It turns into Elmgrove Road.
Left onto Rideau Ferry Road to the support station,
Then back down Rideau Ferry Road
Left on Port Elmsey Road the the support station and then back again
Left onto Rideau Ferry Road down to the end, support station
Back up Rideau Ferry Road and right onto Tower Road
Left onto Bay Road, then right onto Rideau Ferry Road
and down Yacht Club Road to the finish!

5 km Westport