

 CYCLING

A VIEW FROM THE OTHER SIDE

By Vancouver Biennale

50 KM / 68 KM / 100 KM
2.5 - 6 HOURS

VANCOUVER BIENNALE VANCOUVER BIENNALE

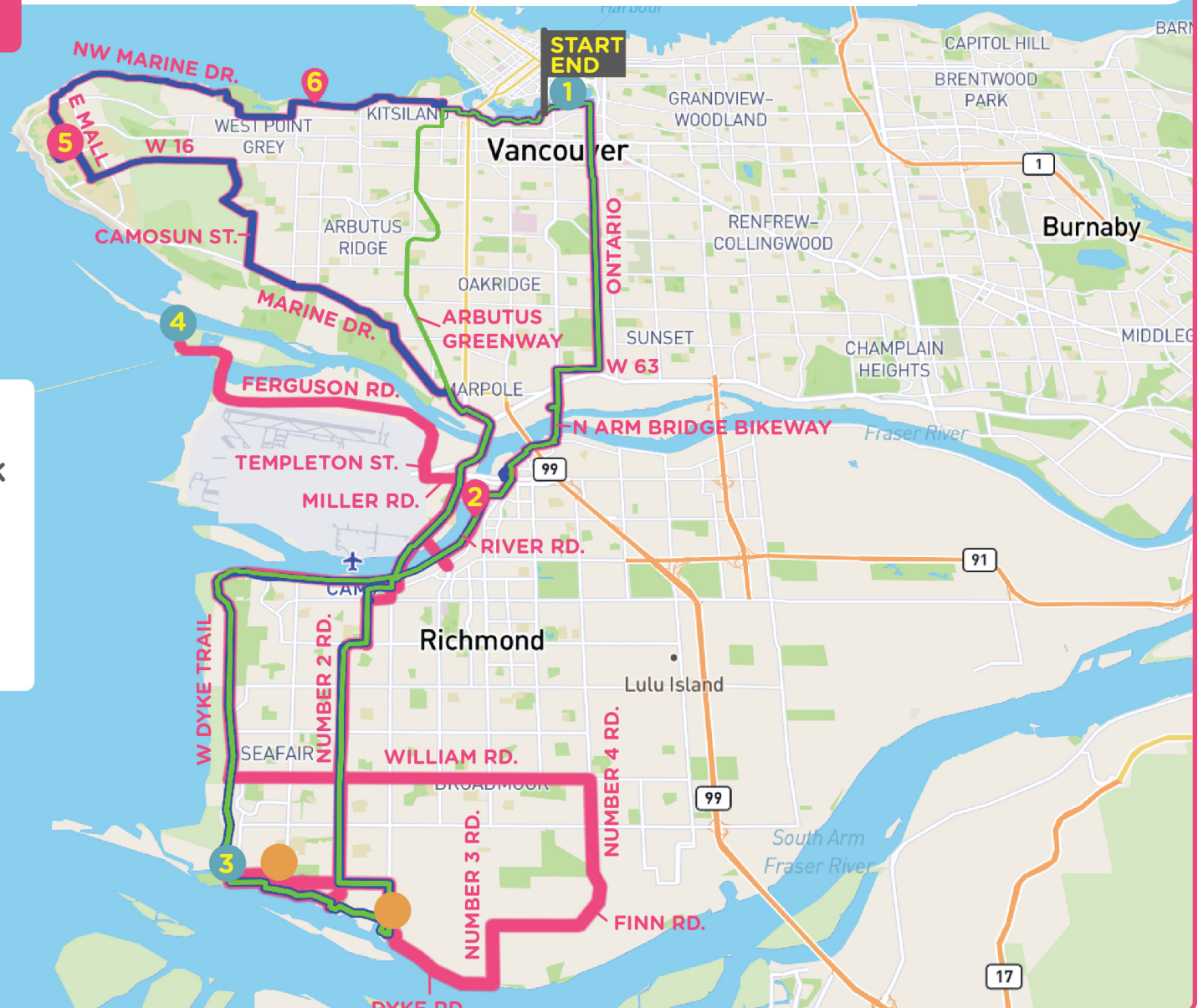


PRESENTED BY



LEGEND

-  TAKE A BREAK
see next page
-  CORTO
-  MEDIO
-  GRAN FONDO





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ABOUT THE ROUTE

Welcome to the SEA 2 STEVESTON training Fondo! This ride has three different levels depending on your abilities, but no matter which ride you take, you'll enjoy a smooth ride with seaside views in both Vancouver and Richmond.

Which fondo is right for you?

A **Corto Fondo** is ideal for first timers, those starting to cycle some longer distances, young families, and groups.







A **Medio Fondo**, a shorter-distance ride, is aimed at riders who are participating in a road-cycling event for the first time.

A **Gran Fondo**, meaning "Big Ride," usually refers to an endurance ride of more than 100 km.

Cycling Tips and Safety

- Use bike lights and wear a helmet.
- Use designated bike lanes and routes, whenever possible.
- Ride at a leisurely pace and yield to pedestrians.
- The Motor Vehicle Act and city bylaws apply to cyclists. Please follow the rules of the road.
- Cycle predictably, and signal when turning or moving between lanes.
- Leave space when passing parked cars, and watch out for people opening their vehicle doors.
- Always carry spare tubes, pump, and puncture repair kit.
- When passing, ring your bell or yell "ON UR LEFT!"

ROUTE STOPS

  	1	HINGE PARK	215 W 1 Ave.
  	2	WATER #10 - REN JUN	Cambie Rd and River Rd. Along greenway
	3	IONA BEACH PARK	900 Ferguson Rd.
  	4	GARRY POINT PARK	12011 Seventh Ave
 	5	RECONCILIATION POLE	2373 Main Mall
 	6	VANCOUVER NOVEL - JOÃO LOUREIRO	3474 Point Grey Rd.

LEGEND

-  **CORTO (50KM)**
-  **MEDIO (68KM)**
-  **GRAN FONDO (100 KM)**

TAKE A BREAK

While you're en route, here's a couple suggestions on where to stop for a snack, bite, or beverage! to tempt you further, BIKennale/ WALKennale participants can receive the following discounts! Just show proof of registration.

- Sanctuary Café (2 for 1 beverages!)
- Village Books & Coffee (10% off of handcrafted coffee and teas)
- Steveston Bakery (10% off coffee)

