













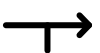






The Three Rivers Bike Tour
Nepean to Rockland (73 km)

0.0	0.0		Corkstown Rd.	1.7	62.6		de la Baie Rd. (Rockland) <i>becomes Laurier St.</i>
2.7	2.7		Moodie Drive <i>bike path on left side of road</i>	5.0	67.6		Montee Outaouis <i>just before busy C.R. 17</i>
1.3	4.0		Carling Ave. <i>bike path on left (river) side of road</i>	2.2	69.8		C.R. 8 (Landry St.)
2.9	6.9		Ottawa River Pathway begins	3.3	73.1		Camping Peanut
15.1	22.0		Downtown Ottawa <i>Parliament Buildings</i>				
0.8	22.8		Sussex Drive <i>becomes Rockliffe Parkway (turn left and join the Ottawa River Pathway shortly after the Aviation Museum)</i>				
7.0	29.8						
6.1	35.9		Ottawa River Pathway <i>watch for O.R. Bikepath signs!</i>				
3.8	39.7		O.R. Bikepath temporarily ends				
0.6	40.3		Ottawa River Bikepath resumes				
6.6	46.9		Trim Rd. <i>Ottawa River Bikepath ends</i>				
1.0	47.9		C.R. 34 (Old Montreal Rd.) <i>second set of lights</i>				
11.4	59.3		C.R. 174 <i>(unmarked; stop sign)</i>				
0.3	59.6		McTeer Rd.				
1.3	60.9		C.R. 17 (caution: very busy)				