






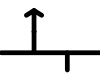








The Three Rivers Bike Tour  
**Rockland to Parc d'Oka (121 km)**

0.0	0.0		C.R. 8 (Landry St.)	13.9	117.7		Oka Ferry (\$2 / person with bike)
4.0	4.0		Old Hwy. 17 (lights) <i>becomes rue Principale</i> (rough road in places!)				Route Verte #1 <i>Immediately turn right and</i> <i>follow the bike path!</i>
16.3	20.3		C.R. 17 (stop sign)	3.5	121.2		Parc National d'Oka
0.5	20.8		N. Plantagenet Rd. 21				
7.4	28.2		C.R. 24 (Treadwell) <i>jog L/R</i>				
30.3	58.5		King St. (L'Original) (stop sign / store) <i>becomes Front St.</i>				
5.2	63.7		C.R. 4 <i>becomes Main St. in Hawkesbury</i>				
20.5	84.2		Conc. Rd. 1 <i>Immediately after Hwy. 417</i> (becomes gravel after 2.5 km)				
5.0	89.2		Grande Montée				
0.5	89.7		Rte. 342 (Chemin De la Baie) <i>Province of Québec</i>				
14.1	103.8		Chemin de L'Anse (after <b>Rigaud</b> / signed to Hudson) <i>becomes Main St. in Hudson</i>				