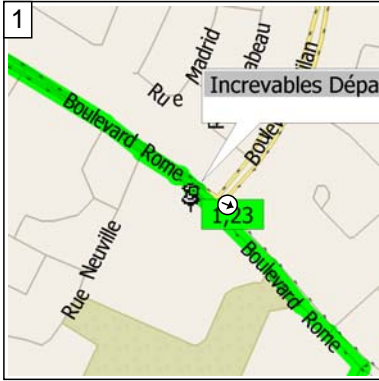
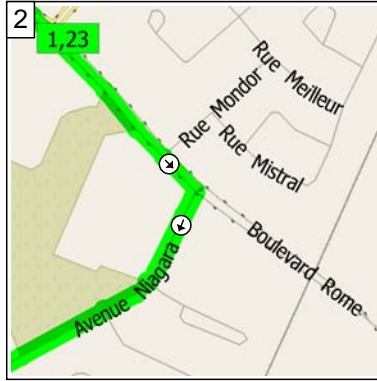


# Lery-Kahnawake\_100

100.9 kilometers; 6 hours, 43 minutes



09:00 0.0 km  
Depart near La Prairie on Boulevard Rome (East) for 0.4 km



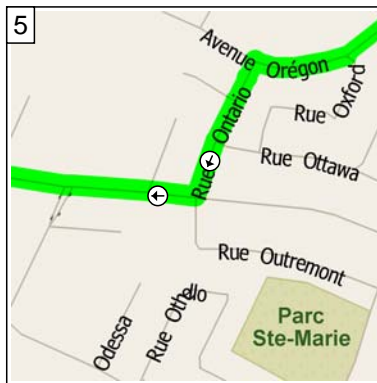
09:03 0.4 km  
Turn RIGHT (South) onto Avenue Niagara for 0.8 km



09:07 1.2 km  
Road name changes to Avenue Orégon for 0.7 km



09:09 1.9 km  
Turn LEFT (South-West) onto Rue Ontario for 0.3 km



09:11 2.2 km  
Turn RIGHT (West) onto Chemin des Prairies for 0.5 km



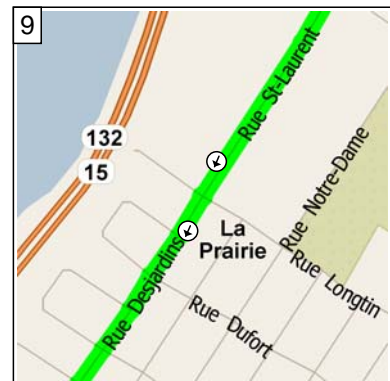
09:14 2.7 km  
Turn LEFT (South) onto RTE-134 [Boulevard Taschereau] for 1.5 km



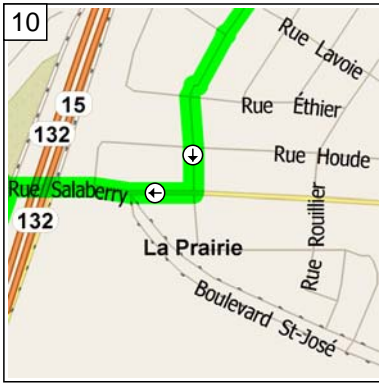
09:21 4.2 km  
Turn RIGHT (West) onto Avenue Balmoral for 1.1 km



09:25 5.3 km  
Turn RIGHT (West) onto Place du Beau-Fort, then immediately turn LEFT (South) onto Rue St-Laurent for 1.2 km



09:30 6.5 km  
Road name changes to Rue Desjardins for 0.7 km



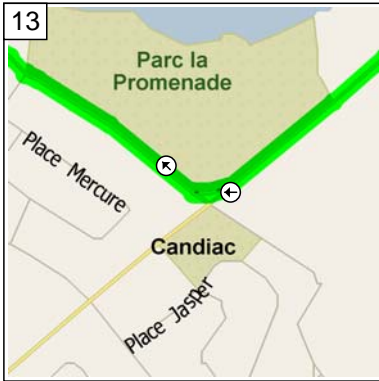
09:33 7.1 km  
Turn RIGHT (West) onto Rue Salaberry for 0.3 km



09:35 7.5 km  
Bear LEFT (West) onto Boulevard Marie-Victorin for 1.9 km



09:45 9.4 km  
Keep RIGHT onto Local road(s) for 60 m



09:46 9.4 km  
Bear RIGHT (North-West) onto Boulevard Marie-Victorin for 0.7 km



09:51 10.2 km  
Road name changes to Route Marie-Victorin for 0.4 km



09:54 10.6 km  
Road name changes to Boulevard Marie-Victorin for 2.6 km



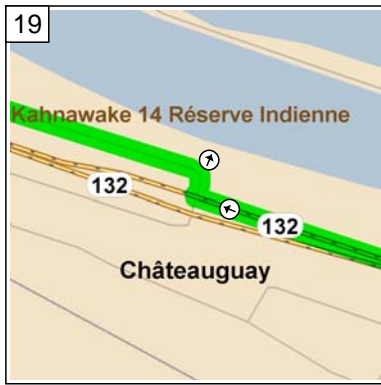
10:06 13.2 km  
Road name changes to Rue Centrale for 0.2 km



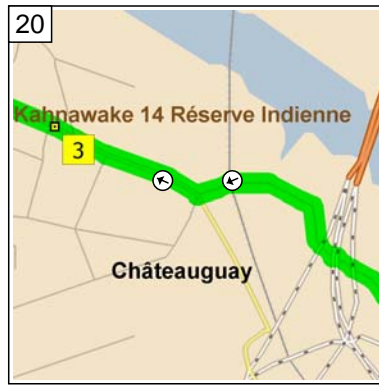
10:07 13.4 km  
At near Sainte-Catherine, stay on Rue Centrale (South) for 1.4 km



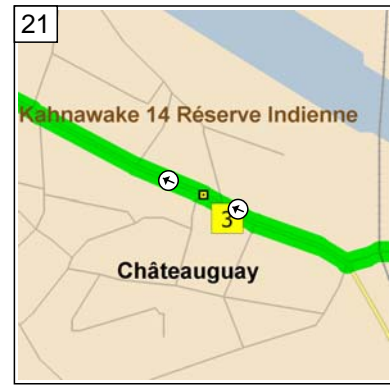
10:14 14.8 km  
Turn RIGHT (West) onto RTE-132 for 5.2 km



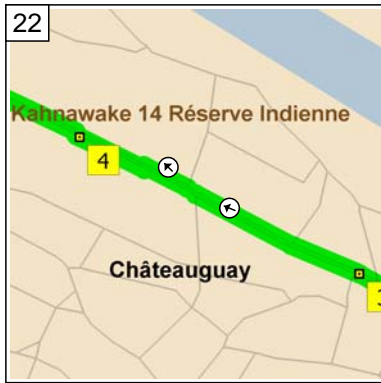
10:36 20.0 km  
Turn RIGHT (North) onto Local road(s) for 1.6 km



10:41 21.6 km  
Bear RIGHT (West) onto Local road(s) for 0.3 km



10:42 21.9 km  
At near Kahnawake, stay on Local road(s) (West) for 0.3 km



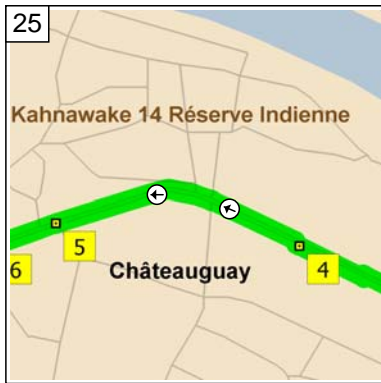
10:43 22.2 km  
Bear RIGHT (North-West) onto Local road(s) for 20 m



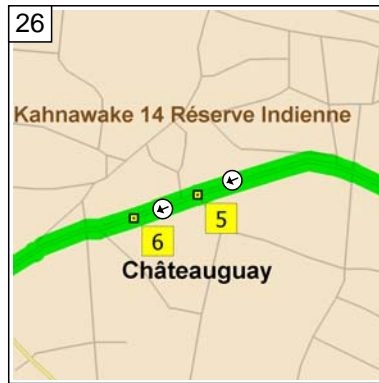
10:43 22.2 km  
Bear LEFT (West) onto Local road(s) for 0.2 km



10:45 22.4 km  
At near Kahnawake, stay on Local road(s) (West) for 0.2 km



10:47 22.6 km  
Bear LEFT (West) onto Local road(s) for 0.2 km

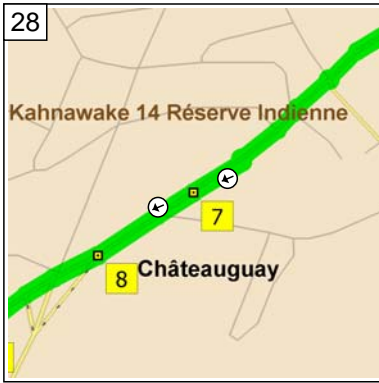


10:48 22.9 km  
At near Kahnawake, stay on Local road(s) (West) for 0.1 km



10:49 23.0 km  
At near Caughnawaga, stay on Local road(s) (West) for 0.6 km

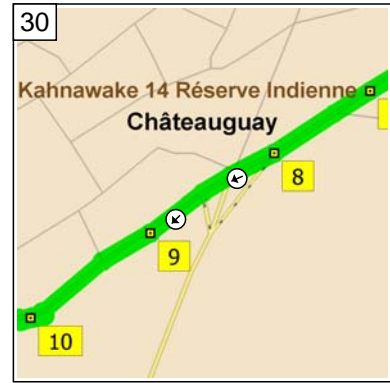




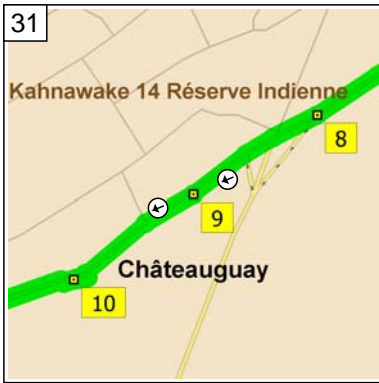
10:52 23.6 km  
At near Caughnawaga, stay on Local road(s) (West) for 0.2 km



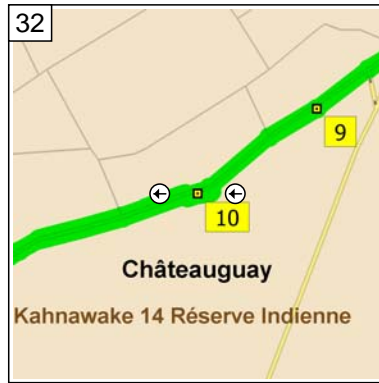
10:54 23.7 km  
At near Caughnawaga, stay on Local road(s) (West) for 0.1 km



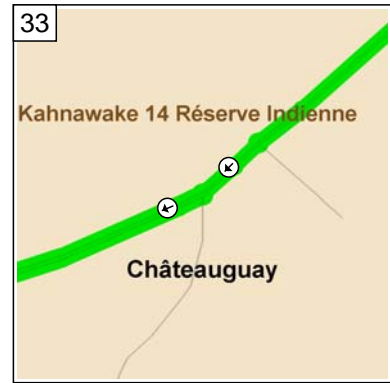
10:54 23.9 km  
Bear LEFT (South-West) onto Local road(s) for 0.1 km



10:55 24.0 km  
At near Caughnawaga, stay on Local road(s) (West) for 0.2 km



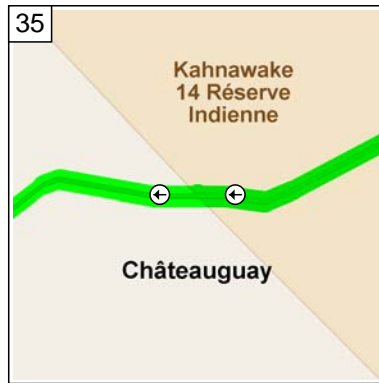
10:56 24.2 km  
At near Caughnawaga, stay on Local road(s) (West) for 1.2 km



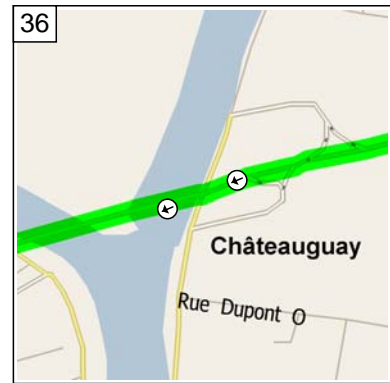
11:01 25.4 km  
Bear RIGHT (West) onto Local road(s) for 0.6 km



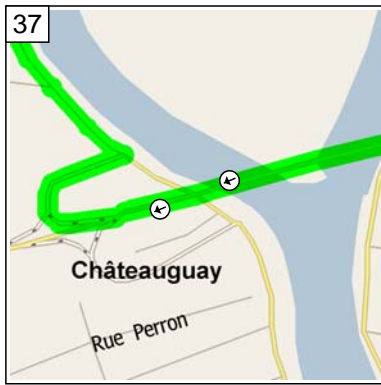
11:03 26.0 km  
Bear LEFT (West) onto Local road(s) for 2.3 km



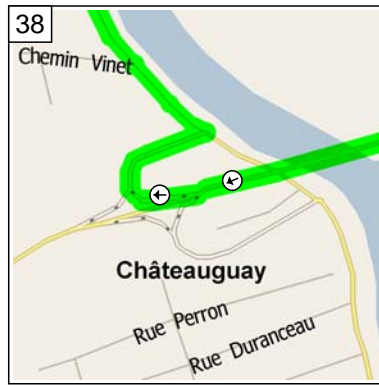
11:11 28.3 km  
Road name changes to Chemin St-Bernard for 1.5 km



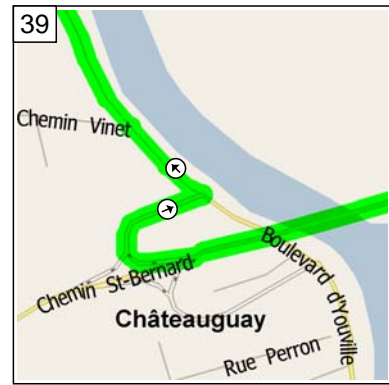
11:16 29.8 km  
Road name changes to Pont de la Sauvagine [Chemin St-Bernard] for 0.3 km



11:17 30.1 km  
Road name changes to Chemin St-Bernard for 0.1 km



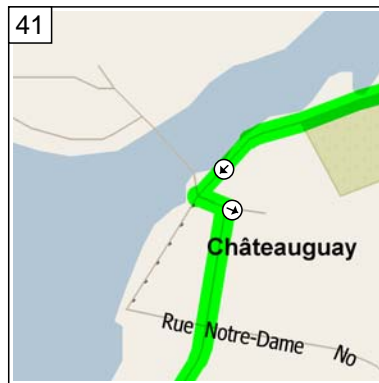
11:18 30.3 km  
Keep RIGHT onto Ramp for 0.3 km



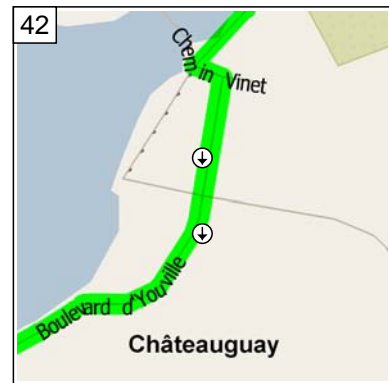
11:19 30.6 km  
Turn LEFT (North-West) onto Boulevard d' Youville for 0.5 km



11:21 31.1 km  
At near Châteauguay Heights, stay on Boulevard d' Youville (West) for 0.7 km



11:23 31.7 km  
Turn LEFT (East) onto Chemin Vinet, then immediately turn RIGHT (South) onto Rue Edmour for 0.3 km



11:25 32.0 km  
Road name changes to Boulevard d' Youville for 1.4 km



11:30 33.4 km  
At near Châteauguay-Centre, stay on Boulevard d' Youville (South) for 60 m



11:30 33.5 km  
Road name changes to Chemin du Lac-St-Louis for 1.6 km



11:35 35.1 km  
Turn LEFT to stay on Chemin du Lac-St-Louis for 1.3 km



11:41 36.4 km  
At near Léry, stay on Chemin du Lac-St-Louis (West) for 1.8 km



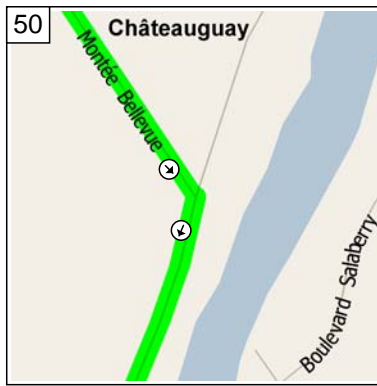
11:53 38.2 km  
At near Léry, stay on Chemin du Lac-St-Louis (West) for 1.2 km



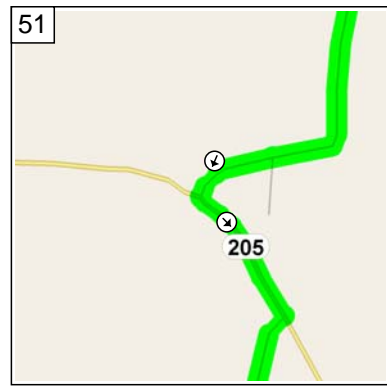
12:00 39.4 km  
At Rue de la Gare-SR-Bellevue, Léry QC, turn LEFT (South-East) onto Rue de la Gare-SR-Bellevue for 1.5 km



12:05 40.9 km  
Road name changes to Montée Bellevue for 1.5 km



12:11 42.3 km  
Turn RIGHT (South) onto Chemin de la Haute-Rivière for 3.5 km



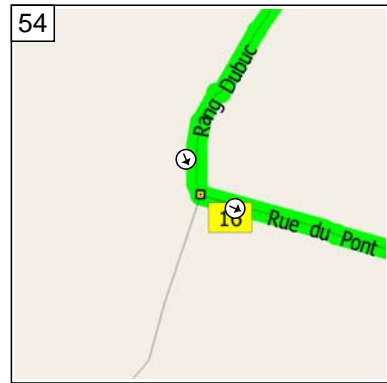
12:18 45.9 km  
Turn LEFT (South-East) onto RTE-205 [Chemin de la Beauce] for 0.3 km



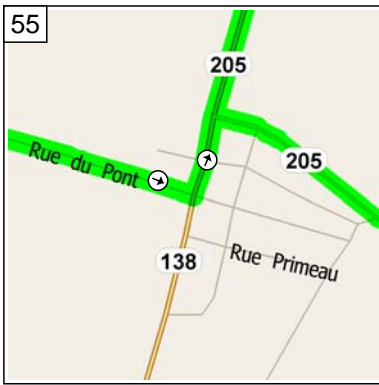
12:20 46.1 km  
Turn RIGHT (South-West) onto Chemin du Grand-Marais for 1.9 km



12:23 48.0 km  
Turn LEFT (South-East) onto Rang Dubuc for 1.9 km



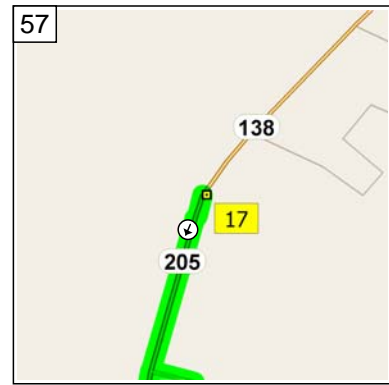
12:26 49.9 km  
At Rue du Pont, Saint-Paul-de-Châteauguay QC, bear LEFT (East) onto Rue du Pont for 0.4 km



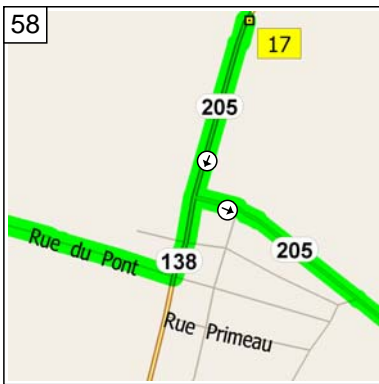
12:28 50.4 km  
 Turn LEFT (North) onto  
 RTE-138 [Rue St-Joseph] for  
 0.4 km



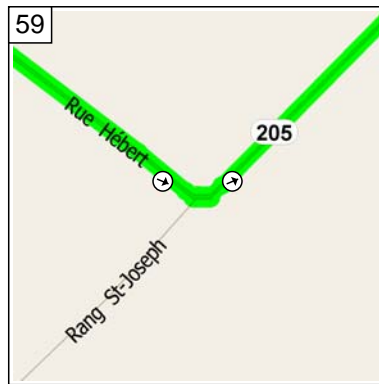
12:30 50.8 km  
 Arrive IGA [305 Rue St-Joseph,  
 Ste-Martine, QC, (450)  
 427-3614]



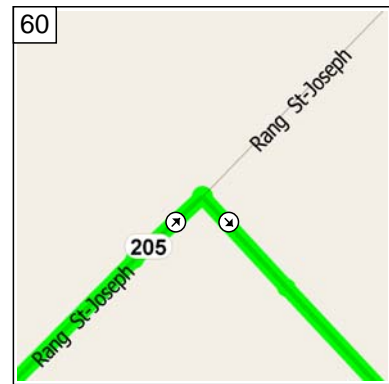
13:00 50.8 km  
 Depart IGA [305 Rue  
 St-Joseph, Ste-Martine, QC,  
 (450) 427-3614] on RTE-138  
 [RTE-205] (South) for 0.3 km



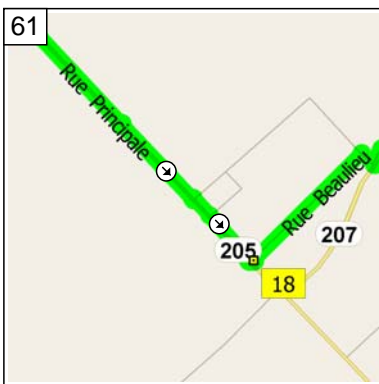
13:02 51.1 km  
 Turn LEFT (East) onto RTE-205  
 [Rue Hébert] for 1.1 km



13:06 52.1 km  
 Bear LEFT (East) onto RTE-205  
 [Rang St-Joseph] for 0.8 km



13:08 52.9 km  
 Turn RIGHT (South-East) onto  
 RTE-205 for 4.8 km



13:20 57.7 km  
 Keep STRAIGHT onto RTE-205  
 [Rue Principale] for 0.1 km

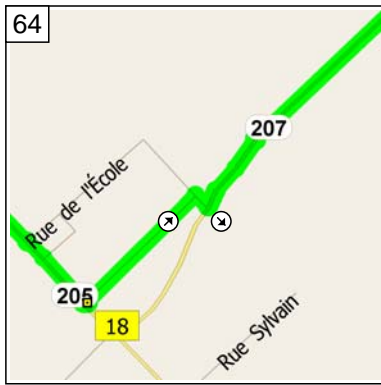


13:21 57.9 km  
 Turn LEFT (North-East) onto  
 Rue Beaulieu for 10 m



13:21 57.9 km  
 At near Sainte-Martine, stay on  
 Rue Beaulieu (North-East) for  
 0.3 km

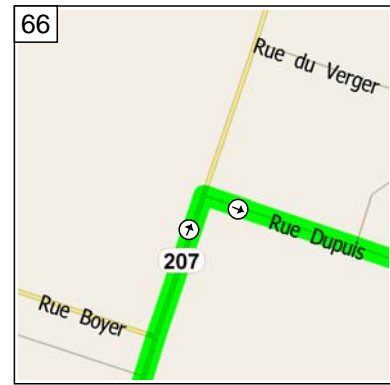




13:23 58.1 km  
 Turn RIGHT (South-East) onto Rue Ste-Marie, then immediately turn LEFT (North) onto RTE-207 [Montée Grande-Ligne] for 2.7 km



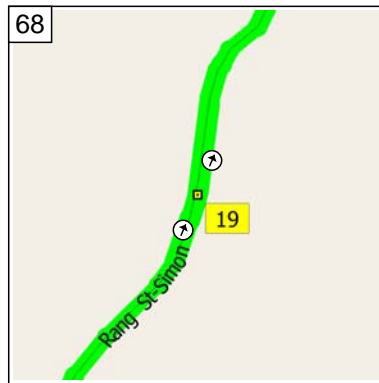
13:30 60.8 km  
 Keep STRAIGHT onto RTE-207 [Rang St-Régis S] for 7.6 km



13:50 68.5 km  
 Turn RIGHT (East) onto Rue Dupuis for 1.2 km



13:54 69.6 km  
 Road name changes to Rang St-Simon for 2.7 km



13:58 72.3 km  
 At near Saint-Isidore-de-La Prairie, stay on Rang St-Simon (North) for 2.2 km



14:03 74.6 km  
 Keep STRAIGHT onto Montée St-Christophe for 3.1 km



14:13 77.7 km  
 Turn LEFT (North) onto Rang St-Pierre No for 2.9 km

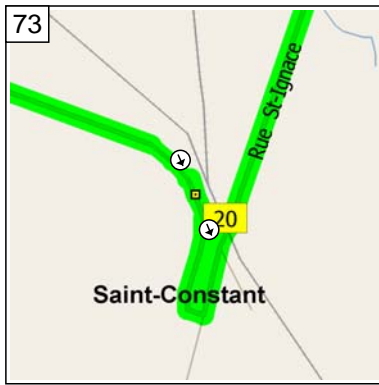


14:20 80.5 km  
 Turn LEFT (North) onto RTE-209 [Rue St-Pierre] for 2.5 km

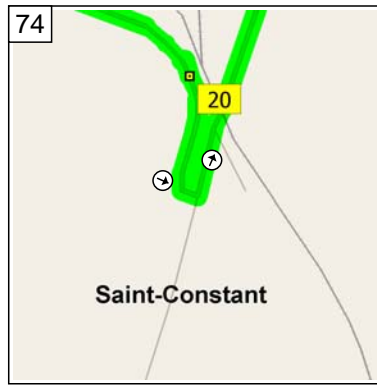


14:26 83.0 km  
 Turn RIGHT (East) onto Montée de la Saline for 2.2 km

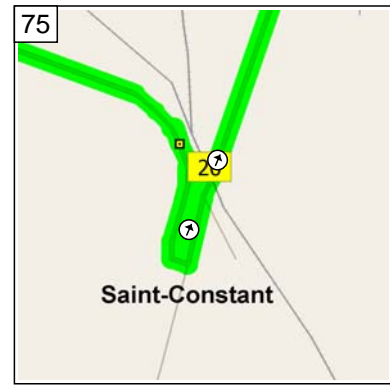




14:33 85.2 km  
At near Saint-Constant, stay on Montée de la Saline (South) for 0.2 km



14:34 85.4 km  
Turn LEFT (North) onto Chemin Petite-Côte for 0.1 km



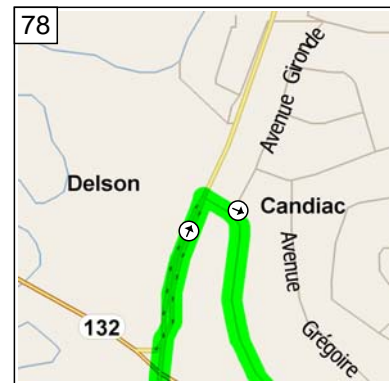
14:35 85.5 km  
Road name changes to Rue St-Ignace for 0.7 km



14:39 86.2 km  
Turn RIGHT (East) onto Rue Montée Griffin for 0.3 km



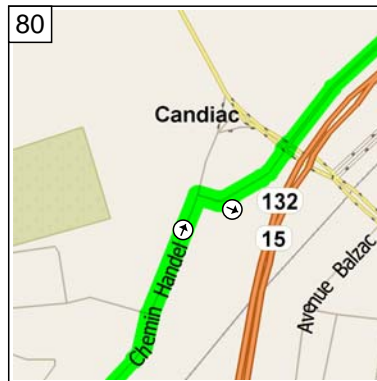
14:40 86.4 km  
Turn LEFT (North) onto Chemin St-François-Xavier for 2.7 km



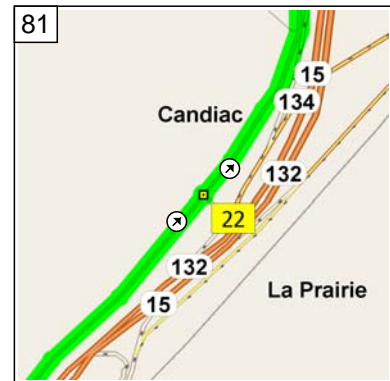
14:53 89.1 km  
Turn RIGHT (East) onto Chemin Handel for 1.5 km



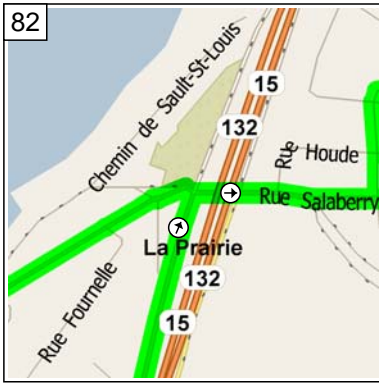
14:59 90.6 km  
At near Candiac, stay on Chemin Handel (North-East) for 0.7 km



15:03 91.3 km  
Turn RIGHT (East) onto Boulevard de l' Industrie for 0.7 km



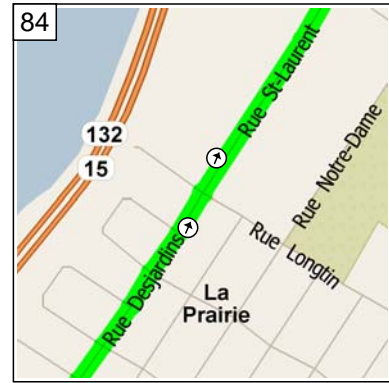
15:05 92.0 km  
At near Candiac, stay on Boulevard de l' Industrie (North-East) for 1.5 km



15:11 93.5 km  
Turn RIGHT (East) onto Rue Salaberry for 0.3 km



15:13 93.8 km  
Turn LEFT (North) onto Rue Desjardins for 0.7 km



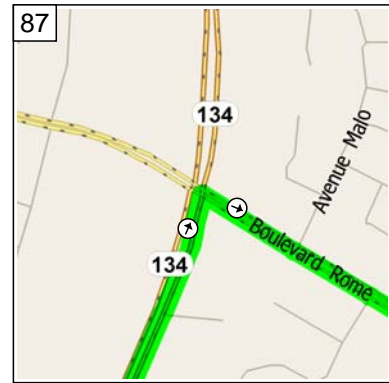
15:15 94.5 km  
Road name changes to Rue St-Laurent for 1.1 km



15:19 95.6 km  
Turn RIGHT (East) onto Place du Beau-Fort, then immediately turn LEFT (North) onto Avenue Balmoral for 1.2 km



15:25 96.8 km  
Turn LEFT (North) onto RTE-134 [Boulevard Taschereau] for 3.5 km



15:39 100.3 km  
Turn RIGHT (East) onto Boulevard Rome for 0.7 km



15:43 100.9 km  
Arrive near La Prairie