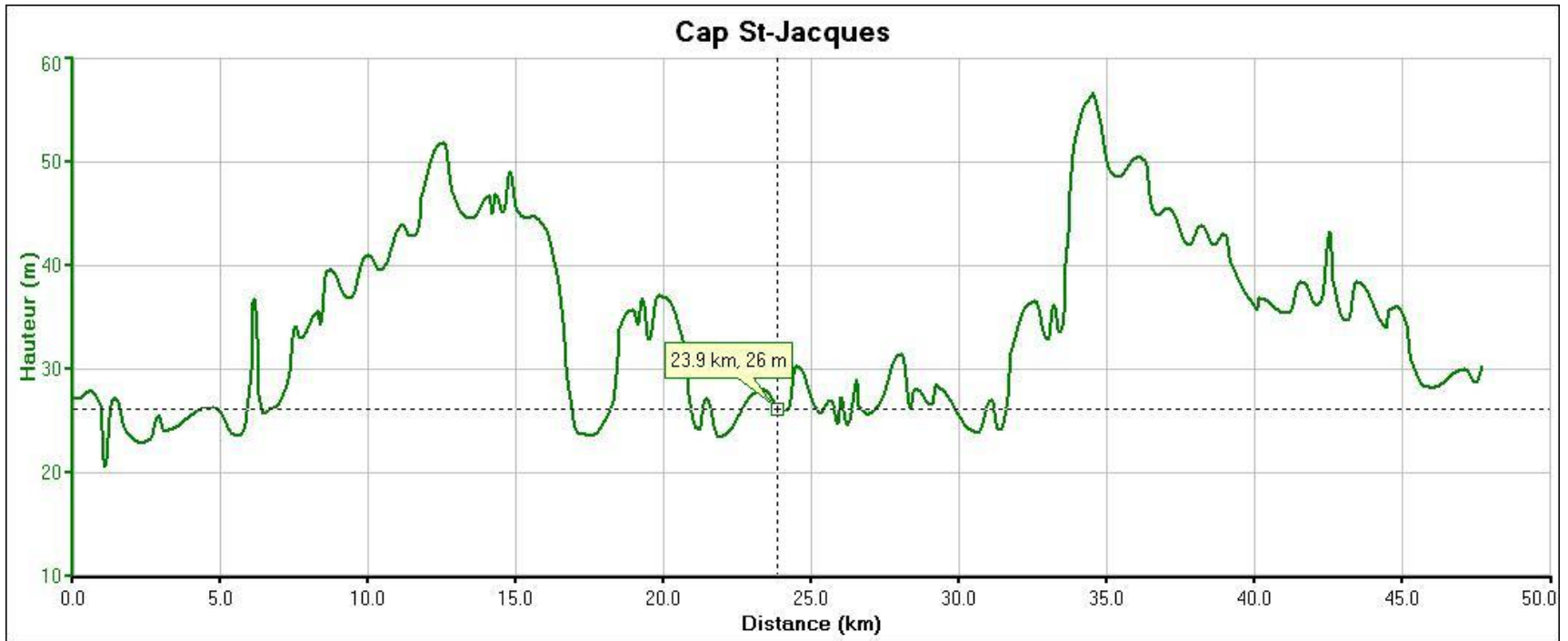


Cap St-Jacques 18:30 41,9 Km







Time	Km	Instruction	For	Toward
06:30	0.0	Depart Départ-Arrivée CCSD [1335 Chemin Bord-du-Lac, Dorval QC] on Lakeshore Dr [Chemin Bord-du-Lac] (West)	2.3 km	
06:40	2.3	Bear LEFT (West) onto Lakeshore Rd [Chemin Bord-du-Lac]	0.3 km	
06:42	2.6	Bear RIGHT (North) onto Church Ave	0.3 km	
06:43	2.9	Continue (East) on Ramp	0.3 km	
06:44	3.1	Bear RIGHT (North) onto Avenue Vincennes	2.3 km	

06:54	5.5	Turn LEFT (West) onto Avenue de l' Aviation [Chemin de l' Aviation]	0.5 km
06:57	6.0	Turn RIGHT (North-West) onto Avro St	90 m
06:57	6.1	At Avenue Les Canots, Pointe-Claire QC, turn LEFT (South-West) onto Avenue Les Canots [Les Canots Ave]	0.5 km
07:00	6.6		0.1 km
07:01	6.7		0.3 km
07:02	7.0		0.5 km
07:05	7.5	Turn RIGHT (North-West) onto Winthrop Ave	90 m
07:05	7.5	At École St-Louis [151 Winthrop Ave, Pointe-Claire, QC, continue West on Winthrop Ave	0.2 km
07:07	7.7	Turn LEFT (South-West) onto Boulevard Hymus [Hymus Blvd]	1.0 km
07:11	8.8	Continue (West) on Local road(s)	0.1 km
07:12	8.9	Bear RIGHT (North) onto Boulevard St-Jean	0.8 km
07:16	9.7		10 m
07:16	9.7		70 m
07:17	9.8		0.3 km
07:18	10.0		0.3

			km
07:19	10.3		40 m
07:20	10.4	Bear LEFT (West) onto Boulevard Brunswick [Brunswick Blvd]	0.3 km
07:21	10.6	At 486 Blvd Brunswick, Pointe-Claire QC, turn RIGHT (North) onto Avenue Plymouth	50 m
07:22	10.7	Turn RIGHT (North-East) onto Portsmouth St	60 m
07:22	10.7	Turn LEFT (North) onto Avenue Glenforest	0.1 km
07:24	10.9	Turn LEFT (North-West) onto Hermitage Ave	0.2 km
07:24	11.1	Arrive 470 Hermitage Ave, Pointe-Claire QC	

Time	Km	Instruction	For	Toward
07:24	0.0	Depart 496 Rue Montford, Dollard-des- Ormeaux QC on Rue Montford (South- West)	0.6 km	
07:27	0.6	Turn RIGHT (North) onto Rue Sommerset	1.2 km	
07:32	1.9	Continue (North-West) on Boulevard Jacques-Bizard	1.0 km	
07:37	2.9	At Sunoco [15200 Boulevard Pierrefonds, Pierrefonds, QC, (514) 620-8279], turn LEFT (South-West) onto Boulevard Pierrefonds	3.6 km	

07:52	6.5	At 18199 Blvd Pierrefonds, Pierrefonds QC, turn RIGHT (North) onto Avenue du Château-Pierrefonds	0.5 km
07:55	7.0	Turn LEFT (West) onto Boulevard Gouin W	2.1 km
08:02	9.1	Turn RIGHT (North) onto Chemin du Cap-St-Jacques	0.9 km
08:05	9.9	Turn LEFT (West) onto Chemin Privé	0.8 km
08:07	10.7	At Parc-Nature du Cap-St-Jacques, return East on Chemin Privé	0.8 km
08:10	11.5	Turn RIGHT (South) onto Chemin du Cap-St-Jacques	0.9 km
08:13	12.4	Turn RIGHT (West) onto Boulevard Gouin W	2.0 km
08:20	14.4	Continue (South) on Chemin Senneville	70 m
08:20	14.4	Turn LEFT (East) onto Chemin de l' Anse-À-l'Orme	2.5 km
08:28	17.0	At Parc l'Anse-À-l'Orme [Chemin de l'Anse-À-l'Orme, Ste-Anne-de-Bellevue, QC], stay on Chemin de l' Anse-À-l'Orme (East)	1.0 km
08:32	17.9	Turn LEFT (East) onto Chemin Ste-Marie	0.8 km
08:35	18.7	Bear RIGHT (East) onto Ramp	0.5 km
08:37	19.2	Bear RIGHT (East) onto Transcanadienne	0.1 km
08:38	19.3	Continue (East) on Chemin Ste-Marie	0.6 km

08:41	19.9	At 557 Montrose Dr, Beaconsfield QC, turn RIGHT (South) onto Montrose Dr	0.4 km	
08:43	20.3	Turn LEFT (East) onto Windermere Rd	0.4 km	
08:45	20.7	Turn LEFT (East) onto Sherbrooke St	0.5 km	
08:48	21.2	Turn RIGHT (South) onto Westcroft Rd	0.6 km	
08:51	21.8	Turn LEFT (East) onto Elm Ave	0.3 km	
08:52	22.1	At John F Kennedy School [215 Elm Ave, Beaconsfield, QC, (514) 697-1232], stay on Elm Ave (East)	2.0 km	
09:01	24.2	Continue (East) on Avenue Donegani	0.1 km	
09:02	24.3	Arrive Avenue Donegani, Pointe-Claire QC		
Time	Km	Instruction	For	Toward
09:02	0.0	Depart Donegani Ave, Pointe-Claire QC on Donegani Ave (East)	3.4 km	
09:16	3.4	At Banque de Montréal [33 Donegani Ave, Pointe-Claire, QC], stay on Donegani Ave (East)	40 m	
09:17	3.5		40 m	
09:18	3.5		0.3 km	
09:20	3.9	Bear RIGHT (South) onto Boulevard des Sources [Des Sources Blvd]	0.1 km	
09:20	4.0	Continue (South) on Ramp	0.4 km	

09:22	4.3	Turn RIGHT (South) onto Avenue Church	0.5 km
09:24	4.9	Turn LEFT (South-East) onto Lakeshore Dr [Chemin Bord-du-Lac]	2.1 km
09:34	7.0	Arrive Départ-Arrivée CCSD [1335 Chemin Bord-du-Lac, Dorval QC]	