

SATURDAY RIDE: MEDIO FONDO

Distance: 101 km loop

Terrain: Sections of difficult hills, breathtaking coastal views, mixed with flat recovery zones

Est. climbing: 773 m

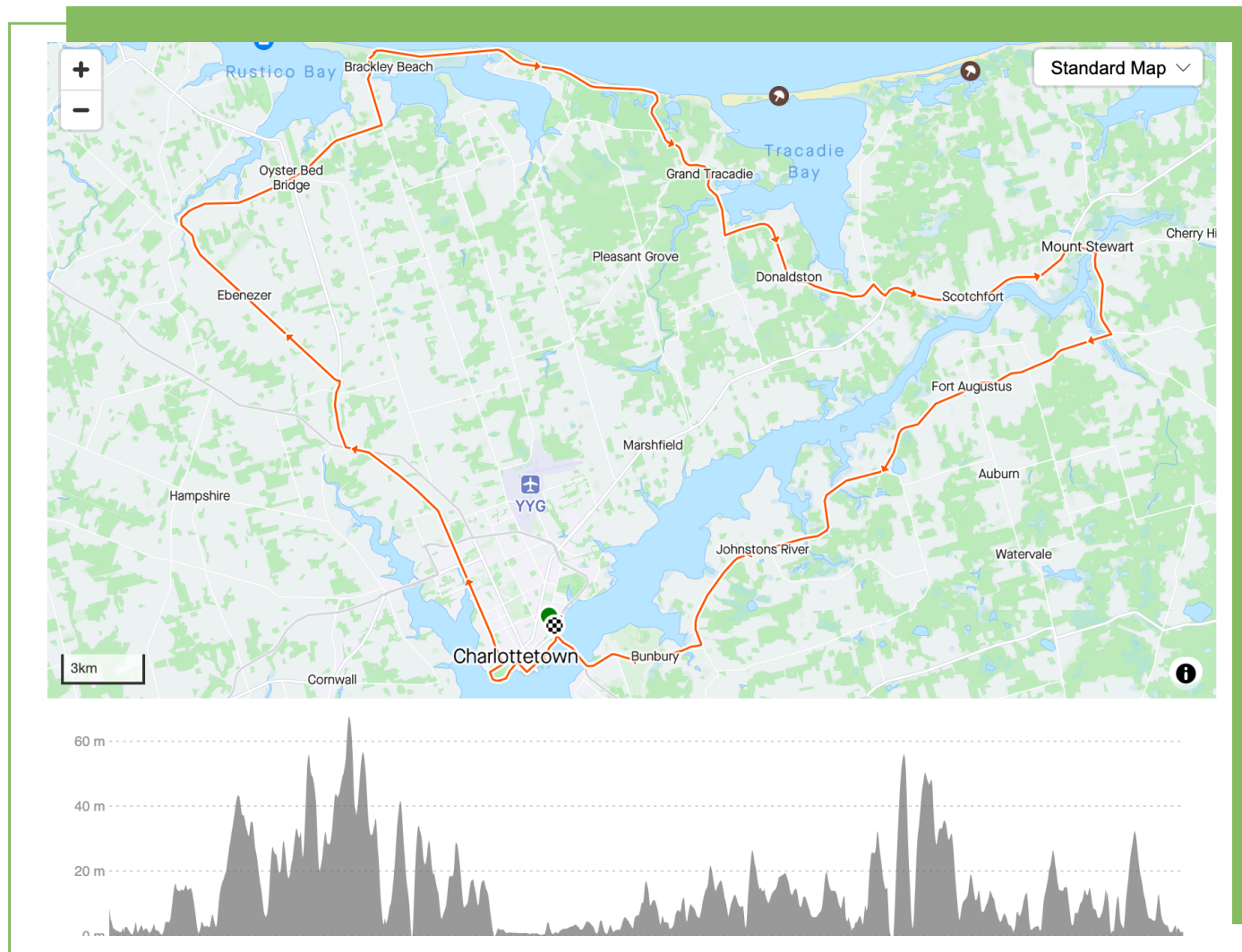
Departure time: 8:00 am

STRAVA Route:

<https://www.strava.com/routes/3128130292839925180>

Lunch stop: 41.4 KM Stanhope Cape Beach Parking area in Brackley - a section of the Prince Edward Island National Park

In case of an immediate emergency, call 911
If other assistance is required, please contact Gran Fondo Village HQ at 902-213-7998



SATURDAY RIDE : MEDIO FONDO

0.0 Proceed right onto Kensington Rd

0.2 Right onto Exhibition Dr

0.6 Right onto Riverside Dr

1.0 Continue on Water St

2.7 Right onto Haviland St

2.9 Continue on Rochford Street

3.2 Left onto Kent Street

3.3 Continue on Victoria Park Roadway

4.6 Right onto Brighton Rd

5.2 Left onto North River Rd

9.0 Continue on Lower Malpeque Rd

14.4 Left onto Route 2

15.3 Right onto Route 7

17.7 Left onto New Glasgow Rd

25.8 GRAN/MEDIO SPLIT

Medio Stay Straight on Crooked Creek Rd

30.3 Continue onto Portage Road

30.8 NUTRITION STOP

34.4 Left onto Brackley Point Rd

36.8 Park Entrance (Stay in most left lane through entrance)

Continue onto Gulf Shore Pkwy E

**41.1 LUNCH STOPIN Stanhope Cape Beach Parking Area
(on left side after the Covehead Bridge)**

Continue through Parkway

49.3 Continue on Route 6

54.1 Left onto Donaldston Road

61.1 Right onto Blooming Point Rd

61.7 Left onto St. Peters Road

69.1 Right onto Main Street

69.6 Nutrition Stop - Mount Stewart

70.2 Right onto Mount Stewart Road

73.3 Right onto Fort Augustus Road

93.9 Right onto Bunbury Road

98.5 Continue on Hillsborough Bridge

99.7 Right onto Riverside Drive

100.5 180 on roundabout

101.0 Right onto Park Street

101.1 Arrive at Finish

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