

**GSK start,**  
**Right onto Financial Dr.,**  
**Right onto Meadowvale,**  
**Meadowvale becomes Heritage**  
**Left onto Embleton Rd. (5th Sideroad),**  
**Left onto Campbellville Rd.,**  
**Rest Stop #1 (Campbellville),**  
**Right onto Centre Rd.,**  
**Left onto 14th Conc.,**  
**Right onto Meddaugh Rd.,**  
**Right onto Flamborough-Puslinch Townline,**  
**Left onto Victoria Rd.,**  
**Right onto Wellington Rd. 36,**  
**Rest Stop #2 (Watson Rd.),**  
**North onto Watson Rd.,**  
**Left onto 20th Sideroad,**  
**Right onto Victoria Rd.,**  
**Right onto (Arkell Rd.) Wellington Rd. 37 (30th Sideroad),**  
**Left onto Nassagaweya 1st Line (Wellington Rd. 29),**  
**Rest Stop #3 (Barrie Hill United Church - Eramosa-Garafraxa Townline )**  
**(54km to next Rest Stop),**  
**Right onto Wellington Rd. 18,**  
**Right onto 4th Line (5th Line) (Wellington Rd. 27) (Main)**  
**(curves left as Erin-Halton Townline),**  
**In middle of curve, Right onto Upper Baseline Rd. then Left onto 4th Line,**  
**Left onto 15th Sideroad,**  
**Rest Stop #4 (Stewarttown School),**  
**Right onto 8th Line,**  
**Left onto 5th Sideroad (Embleton Rd.),**  
**Rest Stop (25km ride),**  
**Right onto Heritage,**  
**Rest Stop (10km ride),**  
**Heritage becomes Meadowvale,**  
**Left onto Financial Dr.,**  
**Left into GSK.**

# Healing Cycle

## 160 km

### Directions

## 2010