

3 Day Mens Health Ride - Day 1

543.1 kilometers

Leg	Dir	Type	Notes	Total
	→	Right	Turn right towards Elizabeth St	0.0
0.1	←	Left	Turn left onto Elizabeth St	0.1
0.1	←	Left	Turn left onto George St	0.2
0.2	←	Left	Turn left onto Henry St	0.4
0.2	←	Left	Turn left onto Rankin St	0.6
0.1	→	Right	Turn right onto Durham St/Great Western Hwy/A32	0.8
0.2	←	Left	Turn left onto Great Western Hwy/Stewart St/A32	1.0
1.6	↑	Straight	At the roundabout, take the 3rd exit onto Mid Western Hwy/Stewart St/A41	2.6
36.1	→	Right	Keep right to continue on Adelaide St/Mid Western Hwy/A41	38.8
44.9	←	Left	Turn left onto Purcell Dr	83.7
3.4	←	Left	Turn left onto Sheet of Bark Rd	87.1
0.1	↑	Straight	Continue onto Parkes St	87.2
0.7	↑	Straight	Continue onto Reg Hailstone Way	87.9
22.3	→	Right	Turn right onto Blue Mantle Rd	110.2
3.9	→	Right	Turn right onto Reg Hailstone Way	114.1
2.7	↑	Straight	At the roundabout, take the 3rd exit onto Wyangala Rd	116.8
1.0	→	Right	Turn right onto Trout Farm Rd	117.9
0.3	→	Right	Turn right to stay on Trout Farm Rd	118.2
3.3	↑	Straight	Continue onto Darbys Falls Rd	121.5
6.1	←	Left	Turn left onto Frogmore Rd	127.5
45.9	→	Right	Turn right onto Rugby Rd	173.4
14.1	→	Right	Turn right onto North St	187.5
0.3	↑	Straight	Continue onto Ford St	187.8
0.9	→	Right	Turn right onto Pudman St	188.7
1.1	↑	Straight	At the roundabout, take the 1st exit onto Marsden St/B81	189.8
3.4	→	Right	Turn right onto Cunningar Rd	193.2
3.6	→	Right	Turn right to stay on Cunningar Rd	196.8
26.9	→	Right	Turn right onto Burley Griffin Way/B94	223.7
3.7	→	Right	Turn right	227.4

0.3	→	Right	Turn right onto Albury St/B94	227.7
0.2	←	Left	Turn left onto Redbank Ln	227.9
0.6	→	Right	Turn right onto Smith St	228.5
0.9	←	Left	Turn left onto East St	229.3
1.9	←	Left	Turn left onto Jugiong Rd	231.2
34.3	←	Left	Turn left onto the ramp to Hume Hwy/M31	265.5
0.4	→	Right	Sharp right onto Hume Hwy/M31	265.9
0.1	←	Left	Turn left towards Hume Hwy/M31	266.0
0.0	→	Right	Turn right onto Hume Hwy/M31	266.0
5.5	→	Right	Turn right towards Hume Hwy/M31	271.6
0.0	←	Left	Turn left onto Hume Hwy/M31	271.6
19.7	→	Right	Turn right towards Coolac Rd	291.3
0.9	↑	Straight	Merge onto Coolac Rd	292.2
0.2	→	Right	Turn right onto Coleman St	292.3
0.1	←	Left	Turn left onto Main St	292.5
0.5	→	Right	Turn right onto Gobarralong Rd	292.9
7.7	←	Left	Turn left	300.6
0.1	←	Left	Turn left onto Gobarralong Rd	300.7
2.0	→	Right	Turn right onto Darbalara Rd	302.8
10.0	→	Right	Turn right to stay on Darbalara Rd	312.7
11.3	↑	Straight	Continue straight onto Brungle Rd	324.0
17.7	→	Right	Turn right onto Wee Jasper Rd	341.8
5.2	→	Right	Turn right onto Snowy Mountains Hwy/B72	346.9
7.3	←	Left	Turn left onto Batlow Rd	354.3
10.3	→	Right	Turn right onto Selwyn St	364.6
0.3	←	Left	Turn left onto Wondalga Rd	364.9
0.1	←	Left	Turn left onto Greenhills Rd	364.9
3.3	←	Left	Slight left onto Old Tumbarumba Rd	368.2
11.7	→	Right	Turn right onto Batlow Rd	379.9
6.3	←	Left	Turn left onto Back Kunama Rd	386.3
2.1	→	Right	Turn right onto Kopsens Rd	388.4
0.1	←	Left	Turn left onto Batlow Rd	388.5
22.0	→	Right	Turn right onto Lyne St	410.5
0.6	←	Left	Turn left onto Bogong St	411.1
0.2	→	Right	Turn right onto Mate St	411.3
0.7	←	Left	Turn left onto Boundary St	412.0

0.9	←	Left	Turn left onto Courabyra Rd	412.9
0.0	→	Right	Turn right onto Masons Hill Rd	413.0
1.7	↑	Straight	Continue onto Jingellic Rd	414.6
40.4	↑	Straight	Continue onto Holbrook Rd	455.0
0.1	→	Right	Slight right to stay on Holbrook Rd	455.1
0.1	↑	Straight	Continue onto Murray River Rd/C546	455.1
19.0	→	Right	Keep right to stay on Murray River Rd/C546	474.1
53.2	→	Right	Turn right onto Murray Valley Hwy/B400	527.3
2.3	→	Right	Turn right onto Moscrops Rd	529.6
0.1	←	Left	Turn left onto Cudgewa-Wodonga Rail Trail	529.7
12.1	→	Right	Turn right onto Towong St E	541.8
1.1	←	Left	Turn left onto Towong St	542.9