

## CREVE COEUR PARK RIDE (WITH HILLS FOR GEAR PRACTICE)

- 0.0 START AT SAILBOAT COVE IN CREVE COEUR PARK  
R ON BIKE PATH, X BRIDGE, CONTINUE PATH  
0.03L ON PATH (AT FIRST OPPORTUNITY)  
0.6 R WHERE PATH DIVIDES  
1.0 L ON ROAD (WHERE CARS CROSS BIKE PATH)  
1.4 R PATH (DOWN HILL)  
2.1 R PATH SPLITS (JUST AFTER BRIDGE)  
2.3 R FROM CIRCLE—GEAR DOWN, FOR UPHILL  
4.0 X TWO BRIDGES, CONTINUE TO SHELTER ON LEFT  
R THROUGH TUNNEL, IMMEDIATELY TURN LEFT,  
FOLLOW PATH TO ROAD  
4.2 R RIVER VALLEY RD. - STAY IN RIGHT SHOULDER LANE  
5.8 STOP AT STOP SIGN.  
X CROSS RIVER VALLEY RD. CAREFULL (TRAFFIC)  
5.8 RETURN OTHER SIDE, RIVER VAL. RD. STAY RIGHT.  
7.3 R THROUGH PARKING LOT TO BIKE PATH  
THROUGH TUNNEL, AGAIN, THEN KEEP RIGHT.  
CONTINUE ON PATH UNDER EXPRESSWAY BRIDGE.  
HALF WAY OVER BRIDGE, STOP AT BENCH. HOW MANY  
PADLOCKS ARE THERE? ENJOY THE RIVER VIEW  
9.0 CONTINUE XING BRIDGE TO PARKING LOT, TURN AROUND.  
9.3 RETRACE XING BRIDGE, CONTINUE AROUND & UNDER BRIDGE,  
CAREFUL AT SHARP TURN ON PATH (FAR SIDE OF BRIDGE)  
11.2 L THROUGH TUNNEL, LEFT ON PATH NEAR SHELTER.  
CONTINUE PATH, CROSS TWO BRIDGES. DOWN TO CIRCLE.  
TAKE SECOND R. TURN FROM CIRCLE. (PASS RESTAURANT)  
R JUST BEYOND SMALL BRIDGE TO END OF PATH.  
14.0 TURN AROUND AT END OF PATH  
(RETURN TO RESTAURANT)  
14.8 LET'S EAT LUNCH!!  
RETURN TO CAR (LEFT ON PATH, R. FROM CIRCLE, L. WHERE PATH  
DIVIDES, THROUGH THE WOODS UP A HILL, STRAIGHT ON PATH.  
17.9 ARRIVE AT SAILBOAT COVE PARKING LOT.