

🚲 CYCLING

# TOUR DE BIENNALE (MEDIO)

By Vancouver Biennale

86 KM / 1042 METRES ELEVATION  
4.5 - 5.5 HOURS

VANCOUVER BIENNALE  
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PRESENTED BY





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## ABOUT THE ROUTE

### Which fondo is right for you?

A **Corto Fondo** is ideal for first timers, those starting to cycle some longer distances, young families, and groups.

A **Medio Fondo**, a shorter-distance ride, is aimed at riders who are participating in a road-cycling event for the first time.

A **Gran Fondo**, meaning “Big Ride,” usually refers to an endurance ride of more than 100 km.

### Cycling Tips and Safety

- Use bike lights and wear a helmet.
- Use designated bike lanes and routes, whenever possible.
- Ride at a leisurely pace and yield to pedestrians.
- The Motor Vehicle Act and city bylaws apply to cyclists. Please follow the rules of the road.
- Cycle predictably, and signal when turning or moving between lanes.
- Leave space when passing parked cars, and watch out for people opening their vehicle doors.
- Always carry spare tubes, pump, and puncture repair kit.
- When passing, ring your bell or yell “ON UR LEFT!”

## ROUTE STOPS

1	<b>VOXEL BRIDGE - JESSICA ANGEL</b>	Under Cambie Bridge South
2	<b>VORTEX - JESSICA ANGEL</b>	Hinge Park
3	<b>HONEY'S DOUGHNUTS &amp; GOODIES</b>	4373 Gallant Ave, North Vancouver
4	<b>FREE WHEELING - SHARON PERKINS</b>	4360 Gallant Ave, North Vancouver
5	<b>WHYTECLIFF PARK</b>	7210 Arbutus Rd., West Vancouver
6	<b>DELANEY'S COFFEE HOUSE</b>	2424 Marine Drive, West Vancouver
7	<b>STANLEY PARK</b>	Stanley Park
8	<b>A-MAZE-ING LAUGHTER - YUE MINJUN</b>	1800 Morton Ave

