

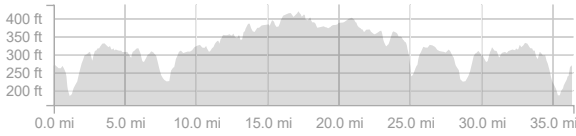
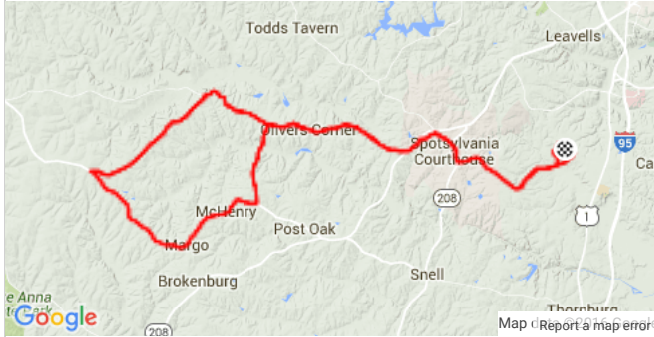


YMCA-Bistro 36-mile route

<https://www.strava.com/routes/4372596>

36.4 mi **1,156 ft** **Road**
Distance Elevation Gain Ride Type

Est. Moving Time: 2:34:15



Route recommendations may be incomplete and/or inaccurate and may contain sections of private land and/or sections of terrain that could be challenging or hazardous. Always use your best judgement about the safety of road and trail conditions and follow traffic and property laws. Est. Moving Time based on your avg speed of 14.2 mi/h over last 4 weeks

DIRECTION	DISTANCE (miles)
Proceed onto Seays Road	25.7
Right onto Robert E Lee Drive	25.7
Left onto Lake Anna Parkway	29.9
Right onto Robert E. Lee Drive	30.5
Right onto Brock Road	30.9
Continue on Courthouse Road	31.4
Continue on Massaponax Church Road	32.0
Left	35.4
Arrive at Finish	36.4

DIRECTION	DISTANCE (miles)
Proceed	0.0
Right onto Smith Station Road	0.1
Proceed onto Massaponax Church Road	0.6
Left onto Courthouse Road	4.5
Proceed onto Courthouse Road	4.5
Continue on Brock Road	5.1
Continue on Robert E. Lee Drive	5.6
Proceed onto Robert E. Lee Drive	5.6
Proceed onto Lake Anna Parkway	6.1
Proceed onto Robert E Lee Drive	6.6
Left onto West Catharpin Road	12.7
Proceed onto West Catharpin Road	12.7
Left onto Pamunkey Road	13.0
Proceed onto Pamunkey Road	13.0
Left onto Post Oak Road	17.1
Proceed onto Post Oak Road	17.1
Proceed onto Post Oak Road	20.2
Proceed onto Seays Road	23.4