

Lakelands - Lake Paul 300

Num	Dist	Type	Note	Next
1.	0.1	↑	At the roundabout, 2nd exit onto Joseph Howe Dr	2.9
2.	3.0	↑	Continue onto Bedford Highway	10.5
3.	13.5	➔	Slight R onto Rocky Lake Dr	2.3
4.	15.8	←	L onto Duke St	1.3
5.	17.1	↑	Continue onto Glendale Ave	4.9
6.	22.0	←	L onto Old Beaver Bank Rd	0.3
7.	22.3	➔	Slight R onto Irene Ave	0.6
8.	22.9	➔	R onto Sackville Dr/Route 1 W	3.3

22.8 kilometers. +243/-195 meters

Num	Dist	Type	Note	Next
9.	26.2	↑	At the roundabout, continue straight to stay on Route 1 W	44.7
10.	70.8	↑	Entering Windsor	1.7
11.	72.5	↑	Keep straight onto King Street	0.6
12.	73.1	↑	Tim Horton's - Controle.	0.1
13.	73.2	➔	R onto Water St	0.7
14.	73.9	↑	Bridge over Avon River	10.5
15.	84.4	➔	Hantsport - R to stay on Route 1 W	1.5
16.	86.0	➔	R onto Bluff Rd	7.9

63.1 kilometers. +466/-555 meters

Num	Dist	Type	Note	Next
17.	93.8	↑	At the roundabout, continue straight to cross over 101	0.3
18.	94.1	➔	R onto Gaspereau River Rd	5.7
19.	99.8	↑	Continue onto Melanson Rd	2.2
20.	102.1	←	L onto Ridge Rd	1.9
21.	103.9	←	L to stay on Ridge Rd	6.1
22.	110.1	➔	R onto White Rock Rd	4.1
23.	114.2	➔	R onto Highbury School Rd	2.4
24.	116.6	➔	R onto New Canaan Rd	0.3

30.6 kilometers. +317/-232 meters

Num	Dist	Type	Note	Next
25.	116.9	↑	Continue onto New Minas Connector Rd	0.1
26.	117.0	←	L onto Prospect Rd	4.1
27.	121.2	←	L onto Route 12 S across 101	0.4
28.	121.5	➔	R onto Prospect Rd	3.9
29.	125.4	➔	R onto English Mountain Rd	3.8
30.	129.3	←	Coldbrook - L onto Route 1 W	6.7
31.	135.9	➔	R onto Maple St	3.8
32.	139.8	↑	Continue onto Main St	1.6

23.2 kilometers. +210/-263 meters

Num	Dist	Type	Note	Next
33.	141.4	←	L onto Commercial St into Berwick	0.9
34.	142.3	→	R onto Union St	0.0
35.	142.3	🍴	Mum's Bake Shop - Controle	0.0
36.	142.4	→	R onto Commercial St again	1.2
37.	143.6	↑	Continue straight onto Windemere Rd	2.0
38.	145.5	←	L to stay on Windermere Rd	0.4
39.	146.0	→	R onto Hall Rd	4.0
40.	150.0	←	L onto Aylesford Rd	34.6

10.3 kilometers. +57/-40 meters

Num	Dist	Type	Note	Next
48.	301.6	🏁	End of route	0.0

0.1 kilometers. +0/-0 meters

Num	Dist	Type	Note	Next
41.	184.6	←	L onto Forties Rd	19.1
42.	203.7	→	R onto NS-12 S	0.0
43.	203.7	🍴	New Ross - Controle (Vittles Cafe or Clover Farm grocery store)	24.1
44.	227.8	←	Chester Basin - L onto Route 3 E	38.4
45.	266.2	↑	Ingramport Roundabout	10.8
46.	277.1	↑	Upper Tantallon - straight to Halifax	24.4
47.	301.4	↑	Armdale Roundabout - finish!	0.1

151.4 kilometers. +1019/-1207 meters