

The Muddy Waters 162 km (100 Miles) Route Instructions

Note: Please ride in single file over all bridges

The distances shown are approximate. There are a number of stop signs. Observe the Highway Traffic Act. The roads are NOT closed and are open to other vehicles. Please be careful.

- 0 km Leave the Forks via York Street, turning right onto Main Street. Travel north on Main St, continuing past the Perimeter You are heading towards River Road.
- 20 km Turn right off Main at the Race Trac Gas station and proceed onto River Road. (Watch for loose gravel at the corner). Follow River Road north.
- 30 km Continue north on River Road past Skinners towards Selkirk.
- 32 km River Road comes out to Highway 9, turn right and continue north past Lower Fort Garry.
- 34km Just past the Fort, you come to River Road again. Turn right and continue along River Rd.
Note: As you enter Selkirk, River Road becomes Eveline.
- 40 km Eaton Rd. (Little Bridge) THIS IS THE FIRST REST STOP. Continue north along Eveline St. through the town of Selkirk. Follow the road until it ends at Main St.
- 41 km Turn right onto Main St.
- 46 km Turn left onto Hwy 4 and head over the BIG bridge that crosses the Red River
- 48 km Turn right onto Hwy 508. Head South towards East Selkirk.
- 52.5 km Hwy 508 ends. Turn right onto 212.
- 54 km Hwy 212 ends. Turn left at Ferry Road.
- 55.5km Ferry ends, Turn left onto Hwy 204 and head south towards Hwy 44
- 65 km As you come towards Hwy 44, turn left at the Rock Haven Street detour and continue East until it meets highway 44
- 71 km Turn left and continue eastbound on Hwy 44 past Hwy 206
- 77km At Hwy 212 turn right and head South.
- 82.5 km Turn right onto Sapton Road.
- 87.5 km Turn left onto Highway 206 and head South
- 88 km Turn right into Birds Hill Park east gate. Turn right and follow North Drive and do TWO AND ONE HALF counter clockwise circles of the park **going down to the main west gate and making a u-turn to climb up from the gate on each lap.** THE REST STOP IS NEAR THE CHICKADEE TRAILHEAD AND YOU MAY VISIT ON EACH LAP. Exit Park from West Gate
- 119 km Continue over overpass and south on Highway 59 ON THE SHOULDER
- 134.5km At Camsel Rd. turn right and follow road to town of Birds Hill
- 135.5km At Hwy 202 turn right, head north through town of Birds Hill
- 136 km Turn left at Hoddinott Rd and continue 350 meters to Raleigh Street
- 136.5km Turn right on Raleigh (which becomes Rebeck) and continue north
- 140 km Turn left on Bowen and continue west to Henderson Highway
- 143km Turn left (Caution) on Henderson Highway and continue south past the Perimeter highway and into the city. All traffic laws must be obeyed
- 152 km Turn left on McIvor and continue east to Raleigh
- 154 km At Raleigh turn right. THIS IS A REST STOP. You may travel along the roadway or along the North East Winnipeg Parkway Path. Use caution at each intersection. Continue South to Chalmers
- 159 km Turn Right at Chalmers.
- 159.5 km Turn left on Watt and continue south across Nairn. Watt becomes Archibald
- 161 km Continue south past the Habitat for Humanity Restore
- 162 km Turn right onto Provencher. Continue West until Tache
- 163 km Turn left onto Tache and immediately right onto the Provencher Pedestrian Bridge
Once over the bridge, turn left and then right to the Front of the Scotia Bank Stage
Congratulations. You made it!

Problems? Lost? Call 295-0236 for help