

100 Mile Bike Itinerary Monday August 6 - Friday August 10

Day	Activity	Location	Time	KM	Miles	Total
Monday 8/6	Meet	Parking Lot West of Coho Ferry	7:00 AM			
	Board Ferry		8:15 AM			
	Ferry arrives	Victoria	9:45			
	Change Money	Victoria by Empress				
	Bike to Matticks Farm	Cordoba Bay		15	9	
	Mini Golf	Matticks Farm				
	Lunch, Ice Cream	Matticks Farm				
	Bike to Goldstream	Goldstream Campground		<u>30</u>	<u>19</u>	
	Stopover at	Langford Quality Foods	Total miles	45	28	28
Tuesday 8/7	Bike to Adrena Line zipline	Sooke		28	17	
	Zipline		1:10 - 4:30			
	Bike to Goldstream			<u>28</u>	<u>17</u>	
			Total miles	56	35	63
Wednesday 8/8	Bike to Pool	Saanich Commonwealth Pool		20	12	
	lunch at pool?					
	Fun Swim 2 Wibits, slide		1 to 4 PM			
	Bike to Goldstream			<u>20</u>	<u>12</u>	
			Total miles	40	25	87
Thursday 8/9	Layover Day: Hike? Fish?	Goldstream Provincial Park		0	0	
Friday 8/10	Bike to Victoria		Total miles	22	13	101
	Kayak Inner Harbor	Victoria	1 to 4 PM			
	Dinner at wharf?	Victoria				
	Leave Victoria		7:30 PM			
	Arrive Port Angeles		9:00 PM			