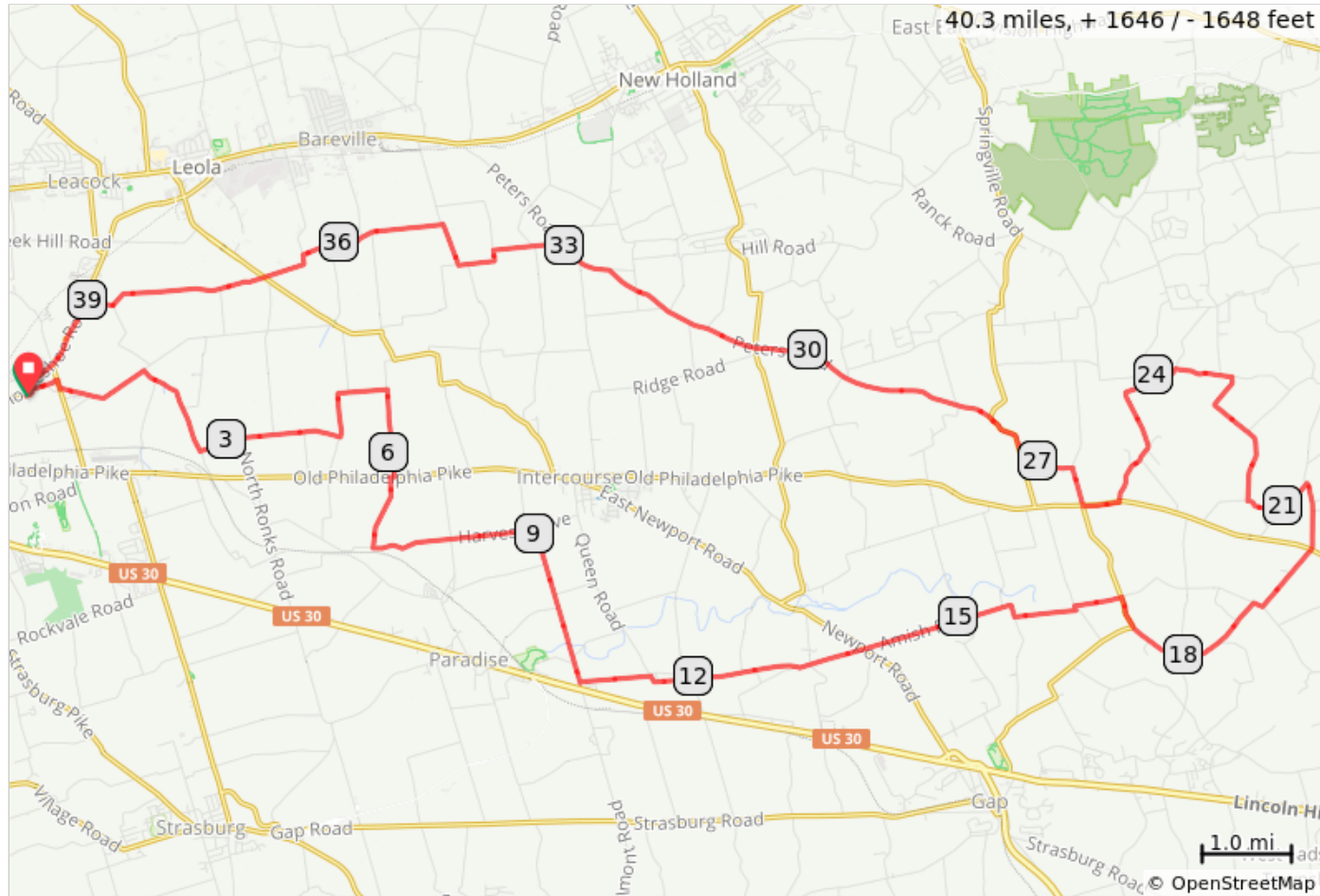


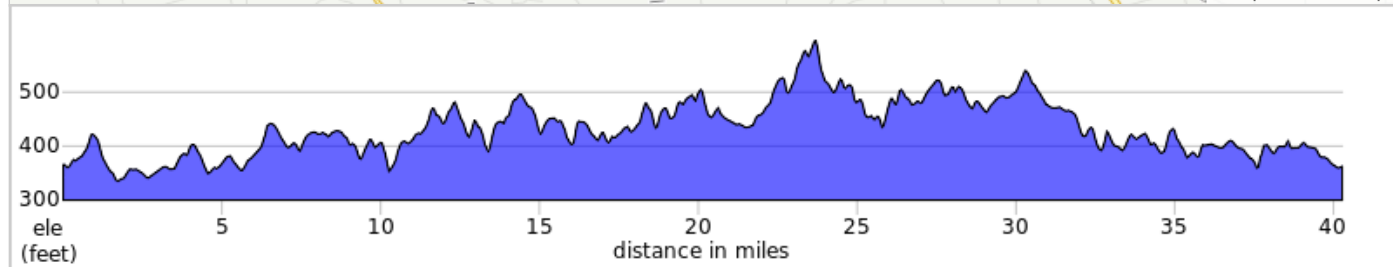
CV Cains Quest (40R)



Start: Conestoga Valley High School

Terrain: Rolling
Max Grade: 4.1%

Rev: June 2019



CV Cains Quest (40R)

Type	Dist	Note
📍	0.0	Start of route
➔	0.0	Exit via access road to Middle School
➔	0.4	Right onto Mt Sidney Rd
←	0.5	Left onto Stumptown Rd
➔	1.5	Right onto Beechdale Rd
←	2.7	Left onto Church Rd
←	4.2	Left onto N Weavertown Rd
➔	5.3	Right onto N Harvest Rd
➔	6.2	Right onto PA-340 W
←	6.3	Left onto S Harvest Rd
←	7.1	Left onto Harvest Dr
➔	8.9	Right onto Belmont Rd
←	10.7	Left onto Harristown Rd
➔	11.5	Right on Frogtown / Harristown Rd
←	13.1	Left on Slaymaker Hill (becomes Amish Rd)

13.1 miles. +583/-516 feet

Type	Dist	Note
←	15.7	Left onto Buena Vista Rd
←	16.4	Left onto School Lane Rd
➔	16.4	Right onto Buena Vista Rd
➔	17.0	Right onto White Horse Rd (PA-897 S)
↑	17.3	Continue onto Cains Rd
➔	19.0	Right onto Buena Vista Rd (no sign)
←	19.1	Left onto Cains Rd
↑	19.9	Continue onto Churchtown Rd
←	20.6	Left onto Plank Rd
➔	21.5	Right onto Blank Rd (no sign)
←	23.1	Left onto Wanner Rd
←	23.8	Left onto Cambridge Rd
←	24.2	Left onto Cambridge Rd/Kauffroth Rd
➔	25.8	Right onto PA-340 W
➔	26.2	Right onto Meetinghouse Rd

13.1 miles. +563/-522 feet

Type	Dist	Note
←	26.6	Left onto Elam Rd
➔	27.2	Right onto PA-897 N (no sign)
←	27.8	Bear left on Peters Rd
←	33.1	Left onto Zeltenreich Rd
←	33.8	Left onto Musser School Rd
➔	34.4	Right onto S Groffdale Rd
←	34.8	Left onto E Eby Rd
←	36.4	Left to stay on E Eby Rd
➔	38.7	Right to stay on W Eby Rd
←	39.1	Left onto Horseshoe Rd
📍	40.3	End of route

14.1 miles. +435/-554 feet