

<https://ridewithgps.com/routes/30574936>

| Total | Dir | Type | Notes | Leg |
|-------|-----|----------|--------------------------------|---------|
| 0 | | | Glen Allen Elementary School | |
| 0 | → | R | Mill Rd | |
| 1.5 | ← | Left | Old Washington Hwy | |
| 3.1 | ← | Left | Cedar Lane | 623 1.6 |
| 3.4 | → | Right | Elmont Rd | 626 0.3 |
| 5.5 | → | Right | Turn right onto State Rte 663 | 663 2.1 |
| 6.5 | → | Right | Turn right onto Ashcake Rd | 1.4 |
| 13.9 | ← | Left | Cadys Mill Rd | 695 6.6 |
| 16.2 | ← | Left | Hanover Courthouse Rd | 301 2.3 |
| 16.6 | → | Right | River Rd | 605 0.4 |
| 21.7 | ↑ | Straight | Cont. onto Nelsons Bridge Rd | 615 0.4 |
| 25.8 | ← | Left | Etna Mills Rd | 614 4.2 |
| 27.8 | ← | Left | Etna Mills / Normans Bridge Rd | 614 2 |
| 32.5 | ← | Left | Turn left onto Fire House Rd | 4.7 |
| 32.8 | ↑ | Straight | Patrick Henry Rd | 54 0.3 |
| 35.2 | ← | Left | Goddins Hill Rd | 798 2.5 |
| 35.6 | → | Right | Jennings Rd | 655 0.3 |
| 36.2 | → | Right | Mt Herman Rd | 656 0.6 |
| 37.8 | ← | Left | Cheroy Rd | 659 1.6 |
| 38.7 | → | Right | Ashcake Rd | 657 0.9 |
| 40.8 | ← | Left | Center Street Rd | 663 2.1 |
| 42.2 | ← | Left | Elmont Rd | 626 1.4 |
| 44.2 | ← | Left | Cedar Lane | 623 2.1 |
| 44.5 | → | Right | Old Washington Hwy | 626 0.3 |
| 46.1 | → | Right | Turn right onto Mill Rd | 1.6 |
| 47.6 | ← | Left | Turn left to stay on Mill Rd | 1.5 |

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