

Maitland - West River 400

Num	Dist	Type	Note	Next
1.	0.0		Start of route	0.2
2.	0.2	←	L toward Rocky Lake Dr/Nova Scotia Trunk 2 N	0.1
3.	0.3	→	R onto Rocky Lake Dr/Nova Scotia Trunk 2 N	2.2
4.	2.4	←	L onto Duke St	1.3
5.	3.8	↑	Continue onto Glendale Ave	5.0
6.	8.8	→	R onto Beaver Bank Rd/NS-354 N	33.6
7.	42.4	→	R onto Route 14 E	5.2
8.	47.6	←	L onto Indian Rd to Shubenacadie	22.1

47.6 kilometers. +562/-501 meters

Num	Dist	Type	Note	Next
9.	69.7	←	L onto Route 2 N	0.8
10.	70.5	→	Merge onto Route 2 north	7.1
11.	77.5	←	L onto Main St W toward 102	0.5
12.	78.0		Controle - Stewiacke Tim's	0.6
13.	78.6	←	L onto Route 2 north	7.5
14.	86.0	←	L onto Shortts Lake Rd	6.6
15.	92.7	→	R onto Cement Plant Rd	0.3
16.	92.9	←	L onto Route 289 W	9.8
17.	102.7	↑	Continue onto Route 236 W	1.4

55.2 kilometers. +258/-234 meters

Num	Dist	Type	Note	Next
18.	104.2	↑	Bridge over Shubenacadie River	1.6
19.	105.7	→	R onto Route 215 W	0.3
20.	106.0	←	L onto Rocks Rd	6.1
21.	112.2	←	L onto Route 236 W	17.9
22.	130.1	→	R onto NS-354 N	13.7
23.	143.7	→	Noel - R onto Route 215 E	21.0
24.	164.7		Controle - Frieze & Roy store - opens at 8AM	0.0
25.	164.8	↑	Continue south to South Maitland	8.3

62.0 kilometers. +570/-561 meters

Num	Dist	Type	Note	Next
26.	173.0	←	L onto Route 236 E	3.0
27.	176.0	←	L to stay on 236 E (signs for Truro)	18.7
28.	194.8	↑	Entering Truro - cross under Hwy 102	0.3
29.	195.0	↑	At the roundabout, straight through toward Truro	1.1
30.	196.2	←	L onto Marshland Dr	2.0
31.	198.1	←	L onto Park St	1.0
32.	199.1	↑	Continue onto Farnham Rd	1.1
33.	200.2	←	L onto Vimy Rd	0.3
34.	200.5	→	R onto Brookside Rd	1.3

35.7 kilometers. +192/-175 meters

Num	Dist	Type	Note	Next
35.	201.8	←	L to stay on Brookside Rd	1.2
36.	203.0	→	R to stay on Brookside Rd	2.4
37.	205.4	↑	Cross under Hwy 104	0.3
38.	205.7	←	L onto Pictou Rd/NS-4 E	37.2
39.	243.0	🍴	Controle - Country Canteen store on R	6.4
40.	249.4	→	R onto Pleasant Valley Rd	1.2
41.	250.6	↑	Continue onto Salter Rd	3.2
42.	253.8	↑	Continue onto Route 289 W to Upper Stewiacke	43.2

53.3 kilometers. +450/-458 meters

Num	Dist	Type	Note	Next
43.	297.1	←	L onto Southside Rd	0.2
44.	297.3	→	R onto Stewart Hill Rd	10.6
45.	307.9	→	R onto Route 224 S	19.5
46.	327.4	↑	Entering Middle Musquodoboit	0.3
47.	327.8	🍴	Controle - country store on L just before Esso	11.9
48.	339.7	→	R onto Old Guysborough Rd/NS-212 W	24.1
49.	363.8	→	R onto Oldham Rd	8.1
50.	371.8	←	L onto Route 2 S	0.5

118.0 kilometers. +574/-584 meters

Num	Dist	Type	Note	Next
51.	372.3	↑	Cross over Hwy 102	19.6
52.	391.9	→	R onto Rocky Lake Dr toward Bedford	7.8
53.	399.7	←	L into Sunnyside Mall	0.3
54.	400.0	🚧	End of route	0.0

28.2 kilometers. +215/-221 meters