

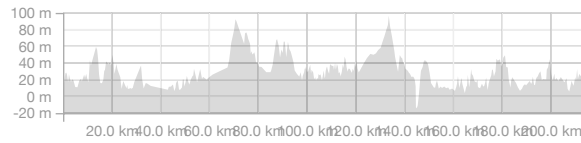
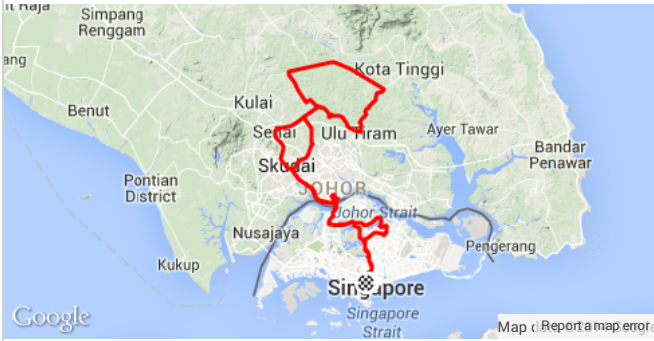
# STRAVA

## AUDAX 200KM

<http://www.strava.com/routes/995208>

213.0km      1,808m      Road  
 Distance      Elevation Gain      Ride Type

Est. Moving Time: 6:38:46



Route recommendations may be incomplete and/or inaccurate and may contain sections of private land and/or sections of terrain that could be challenging or hazardous. Always use your best judgement about the safety of road and trail conditions and follow traffic and property laws. Est. Moving Time based on your avg speed of 32.0 km/h over last 4 weeks

| DIRECTION                      | DISTANCE (kilometers) |
|--------------------------------|-----------------------|
| Proceed                        | 0.0                   |
| Right onto Kim Seng Road       | 0.0                   |
| Left onto River Valley Road    | 0.4                   |
| Right onto Hoot Kiam Road      | 0.5                   |
| Continue on Paterson Hill      | 0.9                   |
| Continue on Scotts Road        | 1.7                   |
| Right                          | 1.9                   |
| Left onto Scotts Road          | 2.0                   |
| Continue on Stevens Road       | 2.1                   |
| Continue on Scotts Road        | 2.2                   |
| Left onto Newton Circus        | 2.9                   |
| Continue on Newton Road        | 3.0                   |
| Continue                       | 3.7                   |
| Left onto Thomson Road         | 3.9                   |
| Continue on Lornie Road        | 7.2                   |
| Continue on Upper Thomson Road | 7.4                   |
| Left onto Island Club Road     | 9.4                   |
| Right                          | 9.4                   |

| DIRECTION                                  | DISTANCE (kilometers) |
|--|-----------------------|
| Left onto Upper Thomson Road               | 9.7                   |
| Continue on Old Upper Thomson Road         | 10.1                  |
| Right onto Upper Thomson Road              | 14.4                  |
| Continue on Sembawang Road                 | 15.4                  |
| Continue on Mandai Road                    | 15.7                  |
| Right onto Woodlands Road                  | 23.7                  |
| Continue on Causeway                       | 27.7                  |
| Continue on CIQ (Motorcycles and Bicycles) | 29.6                  |
| Continue on CIQ (Motorcycle)               | 31.2                  |
| Continue on Johor Bahru Inner Ring Road    | 31.8                  |
| Left                                       | 31.9                  |
| Proceed                                    | 31.9                  |
| Left onto Johor Bahru Inner Ring Road      | 32.0                  |
| Continue on Tebrau Highway Interchange     | 32.0                  |
| Continue                                   | 32.5                  |
| Continue on Tebrau Highway                 | 32.5                  |
| Continue on Johor Bahru Interchange        | 32.9                  |
| Continue on Skudai Highway                 | 33.3                  |
| Right onto Jalan Tun Abdul Razak           | 34.5                  |
| Continue on Iskandar Coastal Highway       | 35.1                  |
| Continue on Danga Bay Interchange          | 41.2                  |
| Continue on Skudai Highway                 | 42.1                  |
| Continue                                   | 46.7                  |
| Continue on Skudai Highway                 | 46.9                  |
| Continue                                   | 50.0                  |
| Continue on Skudai Highway                 | 50.5                  |
| Continue on Jalan Persekutuan 1            | 55.0                  |
| Proceed onto Jalan Persekutuan 1           | 59.3                  |
| Proceed                                    | 59.7                  |
| Proceed                                    | 60.1                  |
| Proceed onto Jalan Seelong                 | 60.2                  |
| Right onto Jalan Sungai Tiram              | 70.3                  |
| Continue                                   | 83.2                  |
| Left onto Tebrau Highway                   | 83.9                  |
| Left onto 94                               | 96.7                  |
| Left onto Jalan Sungai Tiram               | 120.3                 |
| Right onto Jalan Seelong                   | 132.0                 |

| <b>DIRECTION</b>                         | <b>DISTANCE (kilometers)</b> | <b>DIRECTION</b>                | <b>DISTANCE (kilometers)</b> |
|--|------------------------------|---------------------------------|------------------------------|
| Continue                                 | <b>136.2</b>                 | Right onto Sengkang West Avenue | <b>192.5</b>                 |
| Left onto Jalan Kampung Maju Jaya        | <b>136.4</b>                 | Right onto Jalan Kayu           | <b>192.6</b>                 |
| Continue on Jalan Kempas Lama            | <b>146.3</b>                 | Proceed onto Fernvale Lane      | <b>192.6</b>                 |
| Continue                                 | <b>151.1</b>                 | Proceed onto Fernvale Lane      | <b>192.7</b>                 |
| Continue on Skudai Highway               | <b>151.2</b>                 | Continue on Sengkang West Road  | <b>192.9</b>                 |
| Continue on Danga Bay Interchange        | <b>156.8</b>                 | Right onto Yio Chu Kang Road    | <b>193.0</b>                 |
| Right onto Iskandar Coastal Highway      | <b>157.1</b>                 | Continue                        | <b>198.1</b>                 |
| Continue                                 | <b>163.6</b>                 | Continue on Upper Thomson Road  | <b>198.2</b>                 |
| Continue on Jalan Tanjung Puteri         | <b>164.2</b>                 | Right onto Sin Ming Road        | <b>201.3</b>                 |
| Continue on Jalan Yahya Aldatar          | <b>165.4</b>                 | Left onto Upper Thomson Road    | <b>201.3</b>                 |
| Continue on Johor Bahru Inner Ring Road  | <b>165.4</b>                 | Proceed onto Upper Thomson Road | <b>201.5</b>                 |
| Continue on CIQ Interchange              | <b>165.5</b>                 | Left onto Gardenia Road         | <b>202.3</b>                 |
| Continue on CIQ (Motorcycle)             | <b>165.9</b>                 | Left onto Gardenia Rd           | <b>202.4</b>                 |
| Left onto CIQ (Motorcycles and Bicycles) | <b>166.1</b>                 | Proceed onto Gardenia Rd        | <b>202.4</b>                 |
| Continue on Causeway                     | <b>167.6</b>                 | Continue on Gardenia Road       | <b>202.4</b>                 |
| Right onto Woodlands Road                | <b>169.3</b>                 | Left onto Upper Thomson Road    | <b>202.4</b>                 |
| Left onto Causeway                       | <b>169.4</b>                 | Right                           | <b>202.7</b>                 |
| Right onto Woodlands Road                | <b>169.4</b>                 | Right onto Upper Thomson Road   | <b>202.7</b>                 |
| Continue                                 | <b>173.3</b>                 | Continue on Lornie Road         | <b>204.2</b>                 |
| Left onto Mandai Road                    | <b>173.4</b>                 | Continue on Thomson Road        | <b>204.4</b>                 |
| Continue on Mandai Avenue                | <b>179.0</b>                 | Continue                        | <b>205.0</b>                 |
| Continue on Yishun Avenue 1              | <b>181.1</b>                 | Left onto Thomson Road          | <b>205.1</b>                 |
| Continue                                 | <b>182.0</b>                 | Right onto Moulmein Road        | <b>207.8</b>                 |
| Continue on Yishun Avenue 1              | <b>182.0</b>                 | Left onto Thomson Road          | <b>207.9</b>                 |
| Proceed onto Yishun Avenue 1             | <b>184.7</b>                 | Right onto Newton Road          | <b>207.9</b>                 |
| Proceed onto Seletar Club Road           | <b>186.6</b>                 | Left onto Newton Circus         | <b>208.8</b>                 |
| Left onto West Camp Road                 | <b>188.1</b>                 | Continue on Scotts Road         | <b>208.9</b>                 |
| Right onto Seletar West Link             | <b>188.1</b>                 | Continue on Patterson Road      | <b>210.1</b>                 |
| Continue on Seletar Aerospace Drive      | <b>188.4</b>                 | Continue on Paterson Hill       | <b>210.3</b>                 |
| Continue                                 | <b>190.3</b>                 | Continue on Irwell Bank Road    | <b>210.8</b>                 |
| Right onto Piccadilly                    | <b>190.4</b>                 | Continue on Kim Seng Road       | <b>211.2</b>                 |
| Left onto Piccadilly Circus              | <b>191.1</b>                 | Arrive at Finish                | <b>211.6</b>                 |
| Right onto Jalan Kayu                    | <b>191.1</b>                 |                                 |                              |
| Right onto Lorong Samak                  | <b>191.8</b>                 |                                 |                              |
| Left onto Jalan Kayu                     | <b>191.8</b>                 |                                 |                              |
| Left onto Sengkang West Way              | <b>192.0</b>                 |                                 |                              |
| Right onto Jalan Kayu                    | <b>192.1</b>                 |                                 |                              |