



2026 CAJUNMAN BIKE COURSE



TOTAL DISTANCE: 20.0 MILES

MILE	CUE	DIRECTION
0.0 (START)		START OF ROUTE
1.6		LEFT onto Garber Rd
4.1		RIGHT onto Shenandoah Dr
4.4		CONTINUE onto Bayou Tortue Rd
5.3		RIGHT onto La Flamme Rd
6.2		LEFT onto St Nazaire Rd
6.9		SLIGHT LEFT to stay on St Nazaire Rd
7.0		LEFT onto LA-96 W
10.3		LEFT onto S Aubrey-Ozenne Rd/Par Rd 140
12.8		CONTINUE onto Bayou Tortue Rd
15.5		CONTINUE onto Shenandoah Dr
15.9		LEFT onto Garber Rd
18.4		RIGHT onto US-90 E
19.6		LEFT onto Perimeter Rd
20.0 (FINISH)		END OF ROUTE

COURSE NOTES

- Follow all road rules and stay on the right side of the road.
- Watch for vehicles at all intersections and driveways.
- In case of emergency, call 911.

CAJUN
 MAN
BIKE

