Km from E end of Elkview Rd	Chilliwack-Bench FSR (W to E)
0.0	junction of Chilliwack-Bench FSR, Elkview Rd & Lookout Rd. Chilliwack-Bench FSR leads E (gravel road)
1.0	junction - Elk-Thurston Trail leads N. Small pit area (parking) near to W.
4.6	junction - Chilliwack Army FSR connects here from the SW.
	Chilliwack-Bench FSR continues E

Km from Chilliwack	
Lk Rd	Chilliwack-Foley FSR (S to N)
0.0	junction of Chilliwack-Foley Ck FSR and Chilliwack Lake Rd. Chilliwack-Foley Ck FSR leads N.
0.0	junction - entrance to Foley Camp FRS to NW
0.4	pit area to E. Popular motorized vehicle area.
1.4	campsite to W (next to river)
2.0	bridge over Foley Ck & junction - Chilliwack-Bench FSR leads W
Km from Chilliwack	
Lk Rd	Chilliwack-Bench FSR (E to W)
2.0	junction of Chilliwack-Bench FSR & Chilliwack-Foley Ck FSR. Follow Chilliwack-Bench FSR to W
3.0	junction - 2 short roads to camping area on S side
3.5	bridge over Chipmunk Ck
3.8	junction - Chilliwack-Chipmunk Ck FSR leads N. Also, a pit is located here. For Cheam Peak, follow this road N!
4.4	junction - gated entrance to 'Chipmunk FRS' (campground) to S. This is the Chipmunk Peninsula FRS.
5.2	old cable car across Chilliwack River
6.6	junction - Chilliwack-Thurston FSR to N
7.0	junction - entrance to camping area to SE
7.8	camping area to S. This is the Rapids FRS.
8.0	junction - old road to S
8.1	junction - old road to S - connects to road above
8.8	bridge over creek
8.9	junction - gated road to S to private property
9.3	junction - good road to N
9.4	junction - camping area to S
12.2	junction - road to N
13.0	small pit to N
15.9	junction - Chilliwack Army FSR leads SW
19.5	junction - Elk-Thurston Trail leads N. Small pit area (parking) near to W.
20.5	junction - Chilliwack Army FSR ends. Lookout Rd leads NW & Elkview Rd leads W.

Note - distances will vary slightly from one vehicle to another. Oversized tires will likely result in significant discrepancies. Note - Grey = main road junction. Yellow = camping location. Green = trail/MR access.