

| 5 - Alive Loop (between Kitchener-Waterloo & London) | | | Total Km - 420 |
|--|--------------|------|--|
| District 5 - Southeastern Ontario | | | |
| Stratford (Intersection 346) to Burford | | | |
| Trail 5 | KM | 87.1 | |
| | Fuel | Yes | Stratford - Trail 5-14 at Intersection 346 Shakespeare, Drumbo - via Trail 5-17 at Intersection 288 Burford - Via Trail 5-87 at intersection 282 |
| | Food | Yes | Stratford, Burford |
| | Lodgings | Yes | Stratford |
| | Staging | Yes | Stratford |
| | Area Dealers | Yes | New Hamburg - Massels Marine (Yamaha), Blue Ski Marine (Ski-Doo). Ayr - Team Vincent (Ski-Doo) |
| Burford to Tillsonburg (Intersection 389) | | | |
| Trail 5 to Intersection 245 | KM | 60.6 | |
| then Trail 5-79 to Intersection 246 | Fuel | Yes | Burford, Springford, Norwich, Tillsonburg |
| then Trail 5-54?? | Food | Yes | Burford, Norwich, Tillsonburg |
| | Lodgings | Yes | Tillsonburg |
| | Staging | Yes | Tillsonburg |
| | Area Dealers | Yes | Norwich - Davidson Lawn & Sport (Arctic Cat) Tillsonburg - Lockhart's Oydessy (Ski-Doo), Chesterman Power Products (Polaris) |
| Tillsonburg (Intersection 389) to Thamesford (Intersection 230) | | | |
| Trail 5-54 | KM | 52.3 | |
| | Fuel | Yes | Tillsonburg, Thamesford |
| | Food | Yes | Tillsonburg, Thamesford |
| | Lodgings | Yes | Tillsonburg |
| | Staging | Yes | Tillsonburg |
| | Area Dealers | Yes | Tillsonburg - Lockhart's Oydessy (Ski-Doo), Chesterman Power Products (Polaris), London - Hully Gully (Yamaha), Inglis Cycle (Polaris). Dorchester - Fast Track Performance (Arctic Cat) |

| Thamesford (Intersection 230) to Ilderton (Intersection 207) | | | |
|--|--------------|------|--|
| Trail 5-58 to Intersection 228 | KM | 48.6 | |
| then Trail 5-31 | Fuel | Yes | Thamesford, Ilderton |
| | Food | Yes | Thamesford, Ilderton |
| | Lodgings | No | |
| | Staging | Yes | Ilderton |
| | Area Dealers | Yes | London - Hully Gully (Yamaha), Inglis Cycle (Polaris). Dorchester - Fast Track Performance (Arctic Cat) |
| Ilderton (Intersection 207) to Intersection 13 (near Strathroy) | | | |
| Trail 5-39 to Intersection 149 | KM | 42.5 | |
| then Trail 5-36 | Fuel | Yes | Ilderton, Hickory Corner, Centre Road (near Strathroy) |
| | Food | Yes | Ilderton, Centre Road (near Strathroy) |
| | Lodgings | Yes | Ilderton, Centre Road (near Strathroy) |
| | Staging | Yes | Hickory Corner (Just west of Intersection 13.) |
| | Area Dealers | Yes | London - Hully Gully (Yamaha), Inglis Cycle (Polaris). Dorchester - Fast Track Performance (Arctic Cat) |
| Intersection 13 (near Strathroy) to Exeter (Intersection 186) | | | |
| TOP B108 to Intersection 155 | KM | 63.1 | |
| then Trail 5 | Fuel | Yes | Parkhill (via 5-32 at Intersection 151), Exeter (Trail 5 - at Intersection 186) |
| | Food | Yes | Parkhill (via 5-32 at Intersection 151), Exeter (Trail 5 - at Intersection 186) |
| | Lodgings | No | |
| | Staging | No | |
| | Area Dealers | No | Hensall - Brian's Service (Yamaha), Elder Enterprises (Polaris) |
| Exeter (Intersection 186 to Stratford (Intersection 346) | | | |
| Trail 5 | KM | 66.3 | |
| | Fuel | Yes | Exeter (Trail 5 - at Intersection 186), Stratford (Trail 5-14 at Intersection 346) |
| | Food | Yes | Exeter (Trail 5 - at Intersection 186), Stratford (Trail 5-14 at Intersection 346) |
| | Lodgings | Yes | Stratford (Trail 5-14 at Intersection 346) |
| | Staging | Yes | Stratford |
| | Dealers | Yes | New Hamburg - Massels Marine, Blue Ski Marine. Ayr - Team Vincent (Ski-Doo) |