

(Revised: February 2022)

Start/Finish

Inter River Park

To Berm

Watch for Traffic-Obey Marshals

- Turn LEFT onto Premier Street.
- Turn RIGHT onto Inter River Drive.
- Turn LEFT onto the path beside Lillooet Rd.
- Keep straight onto old cemetery Rd.
- Take bark mulch trail
- Cross Lillooet Rd onto the Berm. **OBEY TRAFFIC MARSHALS.**
- Follow Berm to Filtration Ponds.

Twin Bridges

- At Filtration Ponds head through small parking lot and follow trail around the two ponds.
- At T-Junction, turn RIGHT onto Twin Bridges trail.
- At bottom of hill, cross bridge. **AID STATION**

Bridle Path

- Turn RIGHT after bridge onto Fisherman's trail.
- Take the third LEFT onto Bridle Path trail and begin ascent.
- At top of climb keep LEFT (Bridle and Hyannis become one trail for a short distance).
- At T-Junction (post) turn RIGHT to keep on Bridle Path.
- Follow to junction with Baden-Powell (big sign).

Slippery Salamandar (SS)

- At BP/Bridle/Applicator junction, go straight onto Applicator and immediately turn RIGHT to start Slippery Salamandar. Note: SS runs adjacent to Bridle Path for several meters before veering off to the left.
- At junction with Rapid Transit, keep RIGHT and continue down Slippery Salamandar.
- At Bridle Path turn LEFT, then immediately turn RIGHT to continue along Sticks & Stones.

Sticks & Stones (1 & 2)

- Follow Sticks & Stones back to Bridle Path.
- Go straight across Bridle Path to continue on Sticks & Stones.

Cardiac Bypass & Academy Climb

- At T-Junction turn RIGHT onto Cardiac Bypass.
- Almost immediately, turn LEFT onto Academy Climb.
- At top of climb, turn RIGHT onto Rapid Transit.

Rapid Transit

- At first intersection keep straight (across Applicator) onto Rapid Transit Connector.

RT Connector to Good Sir Martin

- At T-Junction turn RIGHT onto C-Buster.
- Keep right onto Pussyfoot (a climbing only bypass that joins back with C-Buster).
- Keep right back onto C-Buster to the junction with Penny/Lane & Shorn Scrotum.
- Turn RIGHT *after Shorn Scrotum* onto Penny Lane.
- Penny Lane crosses Short Scrotum (stay on PL).
- Keep straight at intersection with Severed D to begin Good Sir Martin.

Good Sir Martin

- Stay straight at John Deere and climb to Baden-Powell.
- At T-Junction, turn LEFT onto Baden-Powell.

Baden-Powell & Severed D

- Climb a short distance and turn LEFT at first intersection to stay on Baden-Powell. **AID STATION**
- At next junction, turn LEFT to descend Severed D.
- Stay LEFT at junction with C-Buster.
- Stay RIGHT at John Deere to continue along Severed D until Bridle Path.

Bridle Path to Old Buck

- Turn LEFT onto Bridle Path.
- **BIKES:** Turn RIGHT onto Empress Bypass (bike trail).
- **RUNNERS:** Stay on Bridle Path and turn RIGHT on Fern Gully (hike only) then LEFT onto bottom of Empress Bypass.
- At T-Junction, turn LEFT onto Old Buck. **AID STATION**
- Continue up Old Buck.
- At junction with Bridle Path, stay straight on Old Buck.

Baden-Powell & Mushroom

- Turn LEFT onto Baden-Powell and follow until junction with Mushroom. **AID STATION**
- Continue uphill on Mushroom.
- Cross Powerline to continue up Mushroom.

Continued....

Dales & Forever After

- Take the second LEFT onto Upper Dales
- Keep right onto Dales until you reach Powerline.
- Cross Powerline and you are now on Forever After.
- At bottom of descent, turn RIGHT onto Bridle Path.

Bridle Path, Hyannis & Powerline

- Follow Bridle Path to T-Junction with Hyannis.
- Turn RIGHT onto Hyannis.
- At T-Junction with Powerline, turn LEFT.
- Cross footbridge and take next RIGHT onto Greenland.

Greenland & Bottletop

- Keep straight at intersection with Ned's Atomic Dustbin.
- Keep straight across connector trail.
- At junction with Bottletop and Ridge Runner, keep RIGHT onto Bottletop.
- Follow Bottle top back to Fisherman's (T-Junction).

Fisherman's

- Turn RIGHT onto Fisherman's towards the bridge.
AID STATION
- Cross bridge and begin climb up Twin Bridges trail.

To the Berm

- Watch for first trails on the left.
- Turn LEFT and follow trail around the Filtration Ponds.
- Cross small parking lot and head South on the Berm.

Berm & Cemetery

- Stay on Berm until just past park gate
- Just past small parking lot (on your right), **SLOW** and cross Lillooet Rd.
Watch for Traffic-Obey Marshals
- Take bark mulch trail onto cemetery road.

To Finish

- Follow cemetery Rd onto Lillooet Rd path.
- Turn RIGHT onto Inter River Drive.
Watch for Traffic-Obey Marshals
- Turn LEFT onto Premier Street.
- Turn RIGHT to finish line.

