

## Start/Finish

Inter River Park

## To Diamond Trail

### **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

## Baden-Powell to Fisherman's

- Stay LEFT around parking lot and turn onto Diamond.
- At T-Junction, turn RIGHT onto Baden-Powell.
- Follow to Lillooet Rd & cross road.

### **Watch for Traffic-Obey Marshals**

- Stay STRAIGHT on Baden-Powell.
- Head downhill and cross bridge to Fisherman's

## Fisherman's & Bridle Path

- Turn LEFT onto Fisherman's.
- Follow Fisherman's to Bridle Path trailhead.
- **AID STATION**
- Turn RIGHT onto Bridle path and ascend hill.
- 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, Empress & Old Buck

- Turn LEFT onto Bridle Path.
- 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. **Check In**
- Continue up Old Buck.
- At junction with Bridle Path, stay straight on Old Buck.
- AT junction with Baden-Powell, 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.

(Revised: December 2025)

## 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 LEFT onto Fisherman’s towards the Bridle Path trailhead. **AID STATION**

## Second Loop of Greenland/Bottle Top

- Turn LEFT onto Bridle Path and ascend hill.
- At top of climb keep LEFT (Bridle and Hyannis become one trail for a short distance).
- At T-Junction stay STRAIGHT to keep on Hyannis.
- At T-Junction with Powerline, turn LEFT.
- Cross footbridge and take next RIGHT onto Greenland.
- Keep straight at intersection with Ned’s
- 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 LEFT onto Fisherman’s towards the Bridle Path trailhead. **AID STATION**
- Continue along Fisherman’s towards Baden-Powell.

## Baden-Powell & Diamond

- At end of Fisherman’s turn RIGHT onto Baden-Powell and begin ascent up the stairs.
- Stay on Baden-Powell to Lillooet Road & cross road. **Watch for Traffic-Obey Marshals**
- Continue along Baden-Powell.
- Turn LEFT onto Diamond.
- Follow Diamond to small parking lot (keep right around lot).

## To Finish

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

