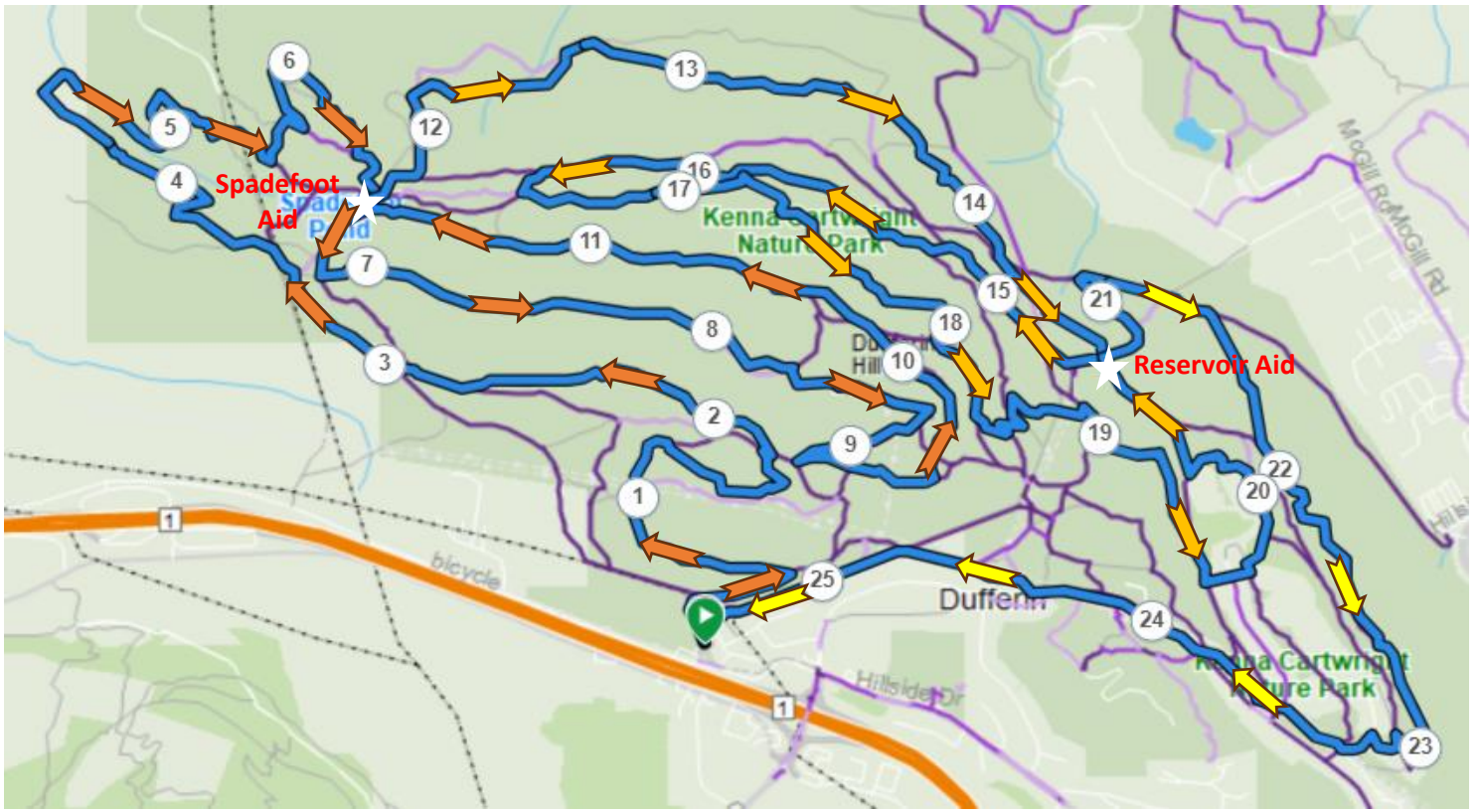


# Walk In The Park 25km Clockwise



## 25KM course directions for clock wise direction

Leave Start area and head up Tower Trail.

At approx. .5 km on Tower Trail turn left onto Sunny Side Trial.

Continue on Sunny Side Trail to 4 way intersection, continue straight onto Cabin Trail.

At approx. 1.25km turn right onto Cabin Fever Trail.

Cabin Fever Trail will end onto Ponderosa Trail. Take a right and then shortly after a left onto Big Pine - Approx 1.8km

Stay on Big Pine until approx. 2.9km, stay left and connect back onto Ponderosa Trail, heading right, up the hill.

Cross the pipeline easement at approx. 3.5km and head onto Sunset trail, and then your next right onto Mesa Trail.

Mesa Trail will eventually cross back over the pipeline easement at approx. 5.4km. Continue on Mesa Trail & take the next left onto Blow Down Alley.

At approx. 5.75km take a left onto Lava Rock Lookout trail, at the top this will merge into Lava Flow Trail, continue on till you take another left back onto Blow Down Alley Trail.

Blow Down Alley Trail will end at a 4 way intersection at approx. 6.5km - "Spade Foot Aid Station"

Leave Spade Foot Aid Station on Big Pine Trail headed up hill (south) until taking a left onto Ridge Trail.

Follow Ridge Trail all the way to the radio towers until you merge onto Tower Trail (road) Approx 8.5km

Continue down Tower Trail until taking a left onto Saskatoon Trail. Approx 9.2km

Follow Saskatoon Trail until taking another left onto Lichen Traverse, follow this until it merges into Upper Doug Daws Trail at Approx 10.4km

Continue on Upper Doug Daws until you return to "Spade Foot Aid Station" Approx 11.65km

Leave Spade Foot Aid Station on Ponderosa Trail going down the hill and then merging off to the right onto Deer Run Trail. This will take you all the way across to Reservoir Aid Station at approx. 14.6km

Leave Reservoir Aid heading uphill on Ponderosa Trail, follow this until taking a left onto Ruffed Grouse Trail

Ruffed Grouse Trail will end by merging with a slight left onto Lower Doug Daws Trail

Follow Lower Doug Daws until taking a left through the trees up the hill & then another left onto West Vista Trail. Approx. 16.5km

Continue on West Vista Trail which will merge onto North Vista Trail heading uphill

Stay on North Vista Trail for a bit, then take a left down onto Owls Perch/Upper Doc Findley Trail - crossing the double track and continuing on Upper Doc Findley
Follow Upper Doc Findley Trail until you take a left on the path that you will run on Prairie Rose Dr straight until taking a left, head down hill following until merging again with Lower Doc Findley Trail. Follow this until the end where "Reservoir
From Reservoir Aid Station head down the hill on Reservoir Trail (double track road) until you come to Kinnickinnick Trail on your right, approx. 21.4km
Head up Kinnickinnick Trail until taking a left onto Lower Doc Findley Loop Trail continuing up.
Follow Lower Doc Findley Loop Trail along the ridge line until it drops down and swings around to the right and comes to Prairie Rose Dr. Approx. 23km
After crossing Prairie Rose Dr, staying on the right, head down the hill on the side walk before re-entering the trail on the right. Head up this trail, crossing Rock Crest Dr past the outhouse at the parking lot continuing on towards following power lines.
You will cross the access road at the end of Pacific Way & continue on the trail following the power lines until you come to Red Tail Hawk, take a left. Approx. 24.7km
Follow Red Tail Hawk straight until you branch left at the end of the course sweeping down back to the Finish area.

