

## Directions – 2021 Half Marathon and 30Km course

- Start in front of Spruce Grove Field House facing North towards the gravel path between the Waldorf School and the small building with the red roof
- Follow the trail ahead of you for approx. 50m
- Turn right onto the first trail to your right, leading you up a short steep hill.
- Stay on this trail as it veers left and further uphill past a large tree in the middle of the trail.
- Take your next right onto Lower Panorama trail, continue to Helens Corner intersection
- At Helens Corner turn left followed by an immediate right onto Lost Lake North/Old Mill Road trail, under the Elephant Bridge (log bridge). Follow this for approx. 500m
- At the “Y” intersection stay to the right and run along the north end of Lost Lake.
- **HALF MARATHON** – at the next intersection (proposal corner) take a left and run 250m down the hill and up the following hill. At the top of the hill as it begins to turn right, turn back and run back to Proposal Corner. Then continue straight onto Lower Panorama. This extra leg is required to get the correct distance.
- **30KM** – at the next intersection (proposal corner) take a right turn on to Lower Panorama.
- Continue on Lower Panorama back to Helens Corner
- Turn Right onto the single-track trail “Donkey Puncher” then an immediate left onto the Elephant Bridge (log bridge) to cross the trail you have already run below.
- Cross the Bridge and take your first RIGHT onto Molly Hogan
- Climb up Molly Hogan and stay on this same trail – DO NOT take any other trail that is wider or more technical. Follow Molly Hogan all the way to the public washrooms at Lost lake Beach.
- Take a right onto the wide one lane gravel road at the bottom of Molly Hogan trail. This is Lost Lake Loop.
- Continue with the Lake on your left to the “Y” Intersection you were at earlier at the north end of Lost Lake.
- Veer right onto Lost Lake North/Old Mill Road trail, running the opposite direction you did before (headed back towards the Elephant Bridge).
- Pass under the Elephant Bridge and veer right, staying on the Lost Lake North/Old Mill Road trail. Stay on this trail at all intersections until you reach the powerlines overhead.
- Turn left onto Hydro Cut. Follow Hydro Cut to Lower Panorama
- Turn Right onto Lower Panorama. Follow Lower Panorama down a hill and back up to the power line clearing
- Once in the powerline clearing turn Right onto Lost Lake North/Old Mill Road trail
- Continue up this trail to the large intersection

- At the Intersection under the powerlines, continue STRAIGHT through the intersection and enter the HOOKTENDER/TOMMY MORE single-track trail
- Turn LEFT onto HOOKTENDER trail
- Stay on HOOKTENDER all the way down the hill – do not veer off onto any other trail that comes into contact with HOOKTENDER
- When HOOKTENDER terminates at the Fitzsimmons creek bridge, continue over the bridge and stay on the DYKE trail parallel to the train tracks
- Continue on the DYKE trail towards and Nicklaus North Gold Practice Facility
- At the NN Golf Practice Facility, veer left onto the paved valley trail.
- Stay on the paved valley trail through riverside campground
- Stay on the paved valley trail and cross the Scandinave Spa access road, continue straight
- Stay on the paved valley trail as it parallels Mons Road
- When the Valley trail veers towards the creek, take a hard left over the single-track bridge.
- Stay on the paved valley trail to Spruce Grove Field House.

LOOP COMPLETE.      Half Marathon completes this 2 times.  
30km completes this 3 times.