

Route Descriptions

2.5 km

Heading out from Site #1, Gold Bar Park, the route begins on the grass heading to the multi-use path turning right (heading east) follow the path and head across the foot bridge, turn left and complete loop to head back across the foot bridge towards Gold Bar Park, at fork continue south to make loop around lower part of Gold Bar Park pond, take left turn to head back to starting point (finish line) for 2.5km route.

5 km

Heading out from Site #1, Gold Bar Park, the route begins on the grass heading to the multi-use path turning right (heading east) follow the path and head across the foot bridge, turn left and complete loop to head back across the foot bridge towards Gold Bar Park, at fork continue south to make loop around lower part of Gold Bar Park pond, take left turn to head back to juncture of start line and continue north, then west following the multi-use path past the Water Treatment center across 50th Street. 5 Km route loops back in Capilano Park, following the same trail back to the finish line.

10 km

Heading out from Site #1, Gold Bar Park, the route begins on the grass heading to the multi-use path turning right (heading east) follow the path and head across the foot bridge, turn left and complete loop to head back across the foot bridge towards Gold Bar Park, at fork continue south to make loop around lower part Gold Bar Park pond, take left turn to head back to juncture of start line and continues first north, then west following the multi-use path past the Water Treatment center across 50th Street. The 10 km route heads across the pedestrian bridge and loops back at end of bridge to continue up the hill on the multi-use path (along Capilano and Hardisty Roads). It loops back near 106 Avenue (before the hill declines). Follows the same path along the multi-use trails along Capilano and Hardisty roads, across 50th street and back to the finish line.

Water stations

Water stations located just before the pedestrian bridge and at the juncture of 106 Ave and Hardisty Drive before heading back.