



- Riders will start from Kinsmen Park, turn right up past the washrooms.
- Follow the flagged course to the main camp road.
- Turn left up into the campground and work your way through the flagged line to the river trail.
- Follow the river trail.
- Turn right back into the campground and follow the marked trail along a series of camp roads and camp sites.
- Turn right back onto the main camp road and follow around back to the parking lot.
- Lap/Finish on the Kinsmen Park trail.

Complete 3 laps @ approx. 1.8km per lap. Total distance 5.4km