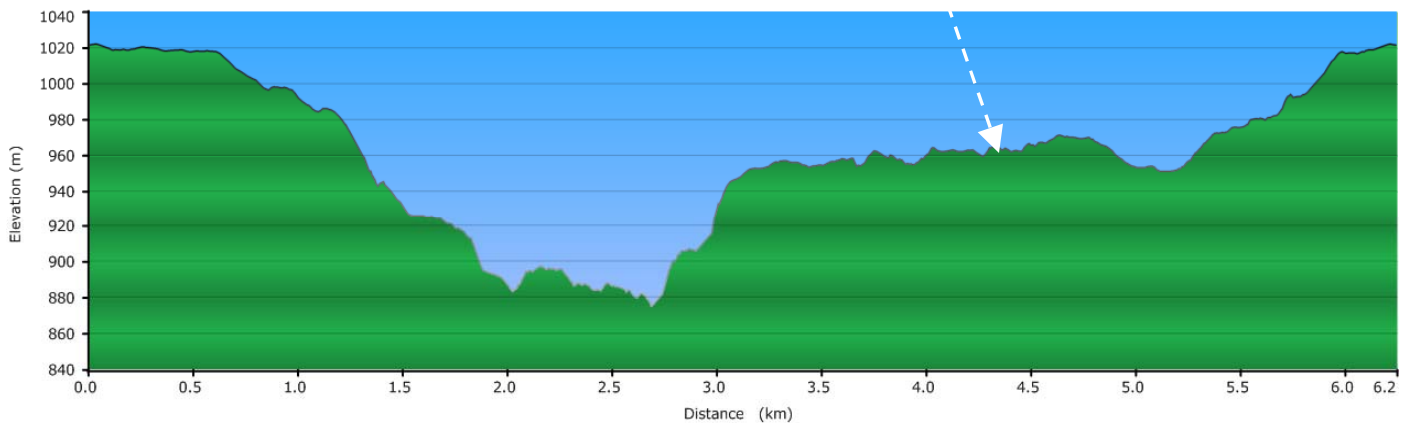
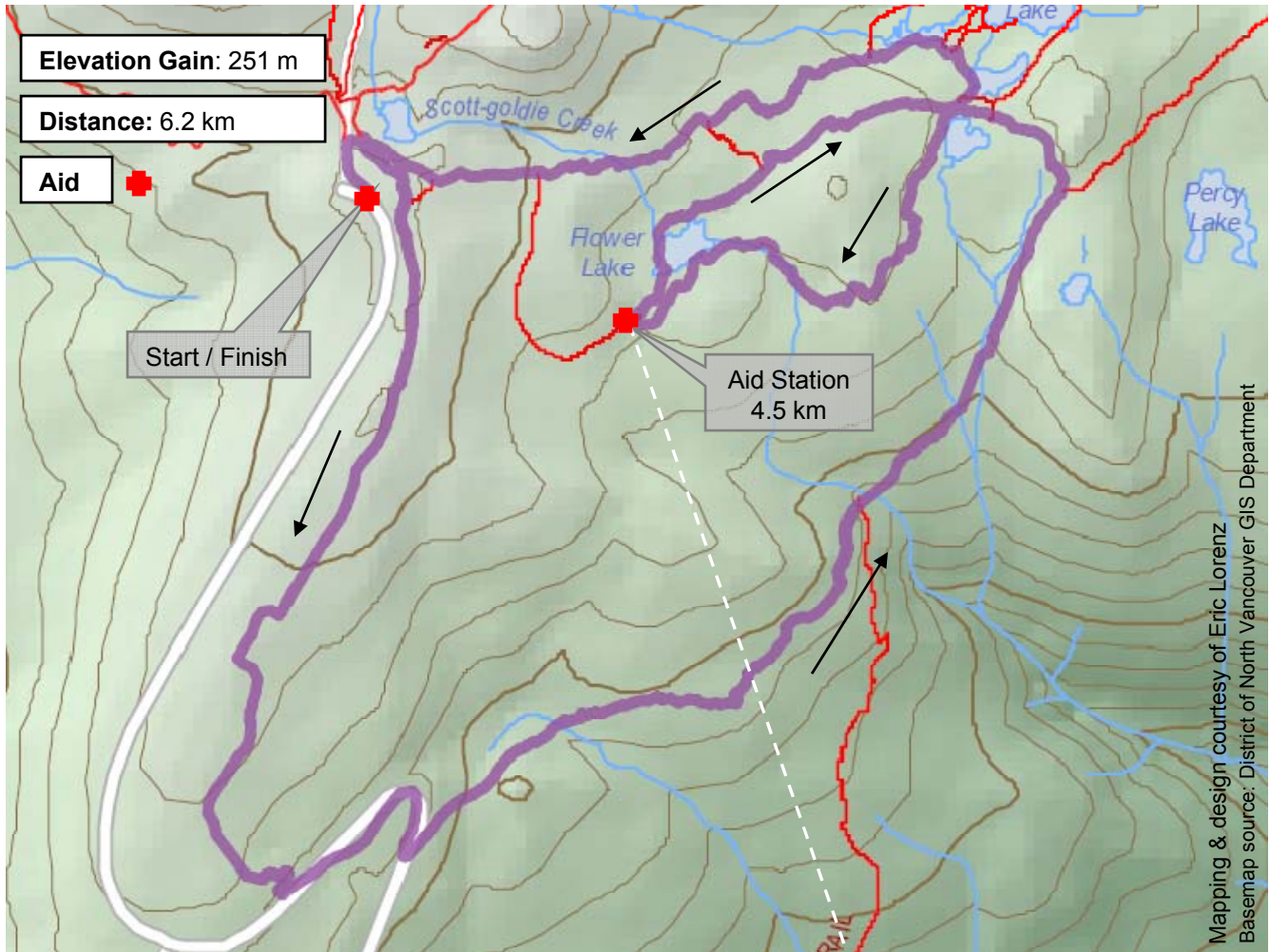


### Mount Seymour SPORT COURSE



**Sport Course:** South on access road behind main ski lodge, down to the water tanks and Mount Seymour Road. Turn left and head down road and into Old Cabin Lake Trail. Follow this trail until it connects with Perimeter Trail where you'll turn left (north). Head up Perimeter Trail until a major intersection of trails, turn left towards Flower Lake Loop. Go around the lake and back to that same intersection, this time turning left towards Goldie Lake. Follow this trail and head back to the ski parking lot. Note... you pass the Aid Station once.