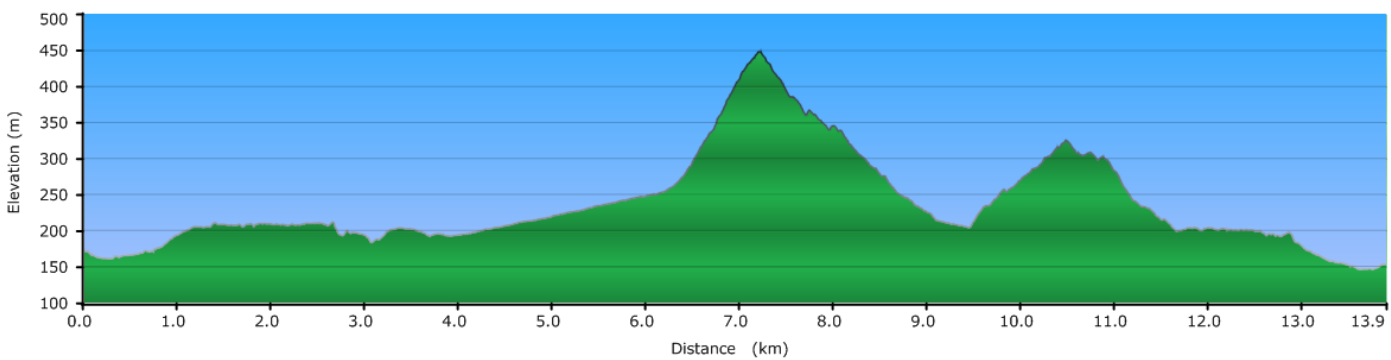
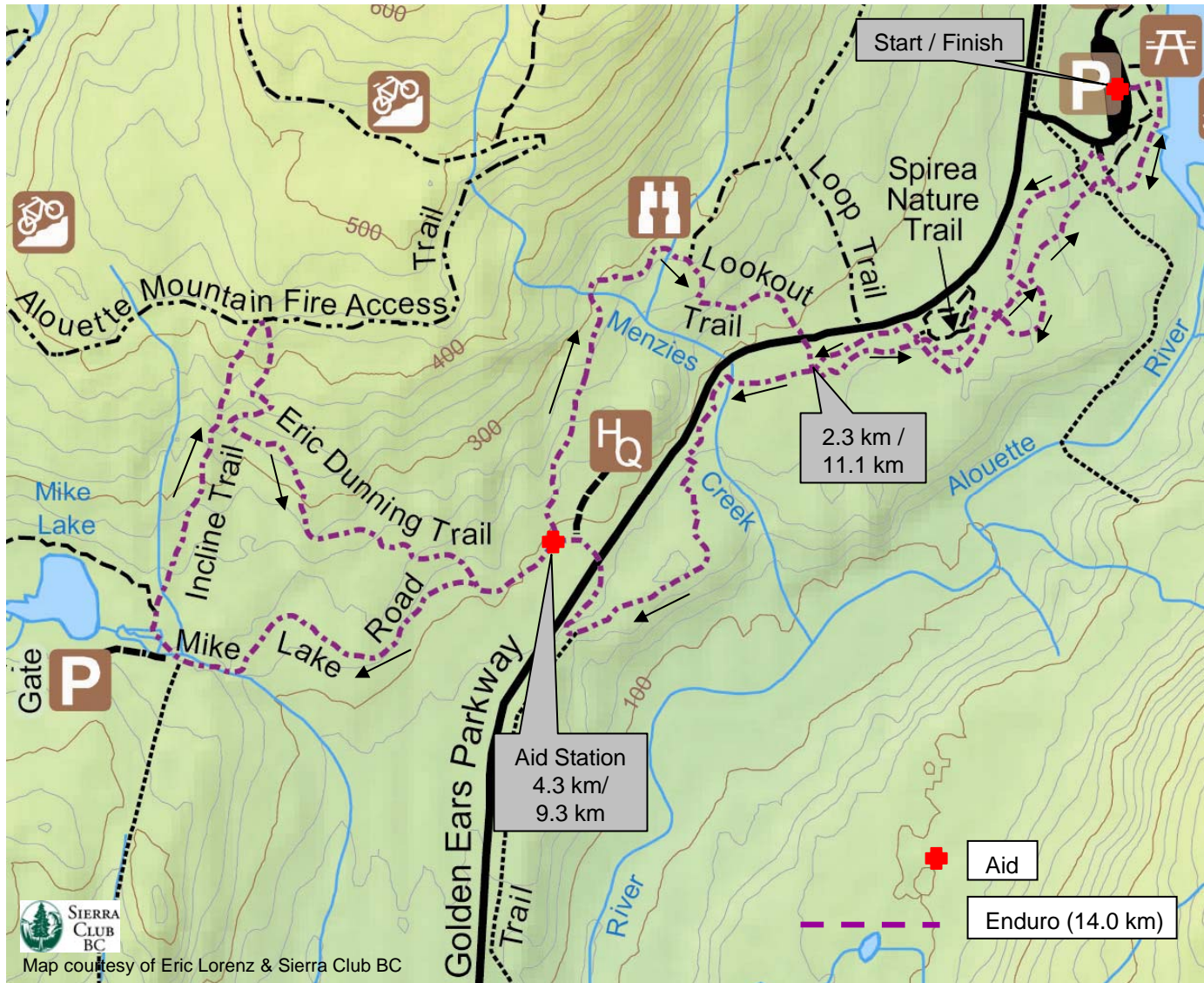


## Golden Ears Provincial Park ENDURO COURSE



**Distance:** 14.0 km **Total Elevation Gain:** 648 metres

**Enduro Course:** From the beach out to Alouette Valley Trail, to Mike Lake Road, then up the dirt road and up Incline Trail, all the way to the top. Head down Switchback Trail and down Eric Dunning Trail, back onto Mike Lake Road for 200m, turn left onto Menzies Trail and back up onto Lookout Trail. Head down Lookout Trail, cross the parkway and finish up by running through the Spirea Nature Trails and back into the parking lot.