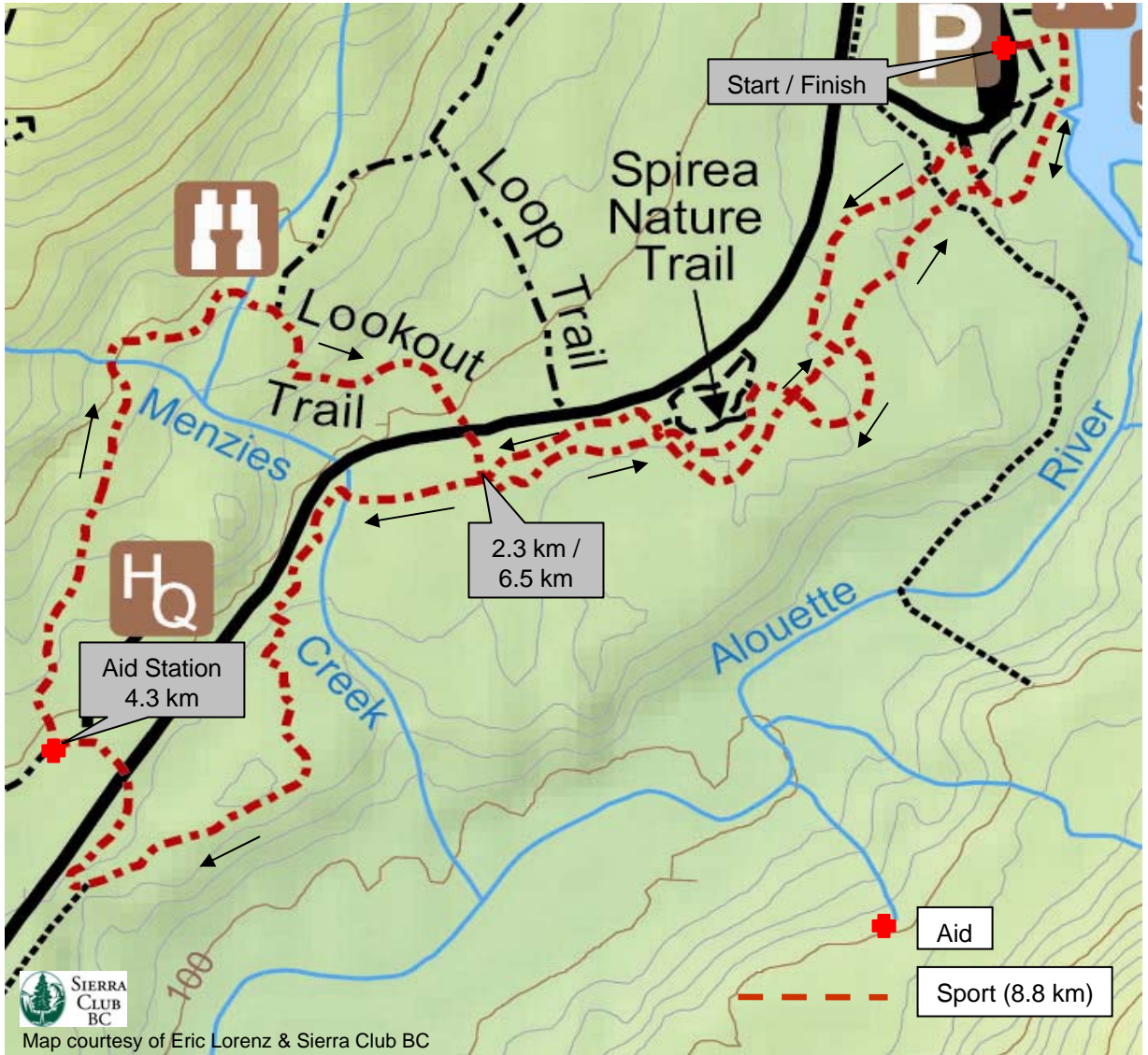


Golden Ears Provincial Park SPORT COURSE



Distance: 8.8 km Total Elevation Gain: 324 metres

Sport Course: From the beach out to Alouette Valley Trail, to Mike Lake Road, up Menzies Trail to Lookout Trail and down back onto Spirea Nature Trail and back into the parking lot.