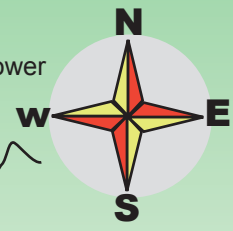


RAILWAY

GOVERNORS RD

6:00 a.m. 100M, 50M & 100M Relay
 7:30 a.m. 50 K & 25 K
 8:15 a.m. 10K



A Aid station

MINERAL SPRINGS ROAD

HCA OFFICE 7 WORKSHOP

MAIN LOOP

REFORESTATION

POWERLINE RD

G. Donald Trail

Headwaters Trail

Heritage Trail

15K

Reforestation Trail

10K

Lookout Trail

SULPHUR SPRINGS RD.

Headwaters Trail

Headwaters Trail

Spring Valley Trail

Murray Ferguson Way Hilltop Trail

Turnaround 25K

A

START FINISH 0/20K

Ancaster Community Centre

20K
 10K
 5K

Martin Rd

JERSEYVILLE RD

McCormack Trail

Sawmill Trail

John White Trail

Sawmill Trail

Sulphur Creek Trail

Sulphur Creek Bridge

Trail Centre

5K

Monarch Trail

Merrick Orchard

The Gatehouse

WILSON ST

PADDY GREENS RD

SULPHUR SPRINGS TRAIL RUN



10km | 25km | 50km | 50mile | 100mile

ANCASTER, ONTARIO
DUNDAS VALLEY
CONSERVATION AREA

