

SULPHUR SPRINGS 20K LOOP INSTRUCTIONS

letters correspond to labels on map

X - Start/Finish – AID STATION

- Turn right onto Martin Road and head down the hill

A – at the bottom of the hill, turn right onto Murray Ferguson Way

- You will PASS Spring Valley Trail on your right

B – As you are heading up the hill, go straight (Headwaters will go straight or to the left and 10K runners, will go left)

C – take a sharp switch-back right onto Lookout Trail

D – Stay to the right as you merge back onto Headwaters.

E – You will CROSS Mineral Springs Road and continue on Headwaters on the other side of the road.

F – You will CROSS Sulphur Springs Road and continue on Headwaters on the other side of the road.

G – Turn right onto the Main Loop and follow the Main Loop symbols.

H – AID STATION in parking lot on the right side of the trail.

I - Turn right on Monarch Trail

J – Take a sharp left down the steep hill to the Burlington Runners Bridge that crosses over the creek.

- There will be a switch-back up the ravine on the other side. Stay to the left.

K – Turn left onto Sulphur Creek Trail.

L – Turn right onto the Main Loop again. Follow the Main Loop symbols.

M – at the Hermitage Ruins, stay right. You will be on a private drive for a short time and then you will turn left back into the trail.

G – Turn right back onto the Headwaters trail.

F – You will CROSS Sulphur Springs Road again and continue on Headwaters on the other side of the road.

E – You will CROSS Mineral Springs Road again and continue on Headwaters on the other side of the road.

D – Turn right and go over the bridge.

N – You are now at the big Dundas Valley Map Sign and the hitching post, that is at the intersection of 4 trails.

- BEFORE PASSING THE SIGN.....TURN RIGHT onto Reforestation Trail.

- Continue straight until you see the entrance to G. Donald Trail on the left. Take the left and then stay to the right.

- Run the entire G. Donald Loop.

- When you come out of G. Donald, turn right and then right again onto Reforestation Trail.

- Run the entire Reforestation Trail.

- When you get back to the intersection with the big sign, TURN RIGHT onto Headwaters.

B – Turn right onto Headwaters, heading towards the Lollipop.

O – You will cross Martin Rd. During the race, there is an AID STATION here.

P – take a right at the intersection

- Enjoy the 3 sisters. The reward is on the other side of the cornfield, when there is a lovely long gradual downhill.

P – turn right at the intersection, heading back towards the aid station at M.

O – enjoy the AID STATION again, and turn right onto Martin Road

- Climb back up Martin Road to the Start/Finish and AID STATION in the parking lot.

REPEAT

10K Loop Instructions:

Start/Finish > Right at A > Left at B > Straight Through O > Right at P > Run Loop > Right at P again > Right at O and back up Martin Road to Start/Finish