

South on 203rd East on 118th Ave South on 207th back to 203rd South on 203rd/113b and through both roundabouts to Airport Way West on Airport Way to trail, take trail to Hammond West on Hammond across Harris Road, which then becomes Mitchell Road South on 191A Avenue and onto trail(path between two houses) West on the trail, following it all the way through to Baynes Road South on Baynes (nice trail on the airport side of the road) to the Dyke West on the Dyke, Turnaround 18KM - turn around at the end of the tunnel, East on Dykes, follow the trail back to Bonson Road North on Bonson East on Bruce Drive South on Blaney(which turns into Alouette Blvd East on Alouette Blvd following the trail around and back to Southgate @ airport road Cross Airport to trail and follow trail back to Hammond Road East on Hammond to roundabout to run/bike trail South on trail past Stewart to the roundabout East on 113b(which turns into 203rd), North on 201a street to Stewart East on Stewart to 203rd, North on 203rd back to the Firehall near 118th Ave and cooldown walk back to RR