

South on 203rd, East on 118th Ave, South on 207th back to 203rd, South on 203rd/113b towards bridge, South on the bridge and down pedestrian ramp on the Langley side, and up the Ramp on the other side of the bridge, North on the bridge, take the first exit ramp towards Airport road, West on Airport road to Southgate, South on Southgate, with a quick turn East onto the path around to Alouette Blvd, North on Blaney Way, West on Bruce, South on Bonson to river front path by Osprey Village, East on the path to Harris Road, North on Harris to Airport Way, West on Airport way to Baynes, North on Baynes to the pedestrian access to the trail, East on the trail, North through the park, South on 190th Street, East on 117A Avenue, North on 191a Street, East on Mitchell/Hammond to run/bike path that leads to Airport Road, South on the path to Airport Road, East on Airport over the overpass and traffic circle(s) to 113b Ave, East on 113b ave which turns into 203rd, Continue North on 203rd stopping at the Firehall & walking back to RR