

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 Baynes Road, South on Baynes to Dyke, West on Dykes to Ford Road, North on Ford Detour Road, East on Ford Road, South on Baynes to Trail access bridge, East on the trail, North through the park, South on 190th Street, East on 117A Avenue, North on 191a Street, East on Mitchell/Hammond back to traffic circle and bike/run path, South on the bike/run path to 113b Ave, East on 113b ave which turns into 203rd, Continue North on 203rd stopping at the Firehall & walking back to RR