

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 to Harris Road, South on Harris Road to Airport, West on Airport to Baynes Road North on Baynes (nice trail on the airport side of the road) to Ford Road, West on Ford road which turns into Ford Detour Road, Follow Ford Detour Road west and then South and then west again until you hit 176th St, South on 176thst to the Dykes, west on dykes, follow dykes to Pitt River Bridge, under bridge and continue on dykes to 128th Ave, East on 128th to Laity, south on Laity to 123rd, West on 123rd to 203rd, DONE! head south on 203rd back to RR