



Legend

- Start
- Leg 1- The Frank Slide
- Leg 5- The Seven Sisters
- Leg 2- Hastings Ridge
- Leg 6- Crowsnest Mountain
- Leg 3- Willoughby Ridge
- Leg 7- Wedge Mountain
- Finish
- Leg 4- Iron Ridge
- Contours- 50m Intervals
- Water

