

Page 1
Actif Epica 120

	Start3 / CP3	St. Malo Arena (Rue Chouinard)	
←	Left	Poitrass St (Leaving checkpoint)	
→	Right	Turn right onto De La Grotte Ave	0.40 0.25
↑	Straight	Cross Hwy 59 onto De La Grotte Ave	0.60 0.37
↑	Straight	Across beach onto lake	1.60 0.99
←	Left	Up boat ramp	3.40 2.11
↑	Straight	Straight on Lakeshore Dr	3.60 2.23
←	Left	No sign trail/dirt	6.70 4.16
←	Left	No sign gravel rd	9.60 5.96
→	Right	Trail across field	11.60 7.20
→	Right	No sign gravel rd	13.10 8.14
←	Left	Trail (bridge)	14.90 9.26
→	Right	PR 205	21.40 13.29
←	Left	LaFourche Rd	22.50 13.98

Page 2
Actif Epica 120

←	Left	Parenteau Street	26.60 16.53
→	Right	Dike Trail (just before bridge)	26.80 16.65
↑	Straight	Cross hwy 59 (Stay on dike trail)	27.60 17.15
↑	Straight	Cross hwy 205 (Stay on dike trail)	28.20 17.52
→	Right	Stay on Trail	28.40 17.64
		CP4 St Pierre Sugar Shack (on your right) (432 Joubert St)	28.60 17.77
←	Left	Joubert St (Leaving checkpoint)	
←	left	River Oak Dr	33.50 20.19
→	Right	Martin-Jerome	34.90 21.06
→	Right	Ducharme Rue	37.20 22.49
←	Left	De l'Eglise Ave	37.40 22.61
→	Right	Main Street	37.70 22.80
←	Left	Poirier Rd	38.40 23.24
←	Left	Onto trail (follow trail)	42.70 25.91

Page 3
Actif Epica 120

→	Right	Across yard (parked bus)	44.00	26.72
	CP5	Crystal Spring (Crystal Spring Colony)	44.10	26.78
→	Right	Drive out of yard		
←	Left	No sign gravel rd	45.20	27.46
→	Right	Crystal Spring Rd	45.80	27.83
↑	Straight	Across hwy 305 onto dirt rd	49.10	29.88
←	Left	Trail (blue trail arrow)	50.90	31.00
→	Right	Hwy 200	54.30	33.12
→	Right	Crown Valley Rd	54.70	33.36
←	Left	Trail through park	61.20	37.40
←	Left	No sign (4th St S)	62.40	38.15
→	Right	2nd Avenue South	62.50	38.21
←	Left	2nd Street South	63.00	38.52
→	Right	Heritage Trail	63.20	38.65

Page 4
Actif Epica 120

←	Left	Hwy 311	63.50	38.83
→	Right	Arena Rd	63.60	38.89
		Niverville Arena (Arena Rd)	63.80	39.02
		Return to Hwy 311		
→	Right	Hwy 311	64.00	39.14
→	Right	Krahn Road	64.70	39.58
←	Left	Gauthier Road	69.70	42.69
→	Right	Hwy 200	72.70	44.55
←	Left	Carriere Dr	74.10	45.42
↑	Straight	Trail over new dike	74.60	45.73
→	Right	top of dike (Cross Hwy 200 stay on dike)	74.86	45.89
		CP7 St Adolphe Curling Rink (327 St. Adolphe Rd.)	75.30	46.16
↪	U-turn	Back on dike to Hwy 200		
↑	Straight	Top of dike (Cross Hwy 200 stay on dike)	75.90	46.54

Page 5
Actif Epica 120

←	Left	Trail (follow trail under bridge, onto dike)	77.20	46.72
←	Left	Hwy 200	77.80	47.10
→	Right	Twin Creek	80.00	48.46
←	Left	Sood Road	82.60	50.08
→	Right	Leclaire Road	83.80	50.83
←	Left	Schapansky Road	85.59	51.94
←	Left	No sign (dirt)	88.20	53.56
←	Left	Crow Wing Trail (follow trail along Floodway)	93.19	56.66
→	Right	Under bridge cross Floodway	94.10	57.23
←	Left	Courchaine Road	94.80	57.66
→	Right	Turnbull Dr	96.51	58.72
→	Right	Path along Hwy 75	97.10	59.09
→	Right	Cloutier Trail (no sign)	99.60	60.64
	Slight right	Off trail onto Kilkenny Drive	101.40	61.76

Page 6
Actif Epica 120

←	Left	Kings Drive	103.60	63.13
↑	Straight	Across street to path on right	105.60	64.37
←	Left	Dafoe Road (becomes Innovation Drive)	104.70	63.81
→	Right	Research Rd	105.70	64.43
	CP8 UofM	Smartpark Event Center (100-One Research Road)	105.90	64.56
→	Right	Path along Chancellor Matheson Rd	105.90	64.56
↑	Straight	Across University Cr. up ramp/stairs	106.80	65.12
←	Left	Sidney Smith Street (gate)	107.00	65.24
↑	Straight	Continue cross parking lot to trail	107.60	65.61
↑	Straight	Follow trail		
↑	Straight	Off trail onto D'Arcy Drive	108.00	65.86
→	Right	Bishop Grandin Greenway (Over Bridge)	108.60	66.24
→	Right	Under Bishop Grandin Greenway bridge	108.90	66.42
←	Left	River Road	109.60	66.86

Page 7
Actif Epica 120

→	Right	Saint Vital Road	111.30	67.91
←	Left	Path along Dunkirk Drive	112.30	68.53
↑	Straight	Saint Vital Bridge	113.60	69.34
→	Right	Path to Montgomery Ave	114.50	69.90
→	Right	Montgomery Ave	114.60	69.96
↑	Straight	Trail across Churchill Dr	114.70	70.03
↑	Straight	Across park to river	114.80	70.09
↑	Straight	Down bank to to river trail	114.90	70.15
←	Left	River trail		
←	Left	Assiniboine River	119.60	73.07
→	Right	Off river up ramp		
End The Forks Finish (The Forks 1 Forks Market Rd.)			121.58	74.30