

Actif Epica 160

	Turn	Notes	Km	Miles
	Checkpoint 1	Ridgeville Club	0.00	0.00
→	Right	Road 5	1.10	0.68
←	Left	No Sign Gravel (driveway)	2.70	1.68
↑	Straight	No Sign trail	3.10	1.93
→	Right	No sign gravel rd	7.70	4.78
←	Left	Rd 22E gravel rd	9.30	5.78
↑	Straight	Stay on Rd 22E	14.30	8.88
→	Right	Rd 12N gravel rd	15.90	9.87
←	Left	No sign gravel rd	16.20	10.06
→	Right	No sign gravel rd	18.04	11.20
↑	Straight	Onto trail (road ends)	20.10	12.48
←	Left	Follow Trail	21.10	13.10
←	Left	No sign gravel rd	23.70	14.72
←	Left	Trail to Senkiw Bridge	24.30	15.09
↑	Straight	Cross bridge, follow trail to gate		0.00
←	Left	No sign gravel rd	26.00	16.15
→	Right	No sign gravel rd	27.84	17.29
←	Left	No sign gravel rd	29.09	18.06
→	Right	No sign gravel rd	30.74	19.09
↑	Straight	No sign trail	34.30	21.30
	Slight left	No sign gravel rd	40.60	25.21
↑	Straight	Benot St Cross Hwy 59	41.90	26.02
→	Right	Postras St	42.30	26.27
	Checkpoint 2	Arena on left	42.60	26.45
→	Right	Turn right onto Grotte Ave	43.00	26.70
↑	Straight	Cross Hwy 59 onto De La Grotte Ave	43.20	26.83

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↑	Straight	Across beach onto lake	44.20	27.45
←	Left	Up boat ramp	46.00	28.57
↑	Straight	Straight on Lakeshore Dr	46.20	28.69
←	Left	No sign trail/dirt	49.30	30.62
←	Left	No sign gravel rd	52.20	32.42
→	Right	Trail across field	54.20	33.66
→	Right	No sign gravel rd	55.70	34.59
←	Left	Trail (bridge)	57.50	35.71
→	Right	PR 205	64.00	39.74
←	Left	LaForurche Rd	65.10	40.43
→	Right	Turenne Street	69.80	43.35
←	Left	Hebert Avenue	69.90	43.41
↑	Straight	Joubert Rue (cross hwy 59)	70.10	43.53
	Checkpoint 3	Suger Shack	70.30	43.66
←	Left	River Oak Dr	75.10	46.64
→	Right	Martin-Jerome	76.50	47.51
→	Right	Ducharme Rue	78.80	48.93
←	Left	De l'glise Ave	79.00	49.06
→	Right	Main Street	79.30	49.25
←	Left	Poirier Rd	80.00	49.68
←	Left	Onto trail (follow trail)	84.30	52.35
→	Right	Across yard (parked bus)	85.60	53.16
	Checkpoint 4	Crystal Spring	85.70	53.22
→	Right	Drive out of yard		0.00
←	Left	No sign gravel rd	86.80	53.90
→	Right	Crystal Spring Rd	87.40	54.28
↑	Straight	Across hwy 305 onto dirt rd	90.70	56.32

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←	Left	Trail (blue trail arrow)	92.50	57.44
→	Right	Hwy 200	95.90	59.55
→	Right	Crown Valley Rd	96.30	59.80
←	Left	Trail through park	102.80	63.84
←	Left	No sign (4th St S)	104.00	64.58
→	Right	2nd Avenue South	104.10	64.65
←	Left	2nd Street South	104.60	64.96
→	Right	Haritage Trail	104.80	65.08
←	Left	Hwy 311	105.10	65.27
→	Right	Arena Rd	105.20	65.33
	Checkpoint 5	Niverville Arena	105.40	65.45
→	Right	Hwy 311	105.60	65.58
→	Right	Krahn Road	106.30	66.01
←	Left	Gauthier Road	111.30	69.12
→	Right	Hwy 200	114.30	70.98
←	Left	Carriere Dr	115.70	71.85
↑	Straight	Trail over new dike	116.20	72.16
←	Left	top of dike (old dike)	116.46	72.32
	Checkpoint 6	Rear of pharmacy	117.50	72.97
→	Right	Top of dike	-36.80	-22.85
←	Left	Trail (folow trail under bridge, onto dike)	117.80	73.15
←	Left	Hwy 200	118.40	73.53
→	Right	Twin Creek	120.60	74.89
←	Left	Sood Road	123.20	76.51
→	Right	Leclair Road	124.40	77.25
←	Left	Schapansky Road	126.19	78.36
←	Left	No sign (dirt)	128.80	79.98

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←	Left	Crow Wing Trail (folow trail along Floodway)	133.79	83.08
→	Right	Under bridge cross Floodway	134.70	83.65
←	Left	Courchaine Road	135.40	84.08
→	Right	Turnbul Dr	137.11	85.15
→	Right	Path along Hwy 75	137.70	85.51
→	Right	Cloutier Trail (no sign)	140.20	87.06
	Slight right	Off trail onto Kilkenny Drive	142.00	88.18
←	Left	Kings Drive	144.20	89.55
↑	Straight	Across street to path on right	146.20	90.79
←	Left	Dafoe Road (becomes Innovation Drive)	145.30	90.23
→	Right	Research Rd	146.30	90.85
	Checkpoint 7	Event Center (on left)	146.50	
→	Right	Path along Chancellor Matheson Rd	146.60	91.04
↑	Straight	Across University Cr. up ramp/stairs	147.60	91.66
←	Left	Sidney Smith Street (gate)	147.60	91.66
↑	Straight	Continue cross parking lot to trail	148.20	92.03
↑	Straight	Folow trail		0.00
→	Right	Off trail onto D'Arcy Drive	148.60	92.28
→	Right	Bishop Grandin Greenway	149.20	92.65
→	Right	Under Bishop Grandin Greenway bridge	149.50	92.84
←	Left	River Road	150.20	93.27
→	Right	Saint Vital Road	151.90	94.33
←	Left	Path along Dunkirk Drive	152.90	94.95
↑	Straight	Saint Vital Bridge	154.20	95.76
→	Right	Path to Montgomery Ave	155.10	96.32
→	Right	Montgomery Ave	155.20	96.38
←	Left	Trail across Churchill Dr	155.30	96.44

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→	Right	Onto Churchill Dr	156.80	97.37
→	Right	Ramp to river trail	157.10	97.56
←	Left	River trail		0.00
←	Left	Assiniboine River	160.20	99.48
→	Right	Off river up ramp		0.00
	End	Finish	162.18	100.71