

Actif Epica 200

	Turn	Notes	Km	Miles
→	Right	Main St	0.08	0.05
←	Left	Dike/Trail	0.2	0.12
←	Left	Hwy 200	1.4	0.87
↑	Straight	River Rd	1.48	0.92
→	Right	Trail	4	2.49
←	Left	Hwy 200 no sign	6	3.73
→	Right	Trail	6.7	4.16
←	Left	no sign	8.7	5.41
←	Left	Boundery Ave	9.15	5.69
←	Left	No Sign Trail/dirt	23.1	14.35
→	Right	No Sign Trail/dirt	24.71	15.35
←	Left	No sign gravel rd	28	17.40
←	Left	No sign gravel rd	29.7	18.45
→	Right	No Sign Trail/dirt	31.4	19.51
←	Left	Rd 4N gravel rd	34.6	21.50
→	Right	Hwy 218 (no sign)	36.2	22.49
	Checkpoint 1	Ridgeville Hall	36.8	22.87
→	Right	Road 5	37.9	23.55
←	Left	No Sign Gravel (driveway)	39.5	24.54
↑	Straight	No Sign trail	39.8	24.73
→	Right	No sign gravel rd	44.5	27.65
←	Left	Rd 22E gravel rd	46.1	28.65
↑	Straight	Stay on Rd 22	51.1	31.75
→	Right	Rd 12N gravel rd	52.7	32.75
←	Left	No sign gravel rd	53	32.93
→	Right	No sign gravel rd	54.84	34.08

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↑	Straight	Onto trail (road ends)	56.9	35.36
←	Left	Follow Trail	57.9	35.98
←	Left	No sign gravel rd	60.5	37.59
←	Left	Trail to Senkiw Bridge	61.1	37.97
↑	Straight	Cross bridge, follow trail to gate		
←	Left	No sign gravel rd	62.8	39.02
→	Right	No sign gravel rd	64.64	40.17
←	Left	No sign gravel rd	65.89	40.94
→	Right	No sign gravel rd	67.54	41.97
↑	Straight	No sign trail	71.1	44.18
	Slight left	No sign gravel rd	77.4	48.09
↑	Straight	Benot St Cross Hwy 59	78.7	48.90
→	Right	Postras St	79.1	49.15
	Checkpoint 2	Arena on left	79.4	49.34
→	Right	Turn right onto Grotte Ave	79.8	49.59
↑	Straight	Cross Hwy 59 onto De La Grotte Ave	80	49.71
↑	Straight	Across beach onto lake	81	50.33
←	Left	Up boat ramp	82.8	51.45
↑	Straight	Straight on Lakeshore Dr	83	51.57
←	Left	No sign trail/dirt	86.1	53.50
←	Left	No sign gravel rd	89	55.30
→	Right	Trail across field	91	56.54
→	Right	No sign gravel rd	92.5	57.48
←	Left	Trail (bridge)	94.3	58.60
→	Right	PR 205	100.8	62.63
←	Left	LaForurche Rd	101.9	63.32
→	Right	Turenne Street	106.6	66.24

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←	Left	Hebert Avenue	106.7	66.30
↑	Straight	Joubert Rue (cross hwy 59)	106.9	66.42
	Checkpoint 3	Suger Shack	107.1	66.55
←	left	River Oak Dr	111.9	69.53
→	Right	Martin-Jerome	113.3	70.40
→	Right	Ducharme Rue	115.6	71.83
←	Left	De l'glise Ave	115.8	71.95
→	Right	Main Street	116.1	72.14
←	Left	Poirier Rd	116.8	72.58
←	Left	Onto trail (folow trail)	121.1	75.25
→	Right	Across yard (parked bus)	122.4	76.06
	Checkpoint 4	Crystal Spring	122.5	76.12
→	Right	Drive out of yard		
←	Left	No sign gravel rd	123.6	76.80
→	Right	Crystal Spring Rd	124.2	77.17
↑	Straight	Across hwy 305 onto dirt rd	127.5	79.22
←	Left	Trail (blue trail arrow)	129.3	80.34
→	Right	Hwy 200	132.7	82.46
→	Right	Crown Valley Rd	133.1	82.70
←	Left	Trail through park	139.6	86.74
←	Left	No sign (4th St S)	140.8	87.49
→	Right	2nd Avenue South	140.9	87.55
←	Left	2nd Street South	141.4	87.86
→	Right	Haritage Trail	141.6	87.99
←	Left	Hwy 311	141.9	88.17
→	Right	Arena Rd	142	88.23
	Checkpoint 5	Niverville Arena	142.2	88.36

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→	Right	Hwy 311	142.4	88.48
→	Right	Krahn Road	143.1	88.92
←	Left	Gauthier Road	148.1	92.03
→	Right	Hwy 200	151.1	93.89
←	Left	Carriere Dr	152.5	94.76
↑	Straight	Trail over new dike	153	95.07
←	Left	top of dike (old dike)	153.26	95.23
	Checkpoint 6	Rear of pharmacy	154.3	95.88
→	Right	Top of dike		
←	Left	Trail (folow trail under bridge, onto dike)	154.6	96.06
←	Left	Hwy 200	155.2	96.44
→	Right	Twin Creek	157.4	97.80
←	Left	Sood Road	160	99.42
→	Right	Leclair Road	161.2	100.17
←	Left	Schapansky Road	162.99	101.28
←	Left	No sign (dirt)	165.6	102.90
←	Left	Crow Wing Trail (folow trail along Floodway)	170.59	106.00
→	Right	Under bridge cross Floodway	171.5	106.57
←	Left	Courchaine Road	172.2	107.00
→	Right	Turnbul Dr	173.91	108.06
→	Right	Path along Hwy 75	174.5	108.43
→	Right	Cloutier Trail (no sign)	177	109.98
	Slight right	Off trail onto Kilkenny Drive	178.8	111.10
←	Left	Kings Drive	181	112.47
↑	Straight	Across street to path on right	183	113.71
←	Left	Dafoe Road (becomes Innovation Drive)	182.1	113.15
→	Right	Research Rd	183.1	113.77

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	Checkpoint 7	Event Center (on left)	183.3	113.90
→	Right	Path along Chancellor Matheson Rd	183.2	113.84
↑	Straight	Across University Cr. up ramp/stairs	184.2	114.46
←	Left	Sidney Smith Street (gate)	184.4	114.58
↑	Straight	Continue cross parking lot to trail	185	114.95
↑	Straight	Follow trail		
→	Right	Off trail onto D'Arcy Drive	185.4	115.20
→	Right	Bishop Grandin Greenway	186	115.58
→	Right	Under Bishop Grandin Greenway bridge	186.3	115.76
←	Left	River Road	187	116.20
→	Right	Saint Vital Road	188.7	117.25
←	Left	Path along Dunkirk Drive	189.7	117.87
↑	Straight	Saint Vital Bridge	191	118.68
→	Right	Path to Montgomery Ave	191.9	119.24
→	Right	Montgomery Ave	192	119.30
←	Left	Trail across Churchill Dr	192.1	119.37
→	Right	Onto Churchill Dr	193.6	120.30
→	Right	Ramp to river trail	193.9	120.48
←	Left	River trail		
←	Left	Assiniboine River	197	122.41
→	Right	Off river up ramp		
	End	Finish	198.98	123.64