



1:7,500
Contours 5m

Safety Bearing
North Near Start or Finish
To Road and Uphill

- Contour, Form-line
- Hill, Knoll
- Depression, Cup depression
- Pit, Water pit
- Dry Ditch
- Earth Bank
- Impassable Cliff
- Passable Cliff
- Boulder, Big Boulder
- Impassable water
- Crossable Watercourse
- Intermittent Watercourse
- Narrow Marsh
- Indistinct Marsh
- Marsh
- Uncrossable Marsh
- Open Land
- Rough Open Land
- Scattered trees
- Undergrowth, difficult to run
- Forest, Good running
- Forest, Slow running
- Forest, Difficult to run
- Forest, Very Difficult to run
- Distinct Vegetation Boundary
- Vehicle Track
- Footpath
- Small footpath
- Less distinct small path
- Passable Fence
- Impassable Fence
- Large tower
- Man-made Object

Sumas July 10, 2016		
Beginner	1.9 km	65 m
	Start: NE side of cliff	
Follow tapes 40 m away from control		
1	38	Bend in road
2	57	Bend in road

3	36	S end of road and path junction
4	58	NE end of road and path junction
Follow tapes 70 m between controls		
5	35	Upper part of reentrant (water)
Follow tapes 60 m away from control		
6	33	W end of cliff

7	37	NW end of path and stream crossing
Follow tapes 50 m between controls		
8	46	NE end of cliff
Follow tapes 70 m between controls		
9	40	E end of path
Navigate 60 m to finish		