

LVAR		2410 points	
Extra Spicy			
1	31	▲	○ 30
2	32	▲	○ 30
3	33	▲	○ 30
4	34	▲	○ 30
5	35	▲	○ 30
6	36	▲	○ 30
7	37	▲	○ 30
8	38	▲	○ 30
9	39	▲	○ 30
10	40	▲	○ 40
11	41	▲	○ 40
12	42	▲	○ 40
13	43	▲	○ 40
14	45	▲	○ 40
15	46	▲	○ 40
16	47	▲	○ 40
17	48	▲	○ 40
18	49	▲	○ 40
19	50	▲	○ 50
20	51	▲	○ 50
21	52	▲	○ 50
22	53	▲	○ 50

23	54	▲	○ 50
24	55	▲	○ 50
25	56	▲	○ 50
26	58	▲	○ 50
27	59	▲	○ 50
28	60	▲	○ 60
29	61	▲	○ 60
30	62	▲	○ 60
31	63	▲	○ 60
32	64	▲	○ 60
33	65	▲	○ 60
34	66	▲	○ 60
35	67	▲	○ 60
36	68	▲	○ 60
37	180	▲	○ 70
38	181	▲	○ 70
39	182	▲	○ 70
40	183	▲	○ 70
41	184	▲	○ 70
42	185	▲	○ 70
43	186	▲	○ 70
44	187	▲	○ 70
45	188	▲	○ 70
46	190	▲	○ 80
47	191	▲	○ 80

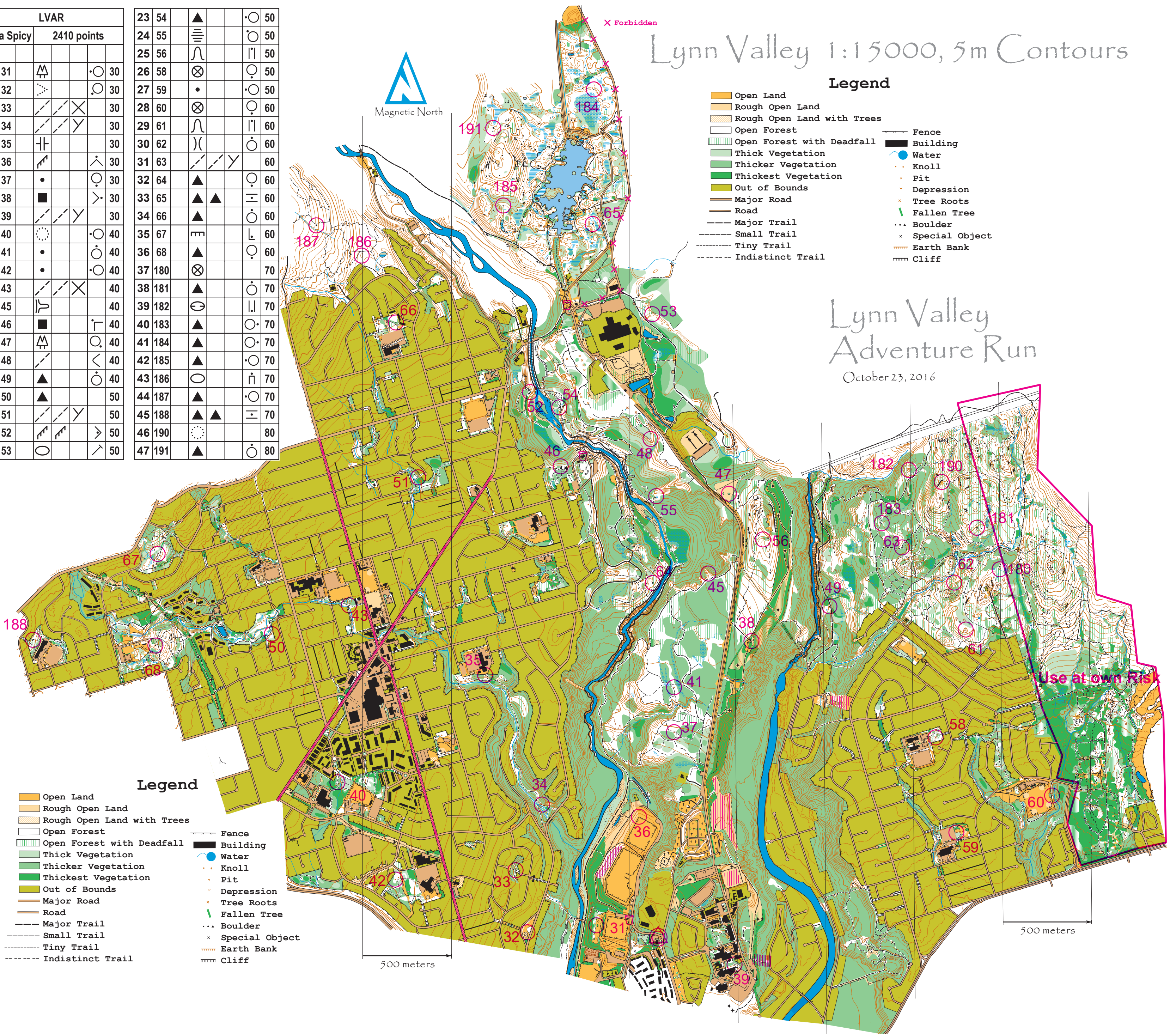
Lynn Valley 1:15000, 5m Contours

Legend

- Open Land
- Rough Open Land
- Rough Open Land with Trees
- Open Forest
- Open Forest with Deadfall
- Thick Vegetation
- Thicker Vegetation
- Thickest Vegetation
- Out of Bounds
- Major Road
- Road
- Major Trail
- Small Trail
- Tiny Trail
- Indistinct Trail
- Fence
- Building
- Water
- Knoll
- Pit
- Depression
- Tree Roots
- Fallen Tree
- Boulder
- Special Object
- Earth Bank
- Cliff

Lynn Valley Adventure Run

October 23, 2016



Legend

- Open Land
- Rough Open Land
- Rough Open Land with Trees
- Open Forest
- Open Forest with Deadfall
- Thick Vegetation
- Thicker Vegetation
- Thickest Vegetation
- Out of Bounds
- Major Road
- Road
- Major Trail
- Small Trail
- Tiny Trail
- Indistinct Trail
- Fence
- Building
- Water
- Knoll
- Pit
- Depression
- Tree Roots
- Fallen Tree
- Boulder
- Special Object
- Earth Bank
- Cliff

500 meters

500 meters

Use at own Risk