



































1:7,500
Contours 5m

Safety Bearing
 North Near Start or Finish
 To Road and Uphill

Sumas June 18, 2017		
Beginner	1.9 km	65 m
	Start: E edge of hill	
Follow tapes 60 m away from control		
1	38	W end of road and path junction
2	57	Bend in road
3	36	Bend in road
4	58	NE end of road and path junction
Follow tapes 110 m between controls		
5	35	Bend in path
6	33	NE side of path and ditch crossing
7	37	NW end of path and stream crossing
Follow tapes 100 m between controls		
8	40	E end of path
Navigate 60 m to finish		

- Legend**
- 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 