

February 16, 2019 Qualicum Beach Civic Centre

5 weeks to the Comox 1/2

This location has something for everyone, roads, trails.

Whether you want to run or walk or just stroll to QF for coffee,
upstairs at A Step Above come out and Join in.

Just a reminder, if you haven't already renewed your 2019 ORCA membership and you enjoy getting the weekly routes, please renew soon.

This week we have a 21.7km and 14.65km route map with 16, 17, 10 and 8.5km options.
please see Notes with ***

8 AM Start

21.77km Route with optional 10/12/18km

<https://www.runningahead.com/maps/d30eb4d2d7564f12add4fab431329738?unit=km&map=roadmap>

Start at QB Civic Centre, head out to Jones, turn Left. Run down Jones to Mill, turn left. Take the next right to Harlech Rd. Continue on Harlech to Arbutus, turn Right. Take the next Left on Hoylake Rd. Run down the hill to Canyon Crescent. stay on Canyon to Garrett Rd. Run down Garrett to Hwy, turn Right. Take the next right on Beach Terrace, a short street. Turn Right on Crescent Rd, stay on Crescent all the way to the Heritage Forest. Run through the Forest to Chester. Turn Left, run up to Nootka, follow the foot path or road along Village Way, past Hollywood to Island Hwy, cross the Hwy to Country Club Drive, continue on Country Club. At the bottom of the hill turn right on Eaglecrest Dr, this will turn into Pintail. Turn right at Johnston Rd, run up the hill to Sumar Lane, (******Note**) follow Sumar Lane to the End, there will be a short path to Dalmation. Turn Left on Dalmation. Turn Right on Admiral Tryon Blvd, Turn Right on Columbia Dr. Turn Right on Dalmation, run along Dalmation till you see the path back to Sumar Lane. Take this back to Johnston Rd, turn Left. Cross the Hwy at the Lights, this turns into Drew Rd. Take next right on Sunrise, follow Sunrise to Bennett, turn Left.

Follow Bennett to Rupert, continue on Rupert all the way back to Jones. Turn Right on Jones back to The Civic Centre.

(Note for 17-18km **) see map**

skip the Sumar Loop at the 12km point, continue on Johnston Rd to Lights. Cross over then Follow Sunrise to Bennett, turn Right to Fern path follow this back to Memorial, cross Memorial to First back to Jones to the start.

14.65 km route map

<https://www.runningahead.com/maps/0498954679c746d79419822f2f989f2f?unit=km&map=roadmap>

Start at QB Civic Centre, head out to Jones, turn Left. Run down Jones to Mill, turn left. Take the next right to Harlech Rd. Continue on Harlech to Arbutus, turn Right. Take the next Left on Hoylake Rd. Run down the hill to Canyon Crescent, stay on Canyon to Garrett Rd. Run down Garrett to Hwy, turn Right. Take the next right on Beach Terrace, a short street. Turn Right on Crescent Rd, stay on Crescent all the way to the Heritage Forest. Run through the Forest to Chester. (***) Turn Left, run up to Nootka, follow the foot path or road along Village Way, run past (** Note) Hollywood, to Island Hwy, stay right follow the path in front of Arrowview School, Turn right on Bennett Rd, Follow Bennett past the (***) Fern Rd Path to Rupert, continue on Rupert all the way back to Jones. Turn Right on Jones back to The Civic Centre.

(Note for 12km *) see map**

At the end of Village Way, about 9km point stay right on Hwy. Run along the path in front of Arrowview School, turn right on Bennett. Turn Right on Fern Path, follow this back to Memorial, cross Memorial to First back to Jones to the start.

(Note For 10km) see map**

At 8.5 km point turn right off Village Way to Hollywood, then right on Fern Rd. Follow back to Civic Centre.

(Note for 8.5 km**) see map**

Turn right off Chester onto Hemsworth Paved path, cross village way, continue up Hemsworth to end, turn right on the path to Qualicum, run past the Curling Club, cross over at Memorial, continue along Mill to Jones, run up Jones back to the Civic Centre