

Saturday 23, 2019 Serious Coffee

8 AM Start

4 weeks left to the Comox 1/2, so you should be tapering. If this isn't a step down week for you, you may need to adjust the distance.

Lets hope that the snow will be melting by [Saturday](#), otherwise you will need to modify your routes.

16.94km Route with 11km option Serious Coffee, Craig Bay Rathtrevor, Plummer Rd

See the map for options, lots of ways to cut this route short, or lengthen your choice.

<https://www.runningahead.com/maps/a8521d3504934a8aaa308fe0d6e076b0?unit=km&map=roadmap>

Start: Serious Coffee parking lot. Take dirt trail to Craig Bay parking lot at end of Franklin's Gull Rd. Run down dirt trail toward ocean along perimeter of Craig Bay Estates. continue on dirt trail parallel to ocean front. Join Bay Dr, turn Rt on Terrien Rd, run up to NW Bay Rd, turn Rt, run back on trail that borders Craig Bay Estates to Franklin's Gull. Turn Lt to cross Island Hwy on Franklin's Gull. Turn Lt at Herring Gull Way in industrial area. Follow Herring Gull to Industrial Way. Turn Lt to run on Industrial up to hwy. Cross Hwy when Safe, Run down Rathtrevor Rd, Turn Right at first Rd, run to the end of last parking lot. stay Rt on path follow it along the beach all the way to the exit at(**) Shorewood Dr, follow Shorewood to Mariner Way continue on Mariner to San Malo, follow San Malo back to Shorewood Dr. this turns in Plummer Rd, follow Plummer back to Hwy turn Rt, cross the Orange Bridge, Turn Right on Martindale Rd, follow around to Turner Rd, turn Left on Shelly Rd, left on Pioneer Cr, Left at Hwy back past the Log Cabin Store to Resort Dr, continue on Resort to Sunrise Ridge Resort take

the trail on your right to(Repo Depo) back Hwy cross Arbutus to the parking lot at Serious Coffee.

Note: to cut this route short to 11km at the Shorewood Drive exit after Beach Trail, ** turn left, follow the main path back into Rathtrevor, follow the Rd up and out of park, turn left on Resort Drive to return to Serious Coffee.

Note: this can be shortened to 4km by finishing after the Craig Bay loop.

Please see the map for option,