

Saturday March 9th 2019

Springwood Dog Park, Location, at the end of Despard

8 AM Start

17.61km, 11.91km Routes lots of options.

Trails a plenty, something for everyone, alternate rail trail or waterline trails

17.61 km Route map optional 15km

note to cut this route to 15km turn left off Temple onto Pym St, follow route across Hwy*** continue straight on Pym to Hirst, turn left on Hirst, turn right on path back to Despard and Dog Park

<https://www.runningahead.com/maps/3eb2472568e04996bebe625069586993?unit=km&map=roadmap>

Start at Springwood Dog Park, head up the path toward Rail Trail, cross the tracks, turn left along Nicnbec Way, continue to Alberni Hwy.

Cross the Hwy, run toward the Railway Station or Pottery Shop, look for the path just above the station, take this it will lead you to Wildgreen Way, continue along Wildgreen to Butler, turn left.

Stay on Butler, turn right at Craig St, take next right on Despard, turn left on Corfield, follow Corfield across Island Hwy down to the Curling Club, turn Right, follow Beachside Drive out to the end of the Beach, loop around to follow the path back along the ocean, stay on the Boardwalk to Mcmillan St, run up the hill to the Island Hwy, turn right, follow hwy to Dogwood St turn right, follow Dogwood to Bay St, turn right. Continue on Bay to Willow St, turn right follow Willow to Soriel, turn left. take next right on Temple St, stay on Temple to Aberdeen, turn left, follow Aberdeen around, it will turn into Sanderson, stay on Sanderson to Pym St, turn right.

***Cross the Island hwy on Pym St. Turn right on Humphrey, follow Humphrey to the traffic circle, stay left to Church Rd. Look for the paved path on your left about 200 meters up Church Rd, turn left follow the path out to Renz Rd, turn right follow Renz around the corner to Hirst St, follow Hirst to the Paved path, turn right follow the path back to Despard Ave, turn left, back to the park.

11.91 route map 8 km Option

note: it's easy to shorten or lengthen any of these routes, see map links for ideas

<https://www.runningahead.com/maps/a20ac59c8bf743cb848110d64fef3950?unit=km&map=roadmap>

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Follow Moillet to Morrison, turn left, next turn right on Finholm, turn left on Forsyth Ave, follow Forsyth to Pym St. turn left, stay on Pym to Morison Ave turn left. Look for the paved path on your right take this back to Despard Ave, return to the Park.

Note for 8 km

turn left off Corfield to Jensen, follow Jensen across the Alberni Hwy, continue to Moilliet turn left, follow Moilliet to Despard, turn Right run back to the dog park.