



- 1 Seal Bay Parking Lot
Registration
- 2 Cross the road carefully and walk up the trail
- 3 Turn RIGHT on Forest Loop at T- Junction
- 4 Turn left to stay on Forest Trail
- 5 Stay on Forest Loop and pass the Hardy Rd exit
- 6 Turn left on Forest Loop
- 7 Stay right on Forest Loop
- 8 Turn right on Red Cedar
- 9 Turn left on Red Cedar
- 10 Turn left onto Grieve + Cottonwood
- 11 Turn onto Elmo Street (just outside the park)
- 12 Re-enter the park at Cottonwood
- 13 Turn left on Squirrel to join Douglas Fir
- 14 Turn right on Douglas Fir
- 15 Keep right to rejoin Forest Loop
- 16 Stay right on Forest Loop
- 17 Stay right on Forest Loop
- 18 Stay right on Forest Loop
- 19 Turn RIGHT at the T-junction and return to Seal Bay Parking lot

Ambulance 250.893.3418