



21K



## 21K Course Description

For those looking for the full mountain experience, this course covers it all from north to south and all the climbing you can handle! Straight up the mountain to start on the Cascade Trail, Summit 700 kicks off with 1.1k and 700ft of lung and quad busting climbing. This will also be the timed climb for the event. A good warm-up will be a must and only the fittest will be “running” as mere mortals get their power-hiking legs moving. As you're heaving up the hill, some solace can be taken in the tranquil stream cascading down the escarpment from which the trail takes its name. Once on top, enjoy the views over Georgian Bay and catch your breath on 1.3k of flats over roots, rocks and along some smoother segway trails. Next we traverse north with a few ups and downs following R-Shore, Sticks & Stones, Route 66 and then connecting into the Bruce Trail along the top of the escarpment ridge. At the 5.5k mark we veer right and start heading downhill on the Outer Limits and 1940 trails (those who've run in the past will recognize this trail as the old timed climb). Back at the bottom we pass Toronto Ski Club then begin the 2<sup>nd</sup> full climb of the escarpment with a more gradual incline on Happy Haul and Apple Bowl Lookout before topping out at the top of the Weider Chair and connecting onto the Cagey Trail which weaves it's above the north ski runs at Blue before returning to the Weider Chair making our way back south. The next few km's have numerous hidden climbs which will take their toll on tired legs. The 14k mark brings us back to the Green World trail and one of the longest, flowiest downhills in all of Ontario! Green World twists, turns, banks and berms for over 2.5k at just the right pitch to really let your legs open up and enjoy the flow! Back down at the bottom you'll pass over the start/finish areas, pass an aid station, then begin your 3<sup>rd</sup> and final full climb of the escarpment. First passing through the enchanted forest trails you'll then pick-up the gully trail which leads to the aptly named vert-i-go! Up up up and eventually topping out at the top of the Orchard chairlift, phew! Another quick pit-stop at an aid station then it's all down-hill from here on the Grind trail. Well, almost all downhill, once past the bottom of the Orchard chairlift there's just one small climb about 200m from the finish, then it really is all downhill to the finish line! Congratulations on finishing one of the toughest 21k's in all of Canada!

