



5K Course Description

Straight up the mountain on the Cascade Trail! Summit 700 kicks off with 1.1k and 700ft of lung and quad busting climbing. Why not get the hard part over with early?! 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 which bring you to one of the longest, flowiest downhills in all of Ontario! The Green World trail 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! The 5k course finishes at the bottom right next to where you began!

