



10K 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! Back down at the bottom you'll pass over the start/finish areas, pass an aid station, then begin your second 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!

