

# Actif Epica 100 mile

	Turn	Notes	Km	Miles
	Start	Rue Joubert	0.0	0.0
←	Left	Turn left onto River Oak Road	4.8	3.0
→	Right	Turn right onto Rd 19 E	6.2	3.8
→	Right	Turn right onto Main St (paved rd)	8.8	5.4
←	Left	Turn left onto Poirier Rd	9.7	6.0
←	Left	Turn left onto Rd 16 E	13.7	8.5
←	Left	Turn left onto Alarie Rd	15.7	9.8
→	Right	Turn right onto Crystal Spring Rd	17.1	10.6

# Actif Epica 100 mile

↑	Straight	Across hwy	20.1	12.5
	U-turn	Make a U-turn at Crow Wing Trail	22.2	13.8
↑	Straight	Across hwy	23.9	14.9
←	Left	Turn left onto Alarie Rd	27.3	16.9
→	Right	Turn right onto Crystal Spring Dr	27.8	17.3
		Checkpoint (south side of building on left)	29.0	18.0
	Straight	Across yard leaving Checkpoint (south)		
←	Left	Turn left at end of shop (parked bus)		
→	Right	Turn right onto trail follow trail	29.2	18.1

# Actif Epica 100 mile

→	Right	Turn right onto 16E	30.4	18.9
→	Right	Turn right onto Poirier Rd	30.8	19.1
→	Right	Turn right onto Main St	34.7	21.6
←	Left	Turn left Martin Jerome Dr	35.7	22.2
←	Left	Turn left onto River Oak Rd	38.3	23.8
→	Right	Turn right onto Rat River Rd	39.7	24.7
		Checkpoint Pierre-Jolys - Sugar Shack	44.5	27.7
		Leave checkpoint on trail along dike		
	Straight	Across hwy	44.8	27.8

# Actif Epica 100 mile

	Straight	Across hwy	45.4	28.2
←	Left	Turn Left onto Parenteau St	46.2	28.7
→	Right	Turn right onto Jolys Ave E	46.4	28.8
→	Right	Turn right onto Padoue Rd	47.0	29.2
←	Left	Turn left onto Guenette Rd	50.0	31.1
↑	Straight	Trail on left at end of road (Crow Wing Trail)	50.5	31.4
→	Right	Turn right onto road at powerline	51.9	32.3
↑	Straight	Continue onto trail at bend in road	54.1	33.6
→	Right	Turn right Rd 25 N	56.5	35.1

# Actif Epica 100 mile

←	Left	Turn left (field crossing)	58.2	36.2
←	Left	Turn left onto Road 24 N	59.8	37.1
→	Right	Turn right Crow Wing Trail	61.8	38.4
↑	Straight	Continue onto Goulet Road	63.2	39.3
→	Right	Turn right onto Lakeshore Drive	64.7	40.2
	Slight right	Down boat ramp onto lake	67.8	42.1
→	Right	Follow lake path to beach	68.0	42.3
↑	Straight	Off lake at beach toward park exit	69.8	43.4
		Leave park onto De La Grotte Ave	70.0	43.5

# Actif Epica 100 mile

	U-turn	Turn around at hwy 59 (Co-op Gas Bar)	70.7	43.9
		Return to park on De La Grotte Ave		
↑	Straight	Across beach onto lake	71.6	44.5
→	Right	Follow lake path to boat ramp	71.8	44.6
→	Right	Up ramp to Lakeshore Drive	73.5	45.7
↑	Straight	Straight onto Lakeshore Drive	73.7	45.8
→	Right	Turn right onto Rd 23 N	76.8	47.7
←	Left	Turn left onto Rd 25E	78.4	48.8
←	Left	Turn left onto Rd 26 N	83.4	51.8

# Actif Epica 100 mile

→	Right	Turn right onto Rd 24E	85.0	52.8
→	Right	Turn right onto Perreault Rd	88.3	54.9
←	Left	Turn left onto Crow Wing Trail	89.9	55.9
→	Right	Turn right onto Neveux Rd	91.5	56.9
←	Left	Turn left onto Jolys Ave E	94.5	58.7
→	Right	Turn right onto Rue Tessier (park entrance)	95.6	59.4
↑	Straight	Follow park trail	95.8	59.6
←	Left	Left at parking lot.	95.9	59.6
→	Right	Turn right onto Hebert Av.	96.1	59.7

# Actif Epica 100 mile

		Across hwy onto Rue Joubert	96.3	59.9
		Checkpoint St. Pierre Jolys - Sugar Shack	96.5	60.0
←	Left	Turn left onto Rue Joubert leaving checkpoint		
←	Left	Turn left onto River Oak Rd	101.2	62.9
→	Right	Turn right onto Rd 19 E	102.7	63.8
→	Right	Turn right onto Main St	105.2	65.4
←	Left	Turn left onto Poirier Rd	106.2	66.0
←	Left	Turn left onto Rd 16 E	110.1	68.5
→	Right	Turn right onto Alarie Rd	112.2	69.7



# Actif Epica 100 mile

←	Left	Turn left onto Levesque Rd	112.5	69.9
→	Right	Turn right onto Loepky Rd	114.1	70.9
←	Left	Turn left onto Wallace Rd	115.8	72.0
→	Right	Turn right onto Crown Valley Rd	120.7	75.0
←	Left	Turn left (parking lot entrance)	123.0	76.4
		Follow trail through park	123.1	76.5
←	Left	Turn left onto 4 St S	123.9	77.0
→	Right	Turn right onto 2 Ave S	124.0	77.1
←	Left	Turn left onto 2 St S	124.5	77.4

# Actif Epica 100 mile

→	Right	Turn right onto Heritage Trail	124.7	77.5
↑	Straight	Across hwy to path along Main St		0.0
←	Left	Turn left onto Main St	125.0	77.7
→	Right	Turn right onto Arena Rd	125.1	77.7
↑	Straight	Stay on Arena Rd (past outdoor rink)	125.3	77.9
		Checkpoint Niverville Curling Club		
→	Right	Turn right onto Center St (in front of school)	125.3	77.9
←	Left	Turn left onto Mulberry Ave.	125.7	78.1
↑	Straight	Across hwy at cross walk	126.0	78.3

# Actif Epica 100 mile

→	Right	Turn right onto service rd	126.1	78.4
←	Left	Turn left onto Krahn Road	126.4	78.5
→	Right	Turn right onto Crown Valley Rd	128.0	79.5
←	Left	Turn left onto Crow Wing Trail (edge of field)	133.0	82.7
←	Left	Turn left onto Fontaine Rd	133.5	83.0
↑	Straight	Continue onto trail at end of road.	134.1	83.3
←	Left	Trail turns left	135.4	84.2
→	Right	Turn right onto Crystal Spring Rd	136.9	85.1
←	Left	Turn left onto Alarie Rd	141.9	88.2

# Actif Epica 100 mile

→	Right	Turn right onto Crystal Spring Dr	142.5	88.6
		Checkpoint (south side of building on left)	143.4	89.1
		Across yard leaving checkpoint. (south)		
←	Left	Turn left at end of shop (parked bus)	143.6	89.2
→	Right	Turn right onto trail follow trail	143.6	89.2
→	Right	Turn right onto 16E	145.0	90.1
→	Right	Turn right onto Poirier Rd	145.5	90.4
→	Right	Turn right onto Main St	149.4	92.9
←	Left	Turn left onto Martin Jerome Dr	150.4	93.5

# Actif Epica 100 mile

←	Left	Turn left onto River Oak Rd	153.0	95.1
→	Right	Turn right onto Rat River Rd	154.4	96.0
	Finish	St.Pierre-Jolys - Sugar Shack	159.2	98.9