

Actif Epica 50 km

	Turn	Notes	Km	Miles
	Start	Trail along dike	0.0	
↑	Straight	Across hwy	0.5	0.3
↑	Straight	Across hwy	0.9	0.6
←	Left	Turn Left onto Parenteau St	1.8	1.1
→	Right	Turn right onto Jolys Ave E	2.0	1.2
→	Right	Turn right onto Padoue Rd	2.6	1.6
	U turn	Turn around at bridge	3.1	1.9
←	Left	Turn left onto Jolys Ave E	3.5	2.2
↑	Straight	Continue onto Jolys Ave E	4.2	2.6

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→	Right	Turn right onto Rue Tessier (park entrance)	4.6	2.9
↑	Straight	Follow park trail	4.7	2.9
←	Left	Left at parking lot.	5.5	3.4
→	Right	Turn right onto Hebert Av.	5.6	3.5
↑	Straight	Across hwy onto Rue Joubert	5.8	3.6
←	Left	Turn left onto River Oak Rd	10.8	6.7
→	Right	Turn right onto Rd 19 E	12.2	7.6
→	Right	Turn right onto Main St	14.8	9.2
←	Left	Turn left onto Poirier Rd	15.7	9.8

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←	Left	Turn left onto Rd 16 E Rd 35 N	19.7	12.2
←	Left	Turn left onto Alarie Rd	21.8	13.5
→	Right	Turn right onto Crystal Spring Rd	23.1	14.4
↑	Straight	Across hwy	26.1	16.2
	U-turn	Make a U-turn at Crow Wing Trail	28.1	17.5
↑	Straight	Across hwy	30.1	18.7
←	Left	Turn left onto Alarie Rd	33.2	20.6
→	Right	Turn right Crystal Spring Rd.	33.7	21.0
		Checkpoint (south side of building on left)		

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		Across yard leaving checkpoint. (south)		
←	Left	At end of shop (parked bus)	34.4	21.4
→	Right	Turn right onto trail, follow trail	35.0	21.8
→	Right	Turn right onto 16E	36.3	22.6
→	Right	Turn right onto Poirier Rd	36.5	22.7
→	Right	Turn right onto Main St	40.5	25.2
←	Left	Turn left Martin Jerome Dr	41.4	25.7
←	Left	Turn left onto River Oak Rd	44.0	27.3
→	Right	Turn right onto Rat River Rd	45.4	28.2
	Finish	St. Pierre - Sugar Shack	50.2	31.2