

Ruth Arcand Permanent Course					
Long	3.4 km				
					Start: NE side of path junction
1	32				Spur
2	39				Depression
3	35				Bend in path
4	45				Bend in stream
5	33				W side of thicket
6	47				E part of hill
7	43				Clearing
8	48				Between special item and fence
9	41				Hill
10	44				Reentrant
11	31				Hill
12	40				Boulder
13	46				N part of terrace
14	36				Hill
15	42				N side of path junction
	360 m			Navigate 360 m to finish	