


























Ruth Arcand Permanent Course					
Medium	3.0 km				
					Start: NE side of path junction
<b>1</b>	39				Depression
<b>2</b>	43				Clearing
<b>3</b>	35				Bend in path
<b>4</b>	38				SW end of bridge
<b>5</b>	45				Bend in stream
<b>6</b>	36				Hill
<b>7</b>	44				Reentrant
<b>8</b>	46				N part of terrace
<b>9</b>	37				Hill
<b>10</b>	40				Boulder
<b>11</b>	32				Spur
<b>12</b>	42				N side of path junction
<b>13</b>	47				E part of hill
	<b>240 m</b>				Navigate 240 m to finish