

Grand Tour Week 5: Shooting the Chutes 5.0km

This week you'll be exploring new terrain. As well, your cardio and downhill skills are going to get a great workout!

SIX New Trails: Pond Cut-Off, High Five, Eh Climb, The Chutes, Iceman Cut-Off and the Canada Cup!

Starting in the stadium, head east past the biathlon range and then right onto our old favourite, Supersprint. Up Night Rider you go, this time veering left through Grand Central to the bottom portion of the Race Maze. Following the **blue v-boards**, you will wind your way through the Hub and onto the **Pond Cut-off** to the bottom portion of **High Five**. This piece has a short steep downhill, great for practicing your snow plow or step turns, with a sweeping right-hand corner, then a steep up and left back down to finish on the upper portion of Night Rider.

At the crest of Night Rider turn left onto Northern Lights but immediately keep right onto a consistent uphill called **Eh Climb**. This super fun climb, with a scenic vista at the top and a wide downhill ending in a left-hand corner will become your **New Favourite Trail!**

Keep right onto Northern Lights and right again through another new perk of the trail: **THE COMPRESSOR**. Let 'er rip! This short down (and longer up) will bring you to the end of Northern Lights and the Northern Crossing junction.

MORE new territory! YAHOO! This time you will head straight across Cranbrook Climb and get on to **the Chutes**. The Chutes start off rolling and winding but you will soon end up on some exhilarating downhills. Please remember the downhill rules from other weeks and make some safe and smart decisions. There are three significant downhill portions on the Chutes, the second one having a fairly sharp left corner.

At the bottom, with a jog to the left, the Chutes will take you out onto the Greenway Corridor. Enjoy this 50m of flatness because at the Yeti Junction, you will take a right onto the **Iceman Cut-off**. Iceman winds its way back uphill taking a hairpin onto Cranbrook Corner ending at the top of **Canada Cup hill**. Why is it called Canada Cup hill? Ask some really old person who you see skiing. They might know.

Down you go again and then right up the back of Nightrider. Turn left down Homecoming Hill with a final right turn to the finish line! Check your heart rate! Wave at Coach Simon in his office!