

GRAND TOUR Week 3 – HIT THE HEIGHTS ON NORTHERN LIGHTS 4.2 km

Week three gets you going higher! The start goes a new direction from weeks one and two. This will be the start direction for the remainder of the Grand Tour.

Starting in the stadium, head east towards the biathlon range and up the hill towards the dog trails. Take your second right onto Super Sprint. You will come down a gently flowing trail around a corner and up a significant climb to the top of Night Rider.

Take a left onto Northern Lights! This beautiful rolling trail takes you through a 25-year-old cut block. Along the rambling climb you will see healthy natural regeneration with an assortment of Douglas Fir, Spruce and Balsam along with Trembling Aspen and Paper Birch.

At the Northern Crossing junction, you will keep left to stay on Northern Lights. At the crest of the hill, the high point of this tour, you will have a beautiful view of the Nechako River valley and across to the Pidherney Recreational Area.

Stick with Northern Lights as you pass the halfway point and make a curving downhill towards the Dog trail access. Depending on conditions this downhill may prove challenging. Remember there are many ways to tackle a downhill, including straight running, step turning, snow plowing, side stepping or taking off your skis and walking. If you do choose the latter option please walk to the side of the trail avoiding any tracks. Please ski this hill with caution as there may be less experienced skiers just ahead of you, out of sight.

If you CRASH and BURN, contact **Carolyn** for a downhill lesson!

When you reach the bottom, you will head straight (instead of left) to Lost **Dog** Junction where you will keep left. Because you will be on part of the **Dog** Trail system you may encounter **A DOG!**

At the next junction keep right to go down the hill towards the Dog Trail parking lot. Before you get to the parking lot you will keep left to head straight back down the hill past the Biathlon Range and to the lodge.

YOU ARE NOT DONE YET! Continue through the stadium staying in front of the lodge and up the familiar hill from weeks one and two to Piccadilly Circus junction. Follow the markings keeping left and heading straight towards the gravel pit. At Canada Cup Junction you will round the corner up the back of Night Rider to the super fun Homecoming downhill. Make sure you use control as you round the corner (right) into the stadium area at the bottom of Homecoming. The lodge will be ahead and the finish in the familiar spot.

WHAT A HIGH!