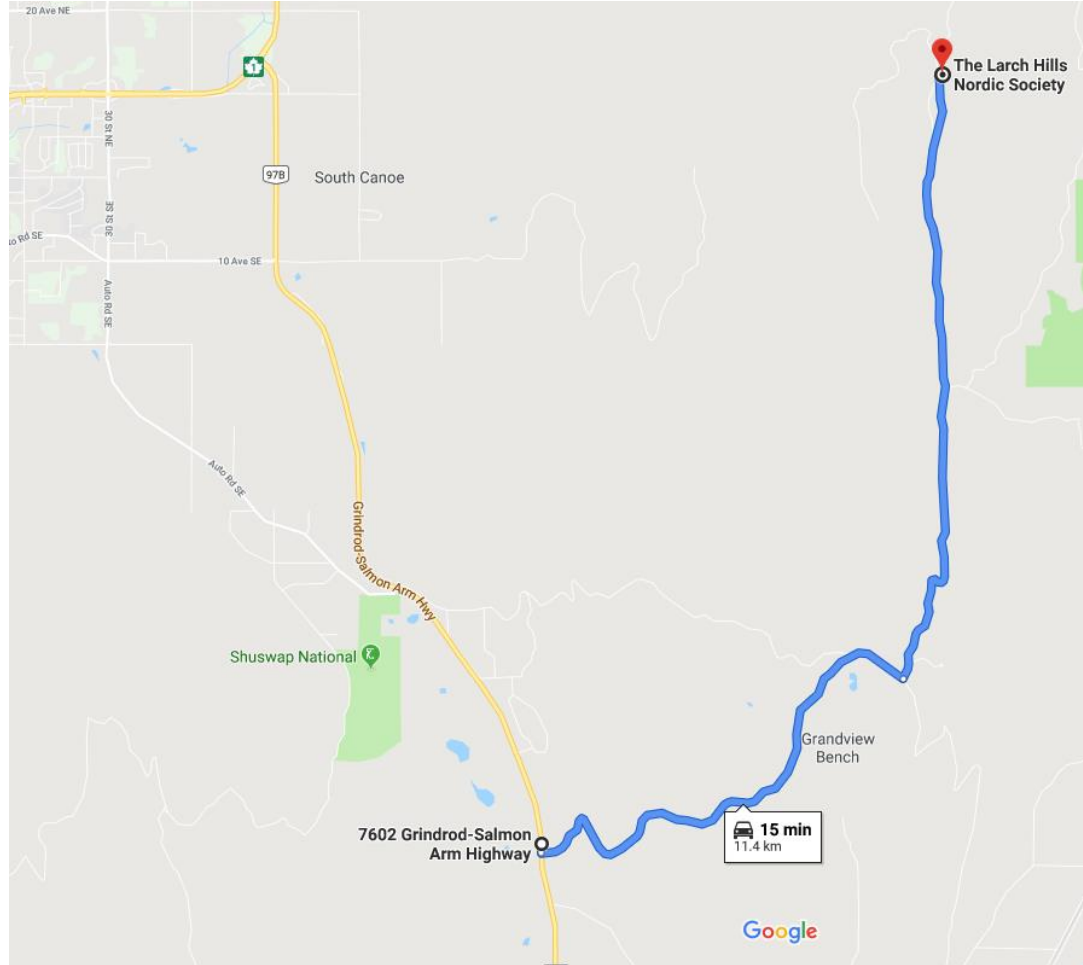


Location: Larch Hills Nordic Ski Area (Salmon Arm)

Map: How to get there

Larch Hills Nordic Ski Area



From HWY 97B, turn right on Grandview Bench Road. Shortly after the Grandview Bench Hall and the junction with Black Road, turn left onto Edgar Road. It becomes a gravel road almost immediately. Follow Edgar Road north to the Larch Hills parking lot.

Course Description and Map (next page):

Course: 2 loops (2x2.0 km for juniors, 2x2.5 km for seniors)

The course begins at the far end of the stadium area beside the chalet heading up Larch Hills Road for the first couple hundred meters. It then turns left onto Ermine Frolic trail, left on Marmot Lane, right on Metford Rd, left on Rollercoaster, right on Chalet Loop, and left on Woodlot Ramble to return to the stadium area. The 2.5 km course has an additional 500 m around Marathon Loop after Chalet Loop before returning to the stadium. There will be a lap lane to continue up Larch Hills Road and a finish lane in the stadium closer to the chalet. The terrain is mostly logging road or double track trail.

2 km loop in blue

500 m extension in red

See you at Larch Hills!

Dave van Bergeyk
Salmon Arm Secondary School

