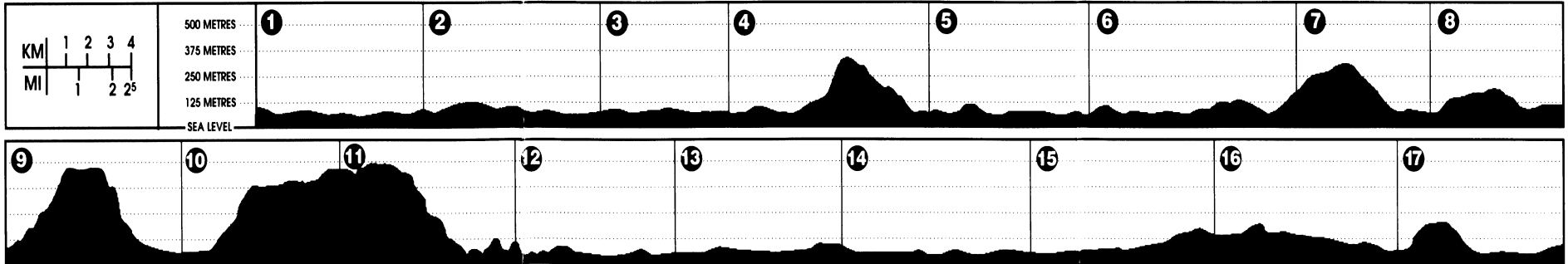


LEG DESCRIPTIONS



1 17.00 km Rating 3.5 (start time: 0700hrs)

Start on the Cabot Trail, at the Gaelic College monument, 1.1 km from Exit 11 off #105 Highway, and finish after crossing the North River Bridge, at the church on the left. This is a gently rolling leg with on long, moderate hill rising from 0 to 50m. Beautiful scenery and a fabulous time of day.

2 17.92 km Rating 3.5 (start time: 0840hrs)

This long easy rolling leg finishes at the Clucking Hen Cafe along the North Shore and passes through a quiet, remote river valley with a maximum elevation of 60 m.

3 13.46 km Rating 2 (start time: 1027hrs)
This leg finishes at Wreck Cove General Store on the left. A rolling leg with a few short hills.

4 20.01 km Rating 5 (start time: 1149hrs)
The first 9 km are continuous easy ups & downs but the best is yet to come. You must now climb Cape Smokey which is 2.1 km of extremely steep grade. For distraction there is a wonderful ocean view and you may even spot a whale! Relax for the steep downhill on the way to the finish. A couple more hills will take you to the finish at Cape Smokey Ski Lodge on the left.

5 17.5 km Rating 3.5 (start time: 1349hrs)
A long moderate climb up to Ingonish Beach and the entrance to the Cape Breton Highlands National Park, then go gently rolling downhill through the village of Ingonish. This leg finishes at the Mary Ann Falls Warren Lake entrance on the right just past the Broad Cove campsite.

6 17.5 km Rating 4.5 (start time: 1532hrs)

The scenery on this seacoast run will captivate you despite a couple of long challenging hills. This leg climbs to the finish at Cabot High School on the right. Elevation 90m. Be prepared for strong coastal breezes.

7 13.5 km Rating 3 (start time: 1715hrs)
A rolling leg but the first 8 km climbs steadily 90m and then falls quickly to finish up the hill at the Dingwall Fire Station.

8 12.0 km Rating 2.5 (start time: 1835hrs)

An easier leg with a gorgeous view of the Sunrise Valley on the right. There is a slow steady 3 km climb in the beginning. After this you are rewarded by a flat stretch and afterwards finish across from the picnic park at Big Interval.

9 17.48 km Rating 5 (start time: 1948hrs)

Time to put on the reflective vest! This leg makes Smokey look like a piece of cake. North Mountain in the Cape Breton Highlands National Park climbs 385 m & reaches the top at 6.2 km then falls back to sea level. The route then levels off to finish at Mountain View Motel & Restaurant on the right at Pleasant Bay. Night will have fallen completely.

The course description is general with distances & elevations shown as approximations. These are meant as a guideline only.

10 14.7 km Rating 5 (start time: 2135hrs)

This leg is for people who like running up hills. The first 3.1 km are just to warm up & get you to the base of MacKenzie Mountain in the Cape Breton Highlands National Park. The route then climbs 385m snaking back & forth up the side of the mountain for 6.2 km. It then levels off for the rest of the leg & finishes at the parking lot on the right at Benjie's Lake.

11 14 km Rating 3.5 (start time: 2303hrs)

This leg located fully within the Cape Breton Highlands National Park is for the runner who likes to run downhill. However, the first 5.8 km climbs steadily to an elevation of 460m. Relax and coast down the next stretch to sea level. Be prepared for two short, very steep hills to the finish at a 60m elevation at the look off past the Trout Brook Picnic Park.

12 15.78 km Rating 3 (start time: 0027hrs)

Easy rolling leg with a nice view of the Gulf on the right (in the daylight!). Descends from 60m at the look-off to sea level & will be your second brush with civilization as you leave the Cape Breton Highlands National Park and enter the Village of Cheticamp. This leg ends at the parking lot of the CO-OP Atlantic Grocery Store.

13 18.18 km Rating 3 (start time: 0202hrs)

Easy rolling leg through Acadian farms & seacoast to finish at Joe's Scarecrow & Diner. A quiet peaceful leg for the night owl on your team; no street lights out here. Rises to a maximum elevation of 30m.

14 19.81 km Rating 4 (start time: 0349hrs)

This long leg begins a 7.9 km level coastal run to Margaree Harbour. Dawn will be breaking as you turn left & follow the Cabot Trail. The leg heads inland & starts to rise gradually to a maximum elevation of 10m to finish at the Tourist Bureau on the left across from Margaree Lodge.

15 15.42 km Rating 2 (start time: 0546hrs)
Now that daylight has arrived enjoy the scenic Margaree Valley as you roll along this fairly easy leg which finishes at the Lakes Cafe on the left. Maximum elevation on this leg is 30m.

16 15.35 km Rating 2 (start time: 0717hrs)

This is the flattest leg in the race. It finishes at the gravel pits, just beyond the churches in Middle River on the left. It rises from approximately 30m to a maximum elevation of 50m.

17 18.70 km Rating 4.5 (start time: 0847hrs)

This leg has a flat 2km start from the two churches in Middle River then rises 3.5 km up Hunter's Mountain on a fairly steep grade to an elevation of 150m. It then falls quickly to turn sharp left along the Swamp Road. This is a 5 km stretch of high grade gravel road. Turn right over Baddeck Bridge and climb steadily to the overpass on the outskirts of Baddeck. It's downhill all the way to the finish line in front of the Court House in the center of the village of Baddeck.