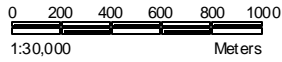


**Map #1**  
**MIND OVER MOUNTAIN**  
Adventure Race

-  Check Point (CP)
-  Transition Zone
-  Coasteer Route
-  Kayak Route
-  Roads
-  Creek
-  100m Contour
-  20m Contour



**Brigantine Pub Area**  
1) Start  
2) Kayak to Coasteer

**Maple Bay**

**Stage 1:**  
Kayak (7km)

Paddy's Mile Stone

**Stage 2:**  
Coasteer (2.5 km)

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**See Map #2 - Mountain Bike & Trek**

**Shipyard Pub Area**  
1) Coasteer to Mt. Bike  
2) Mt. Bike to Trek  
3) Finish

**MT. TZOUHALEM**

**Stage 3: Mountain Biking (15 km)**

**Stage 4: Trekking 1 (~2.5 km)**

**Stage 5: Orienteering (map provided at Start of Stage)**

**Stage 6: Trekking 2 (~5 km)**

+500m

Cowichan Bay

Genoa Bay