



10KM Route Directions

- Departing from the Blue Shore Financial branch in The Village at Park Royal; the course makes a loop around Park Royal South before heading west on Marine Drive to 11th Street.
- Turn right on 11th Street and follow a short steep section up to Keith Road, turn right again, taking Keith Road to Taylor Way.
- Turn right on Taylor Way heading south use the Park Royal parking road to cross Taylor way and then head east on Clyde and over the Capilano River.
- Loop under Marine drive and follow the trail off Lions Gate Bridge down to Bridge Street in front of the Capilano RV Park
- Cross the Road and turn right towards Park Royal
- Cross Bridge Street and the Capilano River, and remaining on the Spirit Trail into Ambleside Park.
- Follow the Ambleside seawall to the west end of the park, and continue west on Argyle
- At 18th Street, turn back 180 degrees heading east on Argyle
- Continue east on Argyle and cross over the driveway to Ambleside Park. Head eastbound on the Spirit trail, making a left when it reaches the Capilano River.
- Continue back towards Park Royal South on the Spirit Trail, turning left (west) when you reach the Park Royal South perimeter road.
- Make a loop around the perimeter of the parking lot south of The Village.
- The route's final few hundred meters follow Main Street through The Village, back to where you started next to Blue Shore Financial.