

2024 ROMPIN' ROCKWOOD 25KM TURNSHEET



START at *Fisher Lake* *between the Lake and the Old Canteen

STRAIGHT down the path and across the *Fisher Lakes parking lot*

HARD RIGHT to *Water Tower Road* (continue straight through gate) (0.4)

MERGE RIGHT on *Ski Hill Road* (0.2)

HARD LEFT on *Simon Says* (1.8)

HARD RIGHT on *Ski Hill Road* (0.6)

HARD LEFT on *Old Race Course* (0.3) * Directly across from where you went in at *Simon Says*

MERGE LEFT onto *Crystal Lake* * **KEEP LEFT** until you hit the Power Lines (0.4)

HARD RIGHT on *Crystal Lake* Power lines (0.4) ** Just after the bridge, follow the single track on the left

HARD LEFT on *It's Gotta Go* (0.9)

MERGE LEFT on *Rockpile Road* (1.1) *If you see a huge cave on your right, you just passed the turn to stay on *Rockpile Road*

HARD RIGHT on *Mayflower Lake* (0.8)

HARD RIGHT on *Splenda* (0.2) *Commonly missed trail

MERGE RIGHT onto *Sweetness* (1.2)

HARD LEFT on *Zoo Trail* (1.0)

AID STATION

HARD LEFT on *Mayflower Lake* (0.2)

HARD RIGHT on *9th Hole* (0.7) *At ~400m, you will take a hard right on a double track trail

HARD LEFT on *Donnie's Detour* (0.1) *you may see a Golf Trex sign here also

MERGE LEFT on *Golf Trex* (0.7)

HARD RIGHT on *V-Dub* (0.5)

MERGE LEFT on *Donnie's Detour* (0.2)

HARD LEFT on *Zoo Trail* (0.4)

HARD LEFT on *Golf Trek* (0.8)

HARD RIGHT on *Tour de Pants* (0.4)

HARD RIGHT on *Zoo Trail* (0.2)

HARD LEFT on *Sponge Bob* (0.5)

HARD LEFT on *Owen Lake* (1.1)

HARD RIGHT on *Moose Trax* (2.3)

MERGE LEFT on *Newfoundtrail* (0.6)

HARD LEFT on *Long Lake* (0.2) *There is a little Hut on your right at this turn

HARD LEFT on *Ginger* (0.3)

HARD RIGHT on *Maryanne* (0.6)

AID STATION

HARD RIGHT on *Shyzer* (0.5)

HARD LEFT on *Corduroy* (0.3)

HARD LEFT on *Horse Trail* (0.3)

HARD RIGHT on *Shyzer* (0.2)

MERGE RIGHT on *Carnage* (2.6) ***HARD RIGHT** at roughly 1.2km. aka bottom of hill. ****New in 2024: An Extension to Carnage adds ~0.2km.**

HARD LEFT on *Corduroy* (0.2)

HARD LEFT on *Trans Canada Trail* (1.0)

HARD RIGHT on *Skywalker*(0.2) *Ouchy time! ;)

HARD LEFT on *Our Compliments* (0.7)

HARD LEFT on *Enthusiast Path* * **New in 2024**

HARD LEFT on *Trans Canada Trail* (0.7)

HARD LEFT on *Tall Grass* second entrance (0.1) * **New in 2024**

MERGE RIGHT on *Mackay Skyway* (1.3)

HARD RIGHT on *Old Carriage Road* (0.4)

MERGE LEFT on *Trans Canada Trail* (0.2)

MERGE RIGHT and run through Parking Lot towards the sidewalk (0.1) * watch for traffic!

CONTINUE STRAIGHT on sidewalk to the finish (0.3)

FINISH at the same spot you started - Fisher Lake *between the Lake and the Old Canteen!

*50km = 2x 25km

**The number beside the trail name is the rough distance in KMS to the next trail.