

UPDATED BY SJTR: May 3, 2026

ROMPIN' ROCKWOOD 26KM TURNSHEET

START at Fisher Lake *between the Lake and the Old Canteen
STRAIGHT down the gravel path, passing the dog park to Fisher Lake Dr. (0.7) **New in 2025*
CROSS RD then HARD RIGHT on to Fisher Lake Dr. (0.1) **New in 2025 *watch for traffic!*
MERGE LEFT on to Mama I'm Coming Home (0.7) **New in 2025*
HARD RIGHT on to Water Tower Road (0.1) **New in 2025*
HARD LEFT 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)
HARD RIGHT on Mayflower Lake (0.8)
HARD RIGHT on Splenda (0.2) **Commonly missed trail*

AID STATION

MERGE RIGHT onto Sweetness (1.2)
HARD LEFT on Zoo Trail (1.0)
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) **easily missed*
MERGE LEFT on Donnie's Detour (0.2)
HARD LEFT on Zoo Trail (0.4)
HARD LEFT on Golf Trek (0.5) **easily missed*
HARD LEFT across bridge to continue on Golf Trek (0.25) **New in 2025*
MERGE RIGHT on to Harrigan Lake (1.1) **New in 2025*
HARD RIGHT on Zoo Trail (0.5)
HARD LEFT on Sponge Bob (0.5) **Directly across from where you went in at Golf Trex*
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 Shyzer (0.5) **New in 2025*
HARD RIGHT to stay on Shyzer **New in 2025*
HARD RIGHT on Corduroy (0.2) **New in 2025*

AID STATION

STRAIGHT on Zoo Trail (0.45) **New in 2025*
HARD LEFT on Blueberry Hill (1.1) **New in 2025*
HARD RIGHT on Corduroy (0.4) **New in 2025*
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)
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.