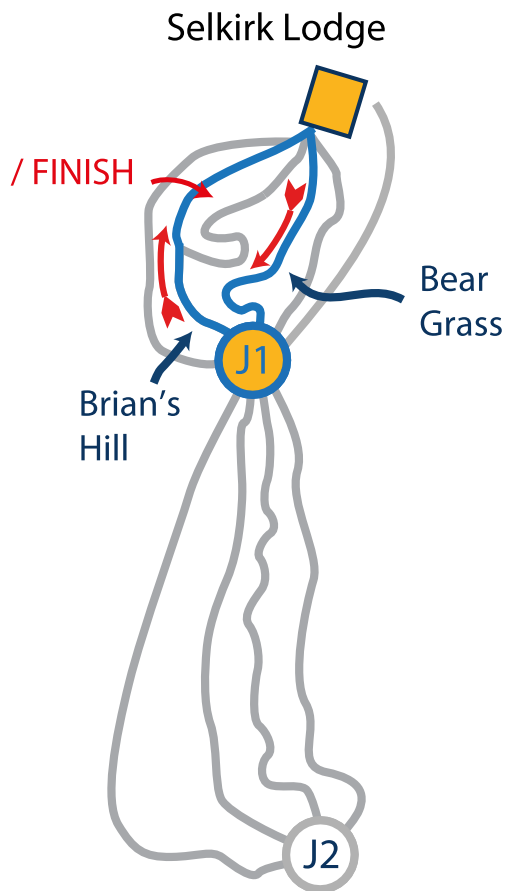


Course Maps

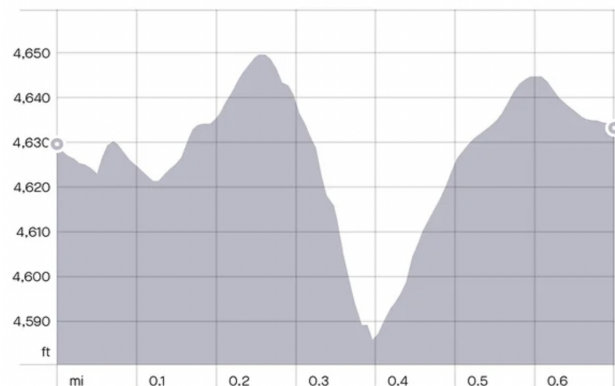
Mt. Spokane Nordic Cup 2024
Saturday Skate Sprint Course



1.26K Skate Sprint Course - Saturday 2/17



Elevation



Elevation Gain 83 ft

Max Elevation 4,650 ft

Trail Order

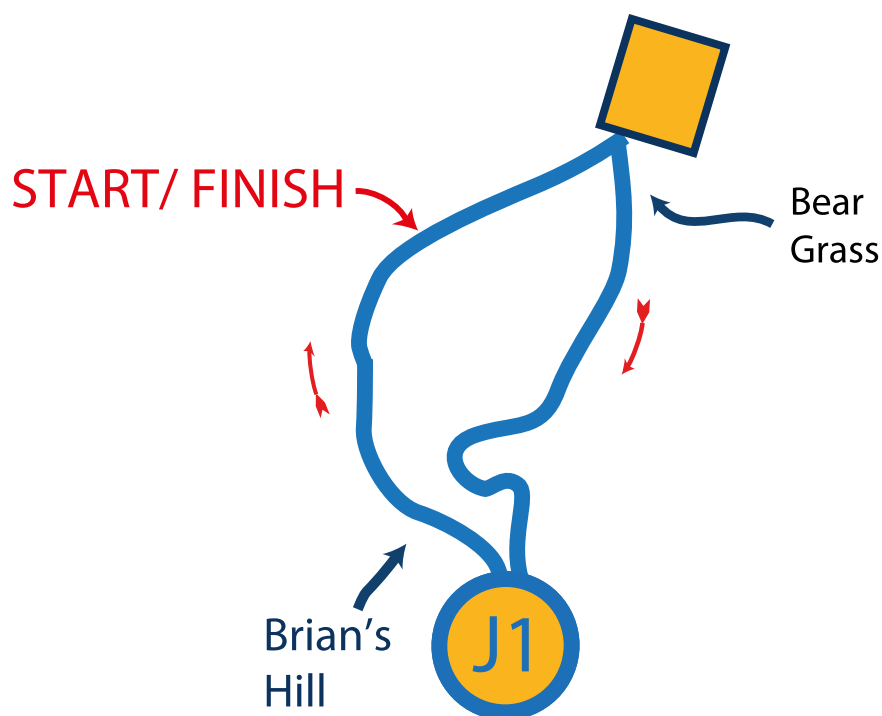
Start: Learning Area

- Bear Grass
- Junction 1
- Brian's Hill

Finish: Learning Area

Saturday 1.26K Skate Sprint Course

Selkirk Lodge



Trail Order

Start: Learning Area

- Bear Grass

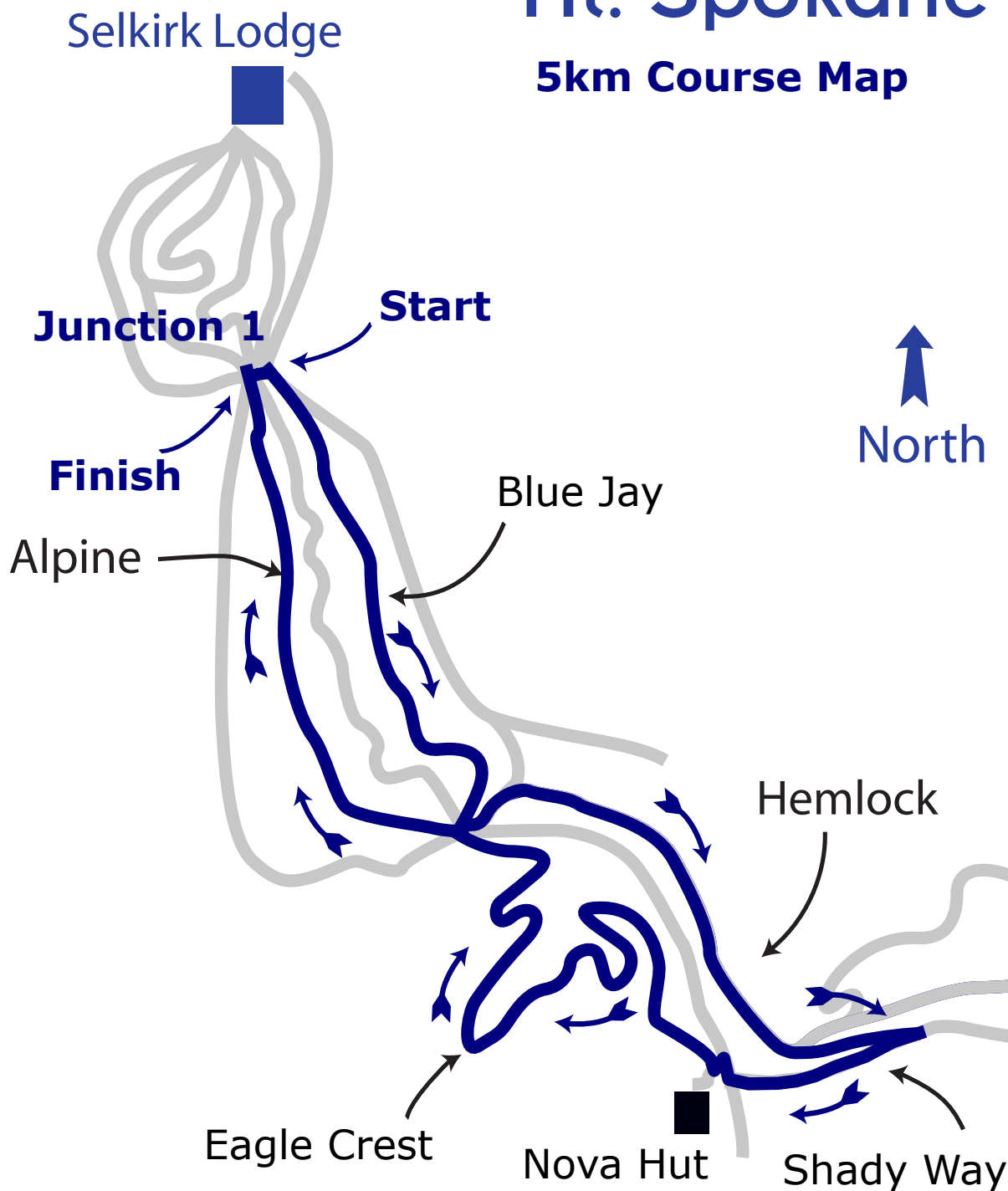
- Junction 1

- Brian's Hill

Finish: Learning Area

Mt. Spokane Nordic Cup / JNQ

5km Course Map



Trail Order

Start: Junction 1

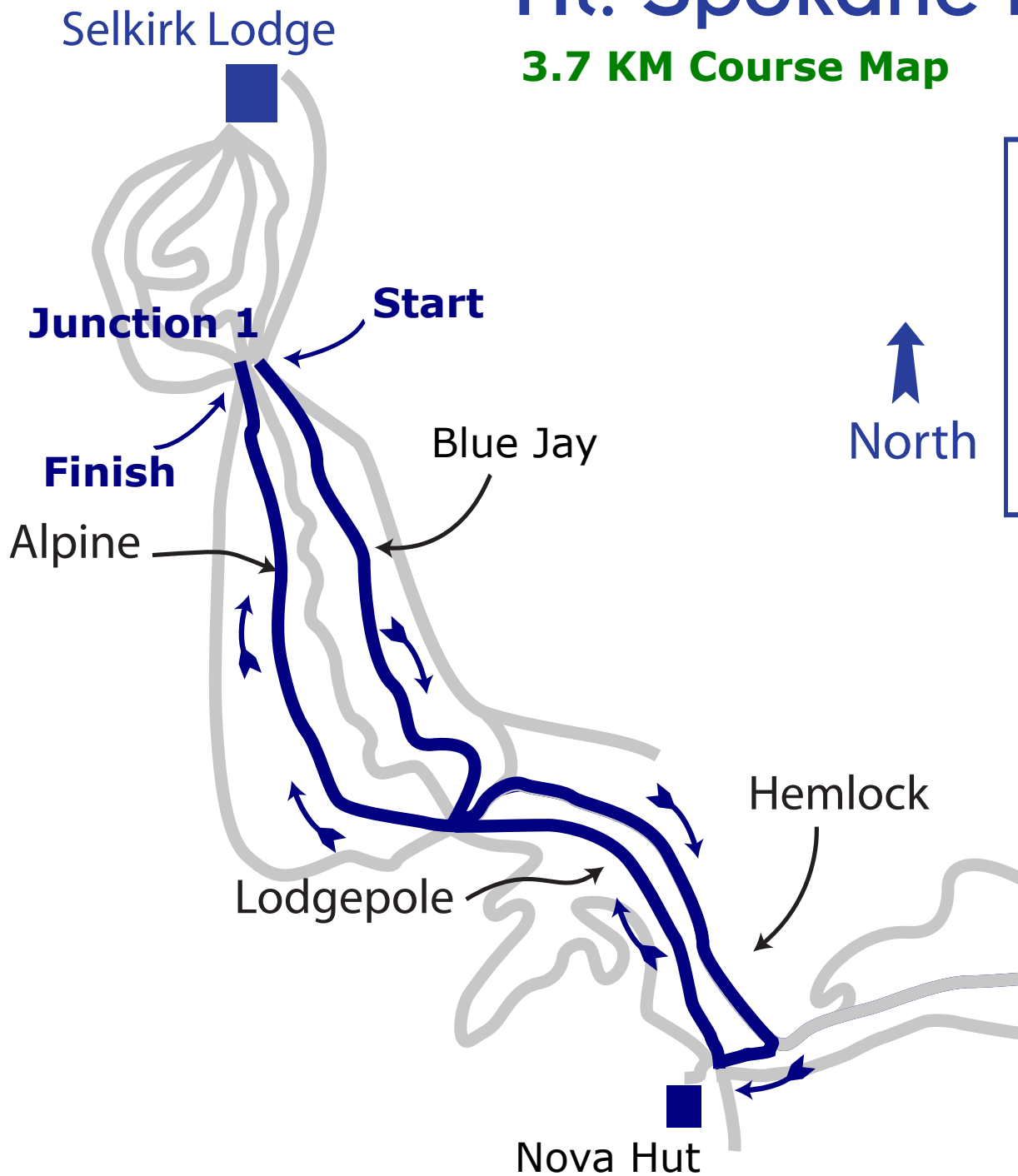
- Blue Jay
- Hemlock
- Shady Way Cutoff
- Shady Way
- Eagle Crest
- Alpine

Finish/Lap: Alpine to Blue Jay at Junction 1



Mt. Spokane Nordic Cup / JNQ

3.7 KM Course Map

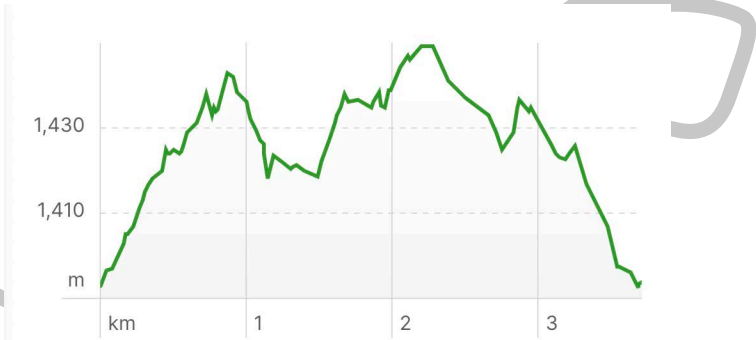


Trail Order

Start: Junction 1

- Blue Jay
- Hemlock
- Lodge Pole
- Alpine

Finish: Junction 1



Ascent	52 m
Descent	55 m
Max Elevation	1,449 m
Min Elevation	1,393 m