

NOSSA XC 2021 – Strava Segments

Para (3k) – <https://www.strava.com/segments/29996704>

The race starts at the bottom of a steep toboggan hill up a grassy 100m to the trail at the top. Keep left and follow blue flagging tape to the finish. Runners will be travelling the Orchard and Gap loops only and taking the Orchard shortcut to the finish.

Novice (4k) - <https://www.strava.com/segments/29996485>

Please note all routes start up 100m grassy toboggan hill to the trail at the top keeping left at the top following blue flagging tape around the trails to finish back at the bottom. Runners on this circular route will be using the Orchard, Gap and Maple trails and taking the Orchard shortcut to the finish.

Junior (5k) – <https://www.strava.com/segments/29996893>

Please note that we are using the trails in a reverse direction than the trail signage on sight so follow the coloured flagging tape and orange arrows painted on the ground. There are also disc golf trails that criss cross our routes and those will be cordoned off closer to race days.

All routes start at the bottom at the 18th hole at the bottom of the toboggan hill running up a grassy 100 m to the trail at the top and take the left trail down following the blue flags and keeping them on your right hand side at all times.

For the 5K Jr. course, keep following the blue markers onto Orchard, Gap, Maple, Gap and a turn right back onto Orchard. This is just around the 3k mark. Continue following the blue markers keeping them on your right hand side at all times to the Gully trail where blue flags change to pink. Continue following the pink markers through the second steep climb, exiting right to the Orchard trail (4.5K) and follow the pink flags around the House of Memories and back to the finish.

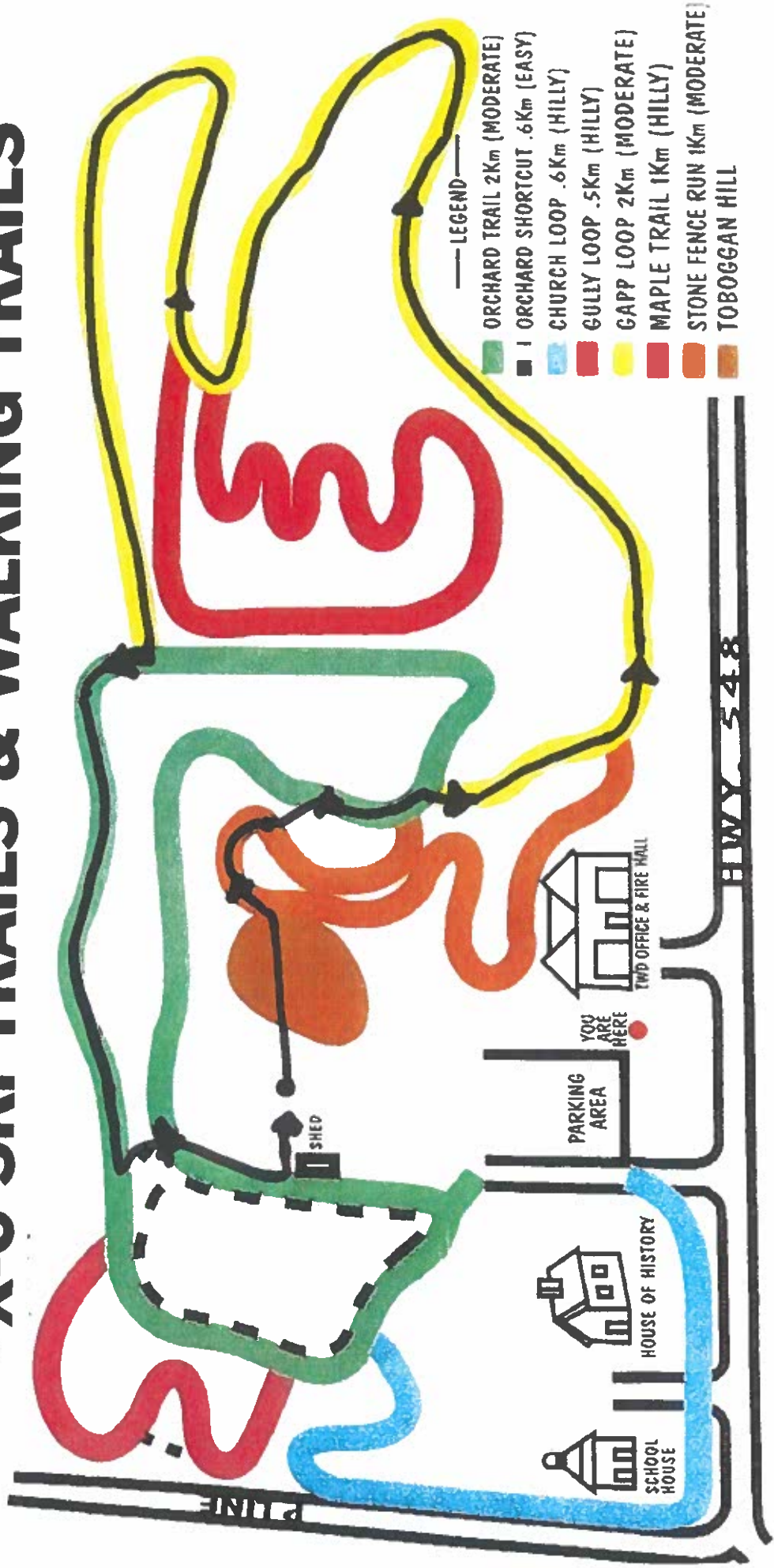
Senior (6K) – <https://www.strava.com/segments/30003632>

Lots of steep hills and gullies on this trail. You'll be starting up the toboggan hill (100m grassy) and staying left at the top following blue ribbons to the orchard trail. Keep following the blue until it turns to pink at a right hand turn to start on the Stone fence Trail that takes you back up to the top of the mountain that you climbed to start with. Continue following pink ribbons to top of the hill and turn left following pink ribbons on your right hand side traversing down the side of the toboggan hill. The pink ribbons will end and turn to blue as you enter the Gap trail. Continue following the blue ribbons all the way around that trail and I will eventually bring you back to the Orchard Trail on a right hand turn. Keep following blue ribbons past the sap lines on your right (this is around the 4K mark) turn until they switch to pink at the Gully Trail. At the Gully Trail you continue on following pink ribbons on your right through two big gullies. As you exit the Gully you'll turn right and continue on with the pink ribbons on your right hand side until you get to blue ribbons where you'll turn right onto the school House Trail. Follow Blue ribbons til you exit the bush portion of the schoolhouse trail, then turn left and follow the pink ribbons around the House of Memories. Continue following pink ribbons keep them on your right and the apple trees on your left to the finish line which is a right hand turn onto the field where you started.

NOSSA PARA 3km

MOUNTAIN VIEW

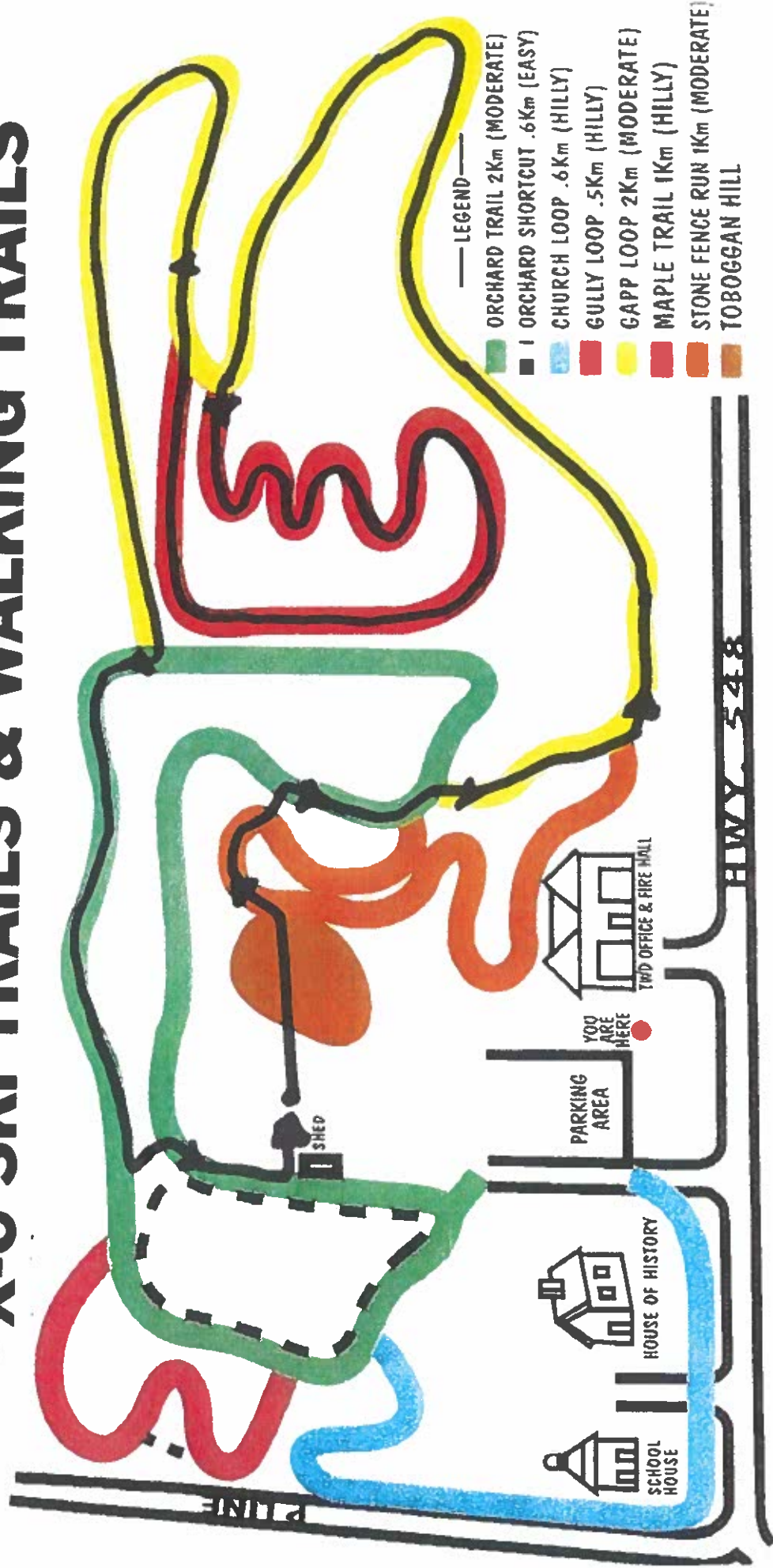
X-C SKI TRAILS & WALKING TRAILS



NOSSA NOVICE 4km

MOUNTAIN VIEW

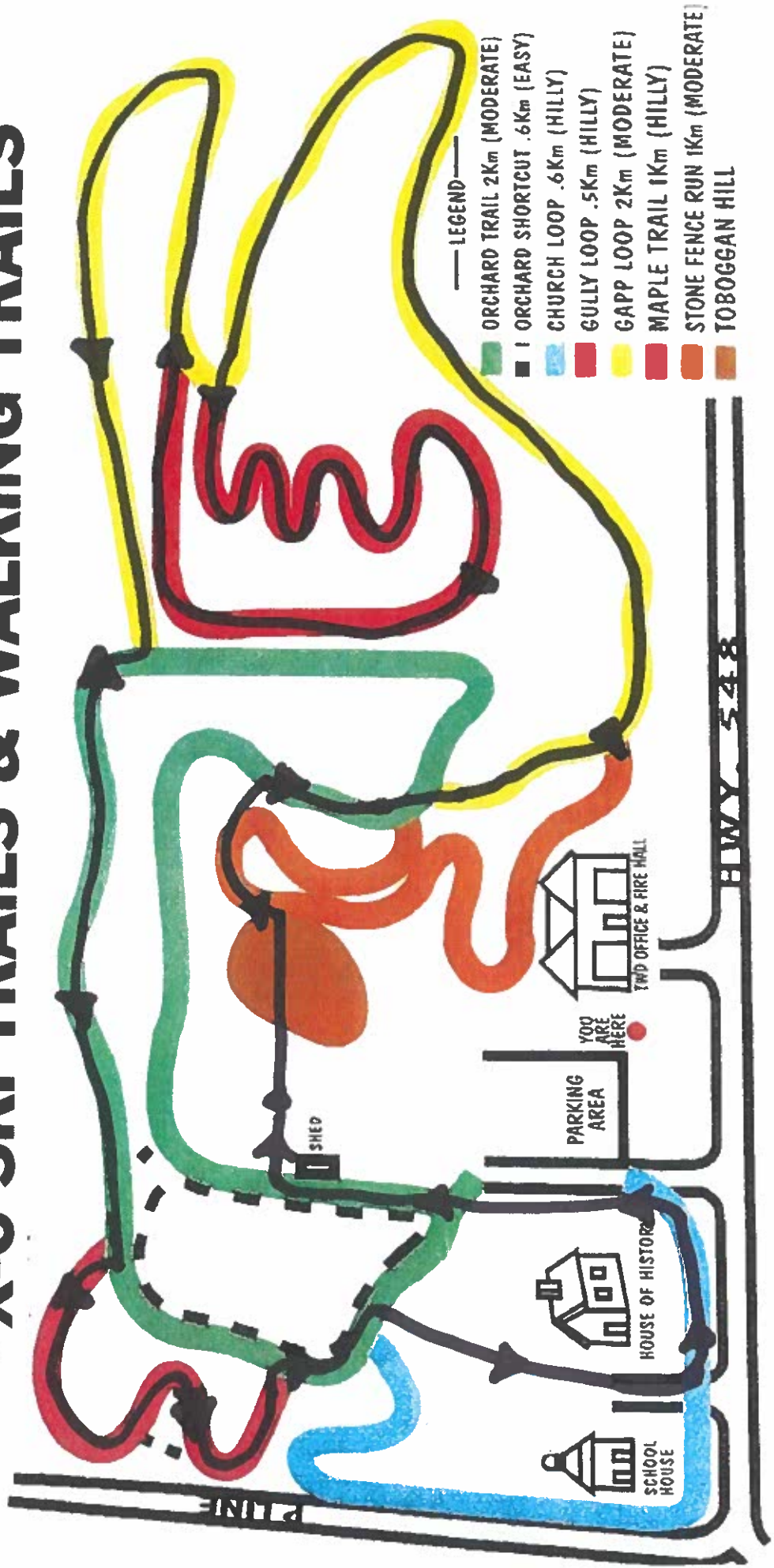
X-C SKI TRAILS & WALKING TRAILS



NOSSA JUNIOR 5km

MOUNTAIN VIEW

X-C SKI TRAILS & WALKING TRAILS



NOSSA SENIOR 6km

MOUNTAIN VIEW

X-C SKI TRAILS & WALKING TRAILS

