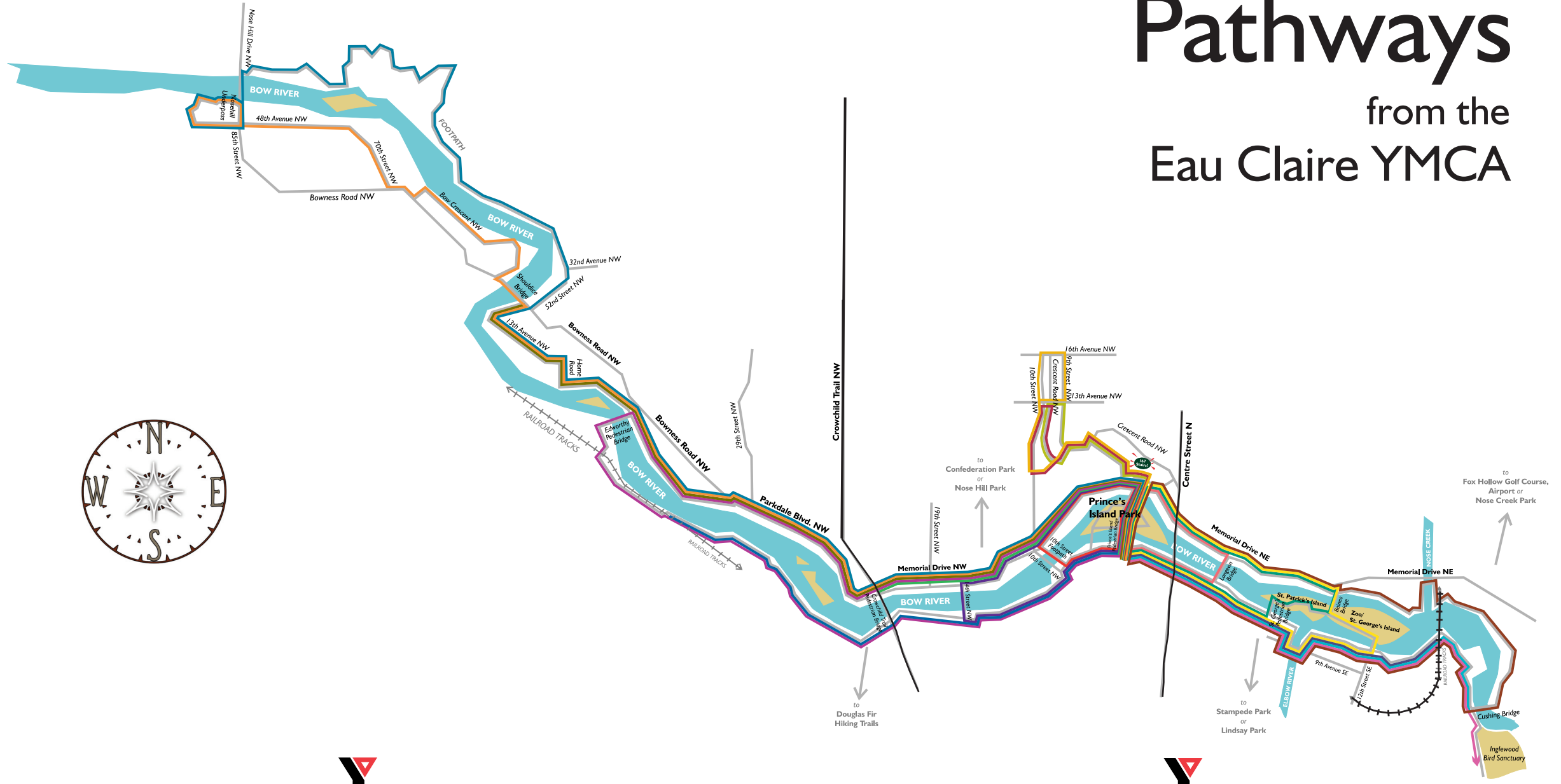


Pathways

from the
Eau Claire YMCA



YMCA
We build strong kids,
strong families, strong communities.



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GOING EAST

1. **LANGEVIN LOOP (3.5 km):** Go East on the South side of the river, past Centre Street underpass. Cross over at the Langevin Bridge and head West. Return via Prince's Island Bridge.
2. **SHORT ZOO (6.1 km):** Go East on the South side of the river past Langevin Bridge to St George's Island footbridge. Cross to the North side via Baines Bridge. Return on the North side heading West via Prince's Island Bridge.
3. **LONG ZOO (7.6 km):** Go East on the South side of the river over 9th Avenue Bridge. Travel through the zoo to Baines Bridge. Return heading west on the North side of the river, crossing back via pathway around zoo and returning through Prince's Island.
4. **RAILROAD BRIDGE (9.0 km):** Go East on the South side of the river past 12th Street Bridge, staying on path to railroad underpass. Return the same way.
5. **BLACKFOOT TRAIL RETURN (11.0 km):** Go East on the South side of the river to Blackfoot underpass. Return the same way.
6. **BLACKFOOT LOOP (12.8 km):** Go East on the South side of the river to Blackfoot Trail. Cross the river and return on the North side heading West. Cross back to the South side via Prince's Island Bridge.
7. **ERIC HARVIE BRIDGE at Southland Drive RETURN (30.2 km):** Go East on the South side of the river past Blackfoot Trail, following cycling paths through Bird Sanctuary, Beaver Dam Flats Park and Carburn Park to Eric Harvie Bridge. Return to YMCA the same way.

GOING WEST

8. **10th STREET LRT BRIDGE LOOP (2.9 km):** Go West on the South side of the river to the 10th Street LRT Pedestrian Bridge. Cross over to the North side of the river and head East. Return via Prince's Island Bridge.
9. **14th STREET LOOP (4.7 km):** Go West on the South side of the 14th Street Bridge. Cross over to the North side of the river. Head East and return via Prince's Island Bridge..
10. **SOUTH CROWCHILD (6.9 km):** Head West on the South side of the river to Crowchild Trail. Return to YMCA the same way, heading East.
11. **NORTH CROWCHILD (8.0 km):** Cross to the North side of the river via Prince's Island Bridge. Head West all the way to Crowchild Trail and return heading East, crossing over via Prince's Island Bridge.
12. **FIRST RAILROAD CROSSING (11.6 km):** Go West on the South side of the river beyond Crowchild Trail to the CPR Railway Crossing on the East side of Edworthy Park. Return the same way, heading East.

13. **EDWORTHY PARK LOOP (15.1 km):** Head west on the South side of the river beyond the CPR Railway Crossing at Edworthy Park. Cross Edworthy Bridge to the North side of the river and head East. Return to the South side via Prince's Island Bridge.
14. **SHOULDICE BRIDGE (20.4 km):** Cross Prince's Island Bridge to the North side of the river and head West to Shouldice Bridge at Bowness Road. Return the same way heading East.
15. **BOWNESS PARK via BOW CRESCENT (32.4 km):** Follow North side of river going West from Prince's Island to Bowness Road. Cross over Shouldice Bridge. Follow Bow Crescent, 70th Street, and 48th Avenue to Bowness Park. Make loop of paved road (West) and return to YMCA same way.
16. **BOWNESS PARK via BLOOD & GUTS (34.6 km):** Cross to the North side of the river via Prince's Island Bridge, heading West to Shouldice Bridge. Take 52nd Street to "Reformed Church". Climb glass hill to 32nd Avenue and Home Road. Follow to 85th Street. Cross Bow River to 48th Avenue. Travel West to Bowness Park and make West loop of paved road. Return the same way.

GOING NORTH

17. **WIMP'S ONE HILL (5.7 km):** Cross to the North side of Memorial Drive via Prince's Island Bridge. Circle the Curling Club on the East side to the paved pathway behind. Climb "Curling Club Hill" following Crescent Road West to 13th Avenue NW. Turn East to 9th Street NW. Turn South and follow Crescent Road. Return to the YMCA via Centre Street Bridge.
18. **TED'S 2-HILL (6.7 km):** Cross over to Memorial Drive via Prince's Island Bridge. Circle Curling Club on the East side and climb "Curling Club Hill". Follow Crescent Road West to 13th Avenue NW. Take a sharp left down 10th Street to bottom of the hill. Turn East under LRT. Climb stairs and grass hill to Crescent Road. Return to YMCA the same way.
19. **PHLEGM'S 3-HILL SPECIAL (7.1 km):** Cross over to Memorial Drive via Prince's Island Bridge. circle the Curling Club on the East side and climb "Curling Club Hill". Move West on Crescent Road to top of grassy hill. Go down hill and stairs, and then under LRT to 10th Street. Climb 10th Street to 16th Avenue. Turn East on 16th Avenue to 9th Street, and then South on 9th Street to 13th Avenue. Head West to 10th Street and down 10th street to bottom of the hill. Climb grassy hill and return to YMCA the way you came.
20. **THE REAL STAIRMASTER (167 Stairs):** Cross North side of Memorial Drive via Prince's Island Bridge and run stairs behind the Curling Club to Crescent Road.

All distances are quoted from the North side of the circular bed opposite the South end of Prince's Island Pedestrian Bridge. If you wish to make the origin the Olympic arches, add on 0.28 km.