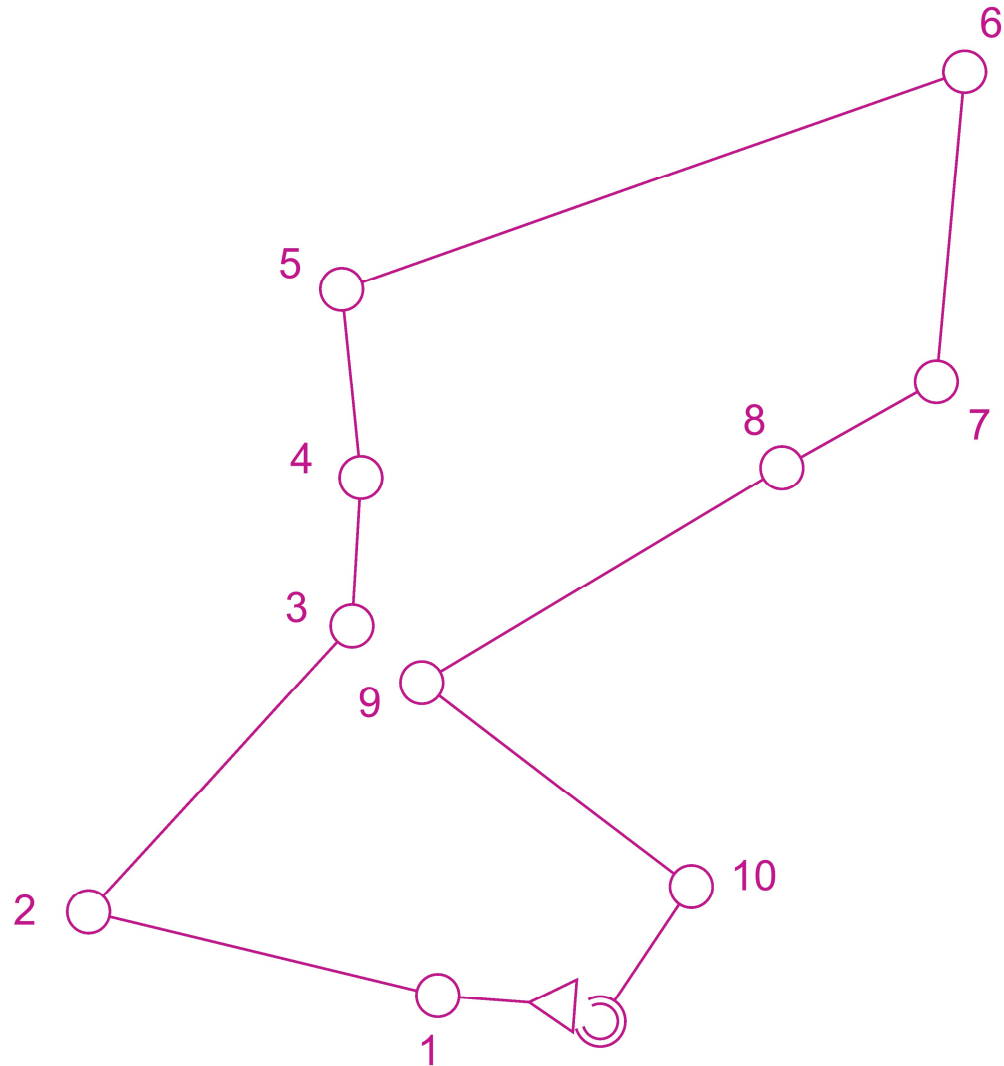


Silver Valley - Intermediate 1

Leg	Exercise
Δ-1	10 lunges
1-2	5 push-ups
2-3	30 seconds high knees
3-4	10 crunches
4-5	10 squats
5-6	20 jumping jacks
6-7	5 tricep dips
7-8	10 bicycle crunches
8-9	10 calf raises
9-10	30 second wall sit
10- ☉	10 sit-ups



Silver Valley

Scale 1:10000

5m contours



- Contour
- Form line
- Gully: large, small
- Knoll: round, elongated
- Depression: large, small
- Pit, rootstock
- Boulder: large, small
- Boulders: cluster, field
- Cliff: impassable, large, small
- Pond, river
- Tower, signpost
- Building
- Other manmade object
- Road
- Track
- Path: large, small
- Indistinct path
- Uncrossable fence
- Vegetation boundary
- Marsh
- Open land
- Rough open land
- Scattered trees
- Road
- Forest: runnable
- Forest: slow run
- Forest: thick
- Forest: fight
- Undergrowth: slow
- Undergrowth: fight
- Paved area

Out of bounds

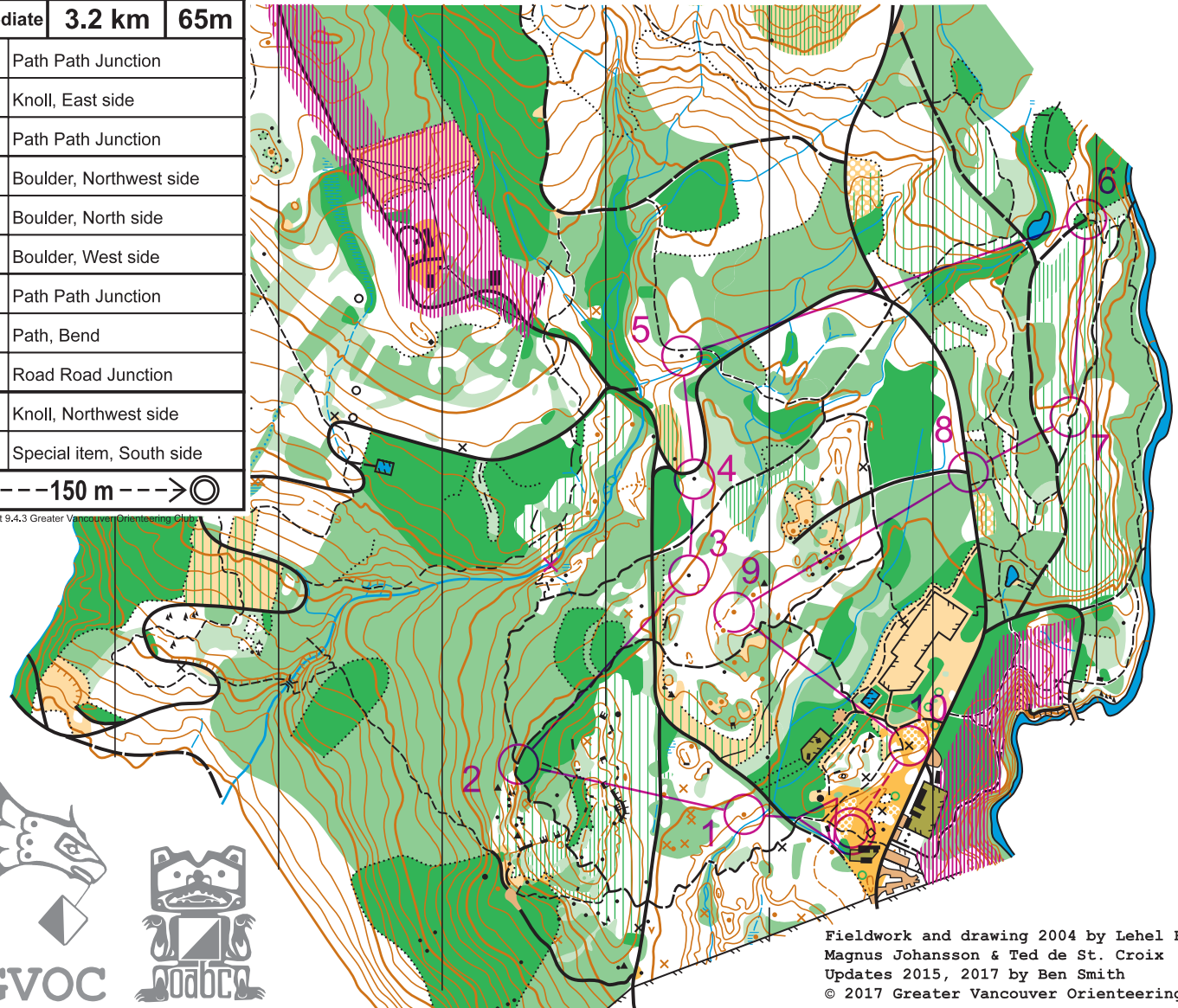
Do not cross

Silver Valley			
Intermediate	3.2 km	65m	
1 55			
2 45			
3 53			
4 40			
5 44			
6 54			
7 43			
8 36			
9 52			
10 31			

Silver Valley			
Intermediate	3.2 km	65m	
	Path Path Junction		
1 55	Knoll, East side		
2 45	Path Path Junction		
3 53	Boulder, Northwest side		
4 40	Boulder, North side		
5 44	Boulder, West side		
6 54	Path Path Junction		
7 43	Path, Bend		
8 36	Road Road Junction		
9 52	Knoll, Northwest side		
10 31	Special item, South side		

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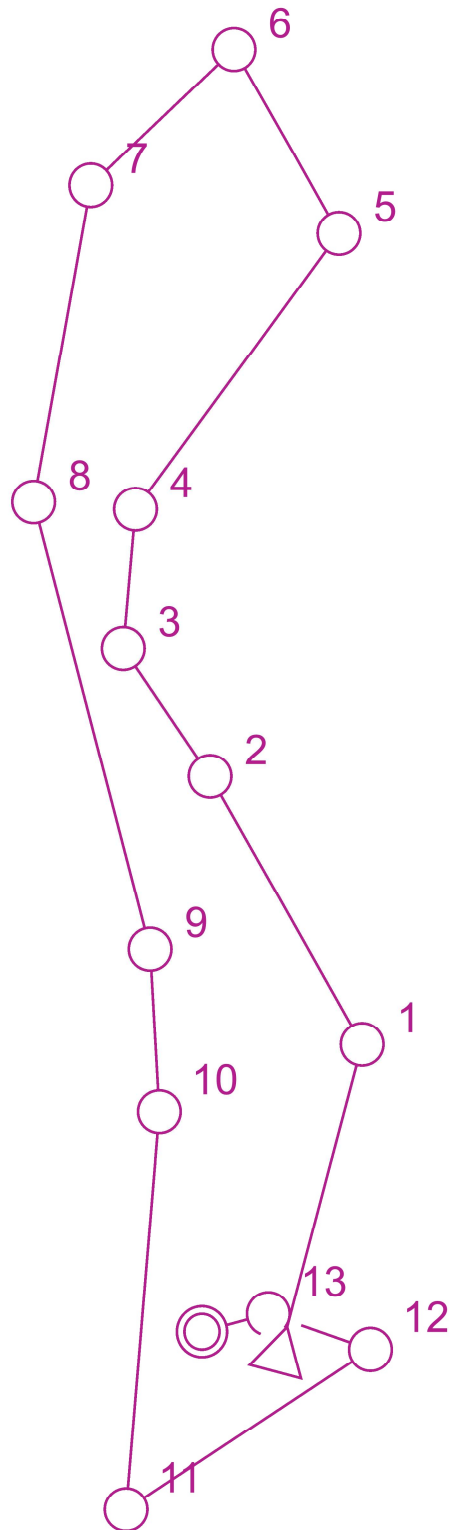
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Fieldwork and drawing 2004 by Lehel Fenyő,
Magnus Johansson & Ted de St. Croix
Updates 2015, 2017 by Ben Smith
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Cypress Falls - Intermediate 2

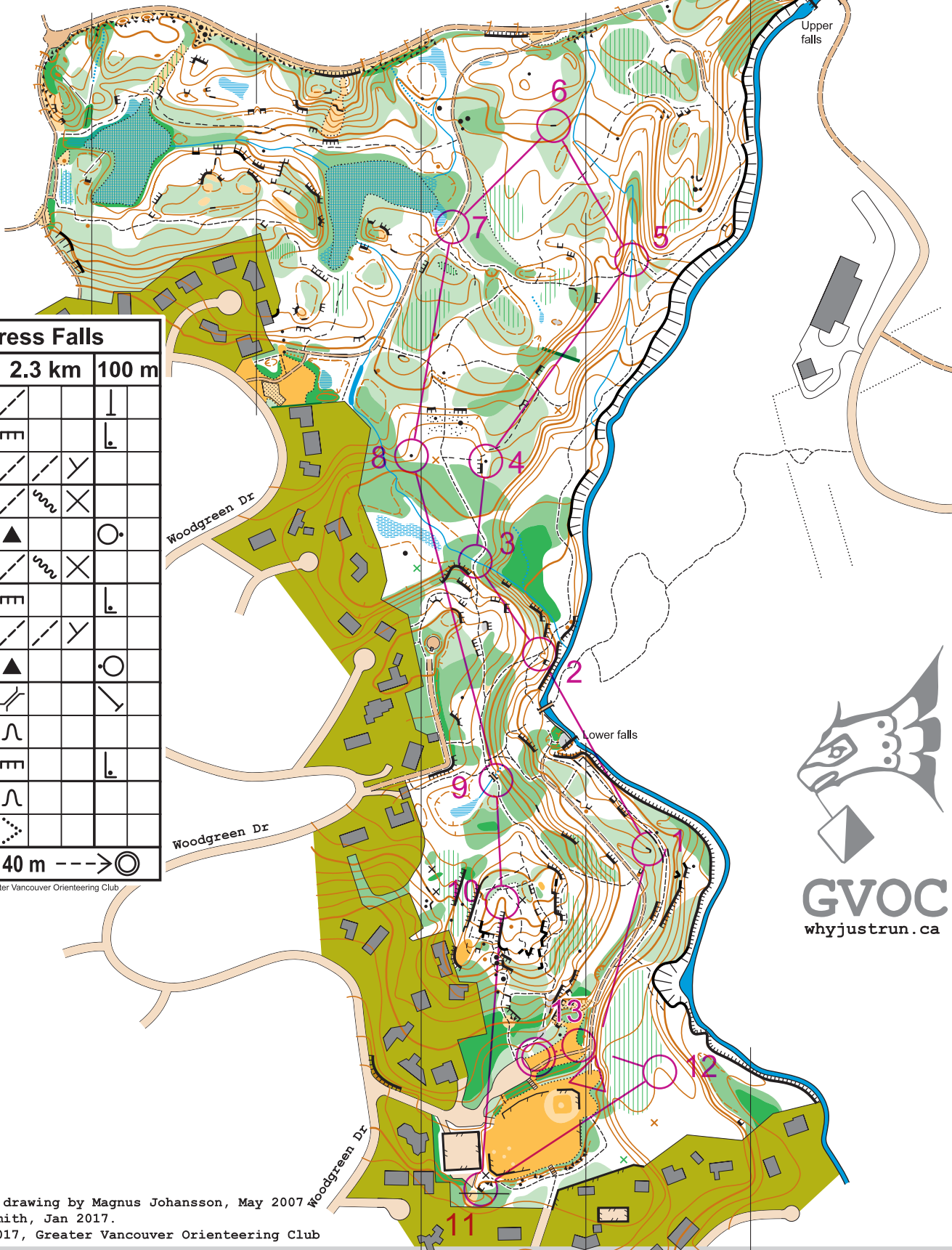
Leg	Exercise
△-1	10 lunges
1-2	5 push-ups
2-3	30 seconds high knees
3-4	10 crunches
4-5	10 squats
5-6	20 jumping jacks
6-7	5 tricep dips
7-8	10 bicycle crunches
8-9	10 calf raises
9-10	30 second wall sit
10-11	10 sit-ups
11-12	5 burpies
12- 13	30 second plank
13- ◎	15 mountain climbers



Cypress Falls Park

Scale 1:5000

2.5m contours



Cypress Falls				
Intermediate		2.3 km	100 m	
▷		∕		⊥
1	48	≡		⊥
2	63	∕ ∕	Y	
3	61	∕ ∕ wavy	X	
4	41	▲		○
5	66	∕ ∕ wavy	X	
6	60	≡		⊥
7	58	∕ ∕	Y	
8	43	▲		○
9	50	∕ ∕		⊥
10	59	∩		
11	38	≡		⊥
12	33	∩		
13	67	∕ ∕ dotted		

○ --- 40 m --- → ⊙

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Cypress Falls



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