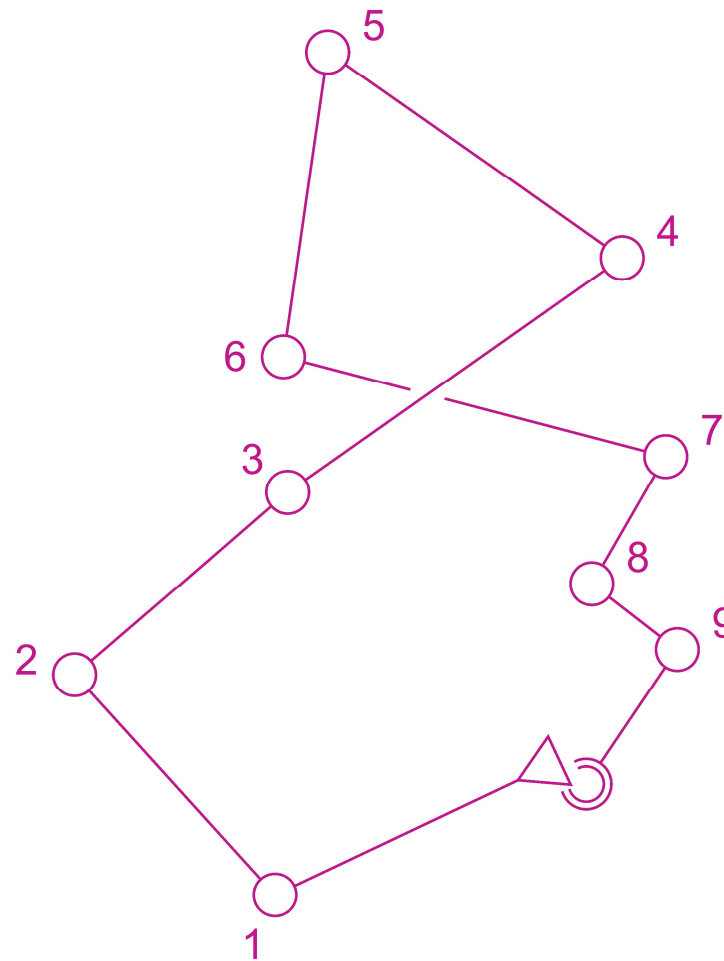


## Silver Valley - Novice

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-⊙	30 second wall sit



# 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
- Forest: runnable
- Forest: slow run
- Forest: thick
- Forest: fight
- Undergrowth: slow
- Undergrowth: fight
- Paved area

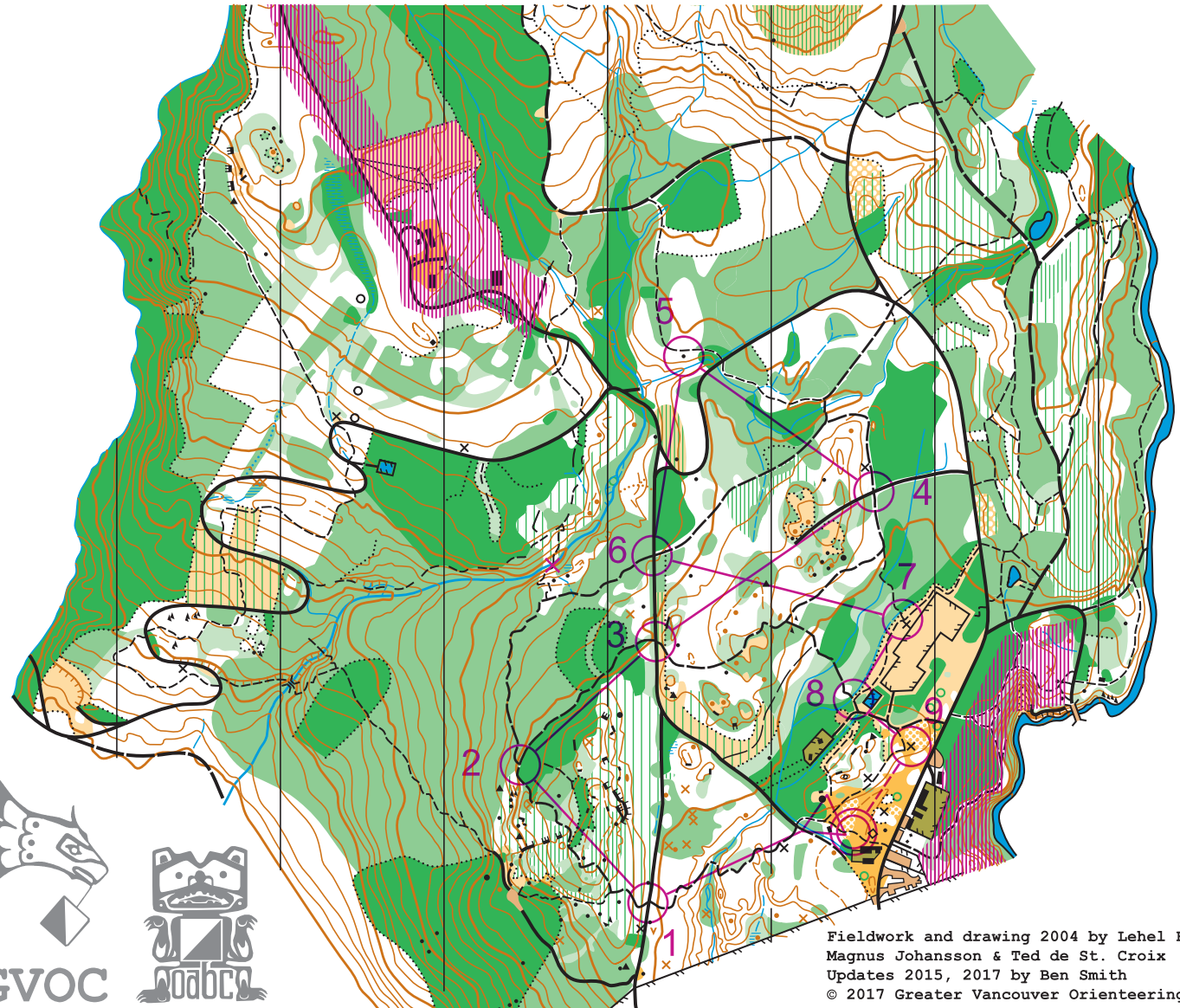
Out of bounds

Do not cross

Silver Valley		
Novice	2.7 km	55m
		Path Path Junction
1	34	Path Road Crossing
2	45	Path Path Junction
3	32	Path Road Crossing
4	39	Path Road Crossing
5	44	Boulder, West side
6	35	Path Road Crossing
7	49	Path Path Junction
8	38	Northern Path Path Junction
9	31	Special item, South side

150 m

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SilverValley



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