

MOUNTAIN EQUIPMENT CO-OP



**COURSE MAP #1**

**Sunny side up**

**Big Chop Distance: 6.5km**

**Big Chop Description:** Dock - Red Marker - Bouy off Kits Beach - Right of Red Marker - Flag of English Bay (watch for boats) - Left turn around flag - left turn around Green Marker - HOME

**Little Chop Distance: 3.4km**

**Little Chop Description:** Dock - Red Marker - Bouy off Kits Beach - HOME  
Watch for SWIMMERS



Sand Barge  
CAN

Green Marker

Red Marker

watch for swimmers

Red Bouy

**BIG CHOP  
HEADQUARTERS**