

## MINOTAUR VK

Distance: 4km

Elevation gain: 970m

Time limit: 3 hrs

The race will start at the base of Castle mountain resort at an elevation of 1425m. As soon as the gun start will be heard you will be heading up the North Run, a wide ski trail with a gentle incline for the first 900 metres of the race that brings you up and around the green chair to the first, short, but steep incline of the race. The terrain gets back to a more runnable incline for the next 300 metres and from there you will need to make a sharp left turn to start a steep ascent that will bring you to the next 2 switch backs approximately 1.8 km into the race. On your left, you will be able to see the majestic Barnaby range with its multiple summits and purple colours that stretches over multiple kilometres. After those two switch backs, you will be on your way to the bottom of red chair at an elevation of 1900 metres and 2.5 km into the race. Next you will go up to the right of the red chair and pass under it on this really steep section that will bring you to the bottom of tamarack bowl that in turn will lead you to the summit of Castle mountain resort. The ascent of the Tamarack bowl will be gruelling to say the least. 1.5 km going straight up a mix of scree and talus ( maybe snow ) all the way to the summit and you will gain nearly 500 metres of elevation over that distance On your way to the summit you will be surrounded by some of the great ski terrain that Castle mountain resort has to offer during the ski season. Let's not forget the amazing tamarack trees that the bowl got its name from. A coniferous tree that turns yellow and loses its needles in the fall! Once at the top of red chair you will have an amazing view of Haig mountain that will be to your left as you are negotiating the last 100 metres of the course. Congratulation! You are at the summit! 2391 metres above sea level. Do not forget to look around as the scenery is absolutely stunning!

## THE WAY DOWN

Obviously, everything that goes up must come down!

That part of the course will differ a bit from the uphill that you will have just went through. We want to give you the chance to soak in the achievement and scenery as you are heading down the mountain ( no operational chair lift at this time of year. )

From the summit you will head down 100 metres to the top of red chair and make your way on a ramp heading north on the skyline traverse which passes below North peak and above the largest and steepest bowl at Castle mountain resort ( the sheriff bowl ). Once you get to the ski run called Bandito, you will take a right and head down until you hit a long traverse and turn right on it. You will be passing at the bottom of the bowl that you were just above earlier. This will lead you back to the bottom of red chair where things might look familiar. From there you will be directed on to the north run ( same route as uphill ) until you hit the run Easy way, where you will turn right and follow it to the bottom of the hill back to the lodge. As you come down you will notice that the theme of the hill for naming the runs are about the far west and its animals. Enjoy!