

Bigelow Trails, Canning NS

Scale 1:4000

Contour Interval: 5 m

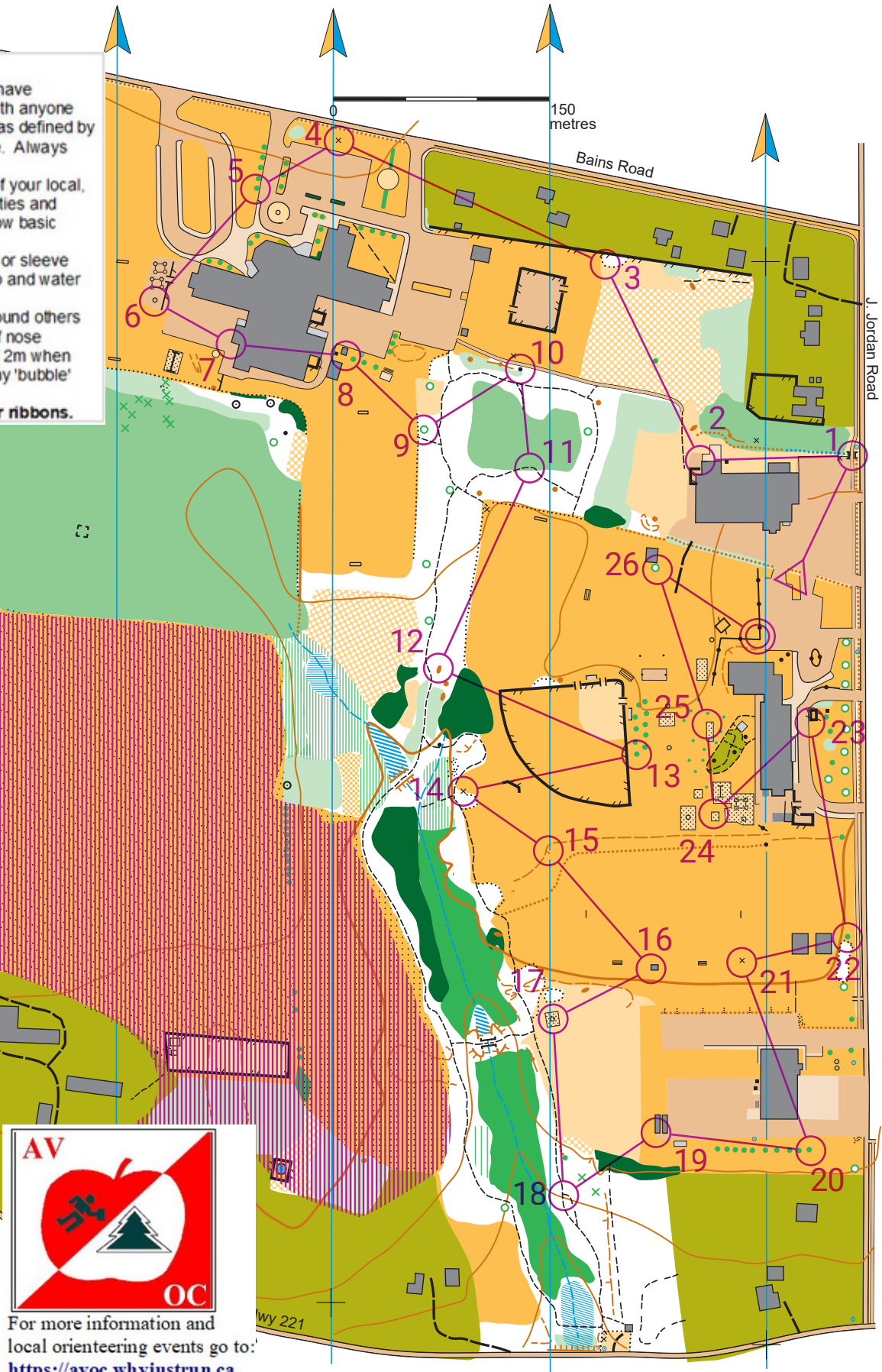
COVID-19

If you or anyone in your household have experienced or come into contact with anyone experiencing COVID-19 symptoms as defined by health authorities, please stay home. Always respect and follow the guidelines, recommendations and regulations of your local, provincial and federal health authorities and government. Please be sure to follow basic personal hygiene rules:

- Sneeze and cough into your elbow or sleeve
- Use hand sanitizer frequently (soap and water even better!)
- Consider wearing a mask when around others
- No spitting or uncovered blowing of nose
- Please maintain social distancing of 2m when encountering others from outside any 'bubble' allowed by health authorities.

Do not touch orienteering flags or ribbons.

Canning MapRunF			
Advanced	2.8 km		
▷	◊		○
1 43	↗		
2 44	■		└
3 45	▷		
4 46	×		
5 47	⤴		
6 48	×		
7 49	■		<
8 50	■		└
9 51	⤴		
10 52	▲		
11 34	↗	<	
12 53	●		
13 39	⤴		
14 54	×		
15 69	∩		
16 56	■		○
17 68	×		
18 57	↗	Y	
19 58	←	■	└
20 59	⤴		
21 60	×		
22 61	⤴		
23 62	↗		└
24 40	▨		○
25 41	▨		○
26 32	⤴		○
⊗	80 m		⊗



For more information and local orienteering events go to:
<https://avoc.whyjustrun.ca>