

# Whistler 5k & 10k Valley Trail Run

5k 

10k 

**Spruce Grove  
Start & Finish**

Lower Panorama  
Old Mill Road

Tommy Moore

Helen's  
Corner

Lower Panorama

Old Mill Road

Molly Hogan

Lost Lake Loop

Lost  
Lake

Tin Pants

Lost Lake Loop

Tin Pants

Vimy Ridge