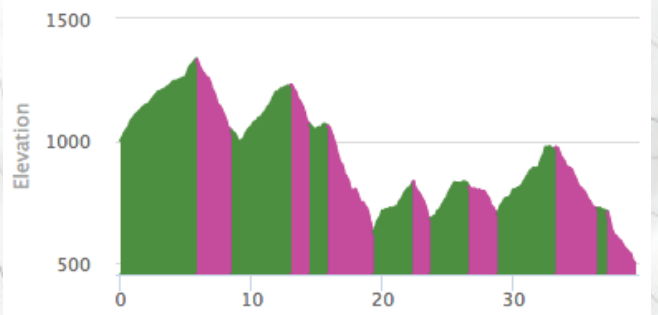
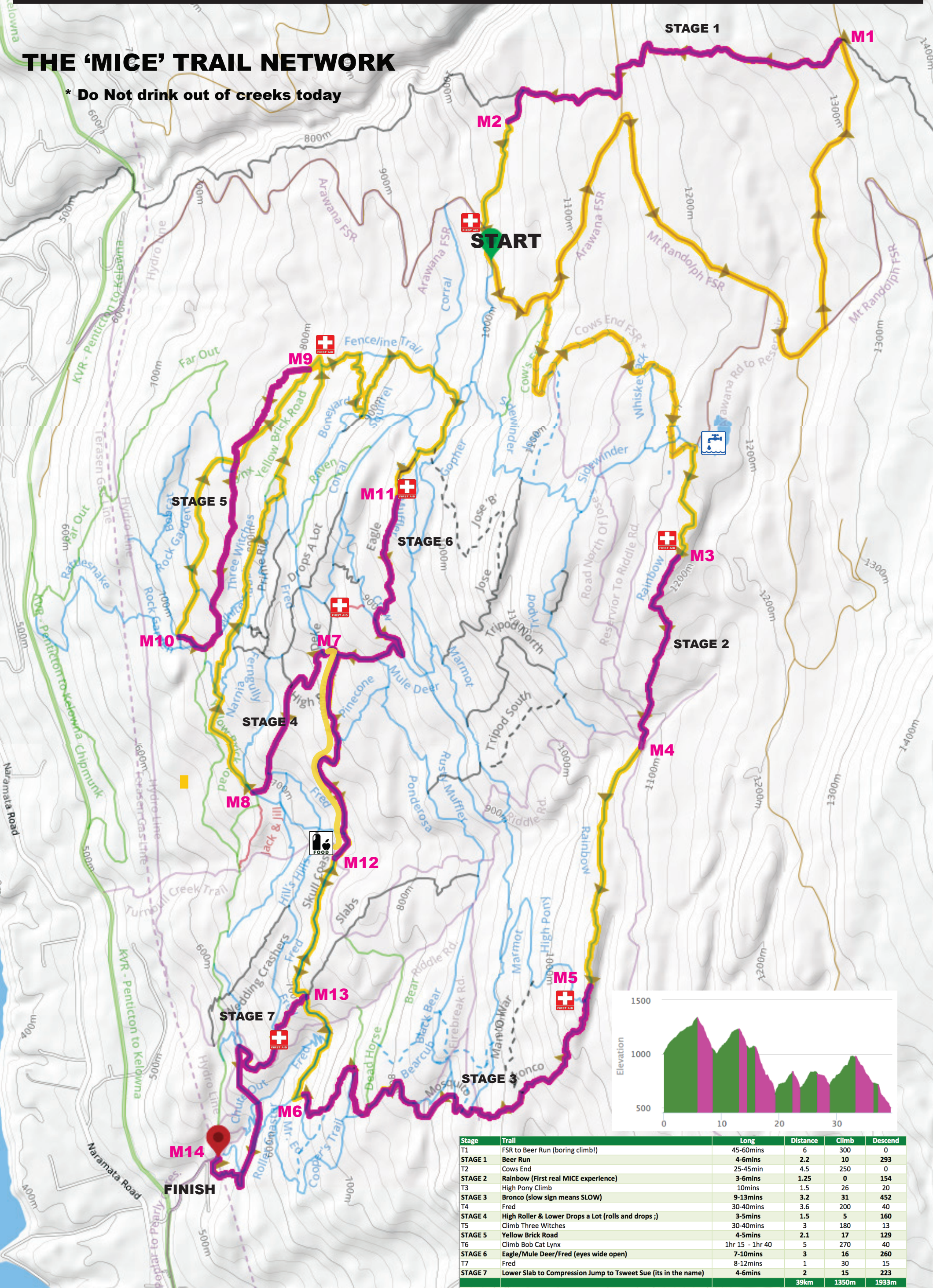


# DAY 2 - PENTICTON

TUESDAY JULY 5

## THE 'MICE' TRAIL NETWORK

\* Do Not drink out of creeks today



Stage	Trail	Long	Distance	Climb	Descend
T1	FSR to Beer Run (boring climb!)	45-60mins	6	300	0
STAGE 1	Beer Run	4-6mins	2.2	10	293
T2	Cows End	25-45min	4.5	250	0
STAGE 2	Rainbow (First real MICE experience)	3-6mins	1.25	0	154
T3	High Pony Climb	10mins	1.5	26	20
STAGE 3	Bronco (slow sign means SLOW)	9-13mins	3.2	31	452
T4	Fred	30-40mins	3.6	200	40
STAGE 4	High Roller & Lower Drops a Lot (rolls and drops ;)	3-5mins	1.5	5	160
T5	Climb Three Witches	30-40mins	3	180	13
STAGE 5	Yellow Brick Road	4-5mins	2.1	17	129
T6	Climb Bob Cat Lynx	1hr 15 - 1hr 40	5	270	40
STAGE 6	Eagle/Mule Deer/Fred (eyes wide open)	7-10mins	3	16	260
T7	Fred	8-12mins	1	30	15
STAGE 7	Lower Slab to Compression Jump to Tsweet Sue (its in the name)	4-6mins	2	15	223
			<b>39km</b>	<b>1350m</b>	<b>1933m</b>