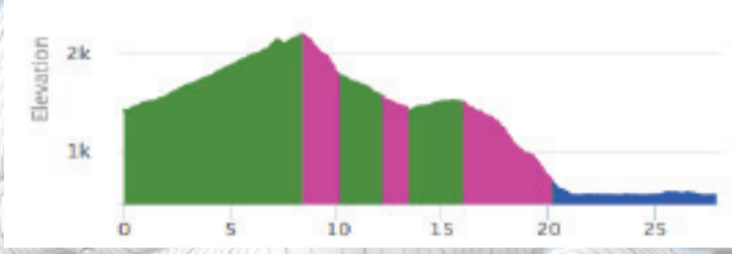
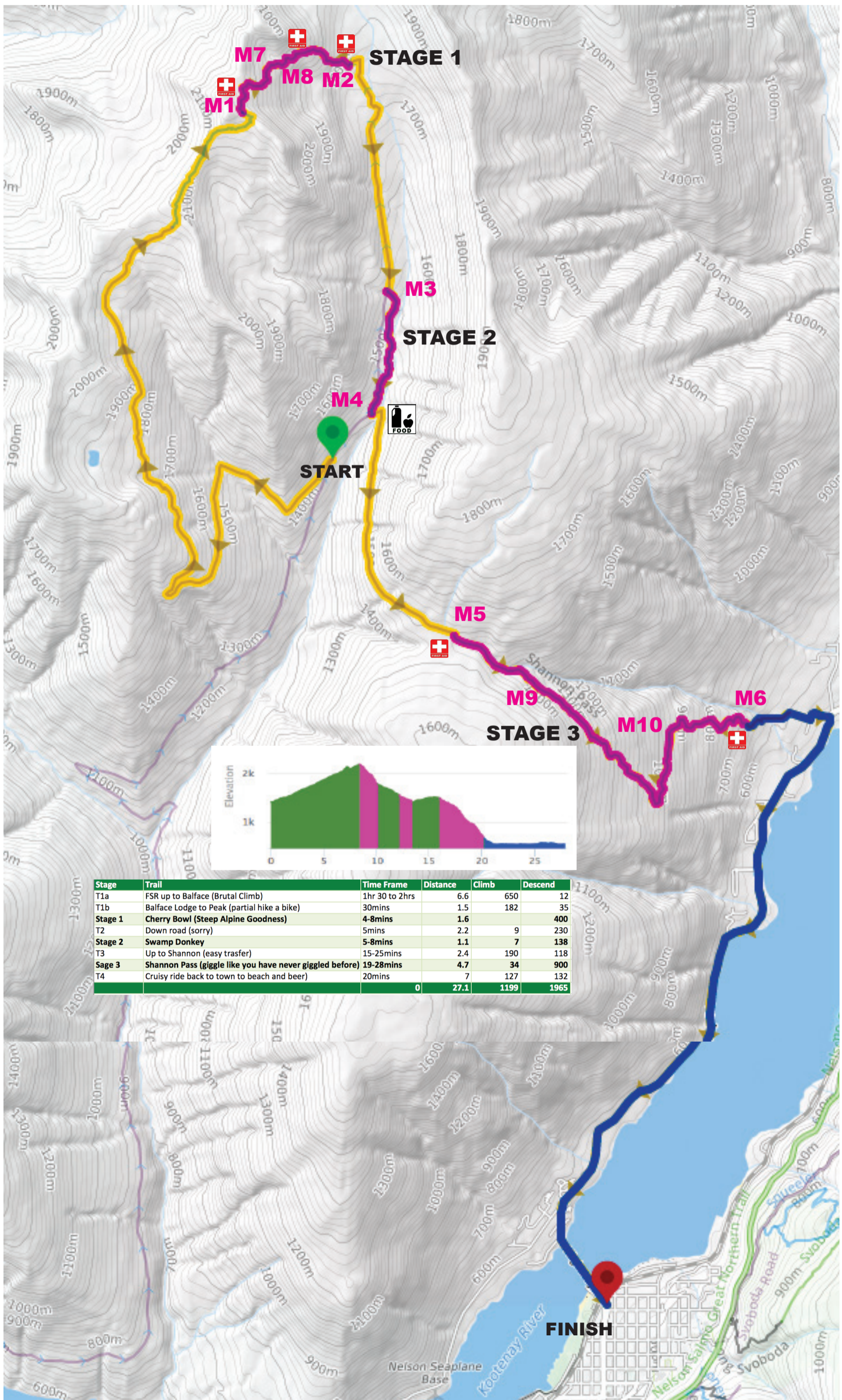


# DAY 6 - BALDFACE/NELSON

SATURDAY JULY 9



Stage	Trail	Time Frame	Distance	Climb	Descend
T1a	FSR up to Baldface (Brutal Climb)	1hr 30 to 2hrs	6.6	650	12
T1b	Baldface Lodge to Peak (partial hike a bike)	30mins	1.5	182	35
<b>Stage 1</b>	<b>Cherry Bowl (Steep Alpine Goodness)</b>	<b>4-8mins</b>	<b>1.6</b>		<b>400</b>
T2	Down road (sorry)	5mins	2.2	9	230
<b>Stage 2</b>	<b>Swamp Donkey</b>	<b>5-8mins</b>	<b>1.1</b>		<b>138</b>
T3	Up to Shannon (easy trasfer)	15-25mins	2.4	190	118
<b>Sage 3</b>	<b>Shannon Pass (giggle like you have never giggled before)</b>	<b>19-28mins</b>	<b>4.7</b>		<b>900</b>
T4	Cruisy ride back to town to beach and beer)	20mins	7	127	132
			<b>0</b>	<b>27.1</b>	<b>1199</b>
					<b>1965</b>