# WILLINGDON BEACH TRAIL – OLD GOLF COURSE LOOP

**LENGTH:** about 5.5 km
**RATING:** BEGINNER
**FEATURES:** easy start, mostly flat, a short bit of climbing, two short sections of sandy downhill, awesome narrow trail thru blackberry, bursting at the seams with fun
**START:** Willingdon Beach
**PARK:** Willingdon Beach Park
**NOTES:**
1. given the lack of large trees in the golf course section, look to shrubbery for signage
2. "junction" = usually a T-intersection
3. "fork" = diverging trails with a central acute angle
4. with the ocean, mill, road, and Willingdon Beach marking the four respective "sides" of this route, you would have to try very, very, very hard to get lost

| kilometre | notes |
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| 0 | Willingdon Beach park |
| 0.3 | go down to Willingdon Beach Trail |
| 1.5 | end of Willingdon Beach Trail, intersection with haul road, go L down to and thru cement blocks |
| 1.55 | go R at the fork, up |
| 1.6 | switch back up, take first L at "4-way" trail intersection, up |
| 2.2 | go L down towards old golf course, just before road, downhill, trail center sandy and eroded |
| 2.35 | go R at junction |
| 2.4 | stay R at fork |
| 3.0 | go L at fork, downhill, (going R takes you up to the road) |
| 3.05 | stay L at fork, heads back toward Willingdon Beach |
| 3.35 | stay L at fork |
| 3.6 | stay L at fork |
| 3.8 | go thru cement blocks |
| 3.9 | go thru cement blocks, down to haul road and back onto Willingdon Beach Trail |
| 5.5 | end |