

LANGLEY

RECOMMENDED ROUTE: Langley

Type: Out and Back

Start/Finish: Langley Running Room Store (6185 200 St)

Route Info: From the Running Room store, head down 200th St and make a left on Willowbrook Drive. Willowbrook turns into 196th leading into Brydon Lagoon trail. Follow this trail past 53rd and up Michaud Crescent to 203 st. Take a breather (you're 1/2 way there) then head back along the same route.

