**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.