

# ABBOTSFORD

## RECOMMENDED ROUTE: Abbotsford / Mill Lake

**Type:** Loop

**Start/Finish:** Abbotsford Village Shopping Centre on Sumas Way

**Route Info:** This 10K loop starts with a gradual uphill on South Fraser Way, and then takes you to Mill Lake by McDougall and Bevan Avenues. After circling Mill Lake once, you will continue South on Ware Street and East on Marshall Road, returning to the starting point via McKenzie Road and a gradual downhill on South Fraser Way.

