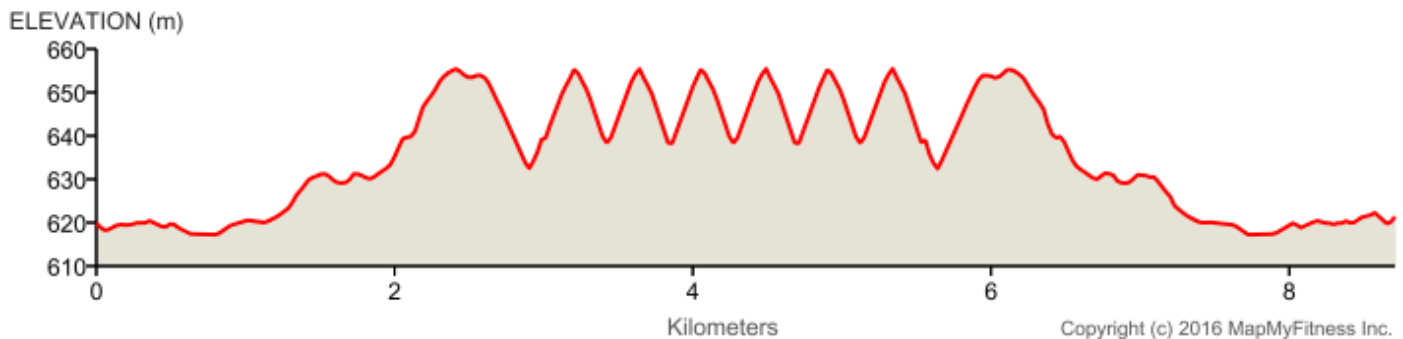
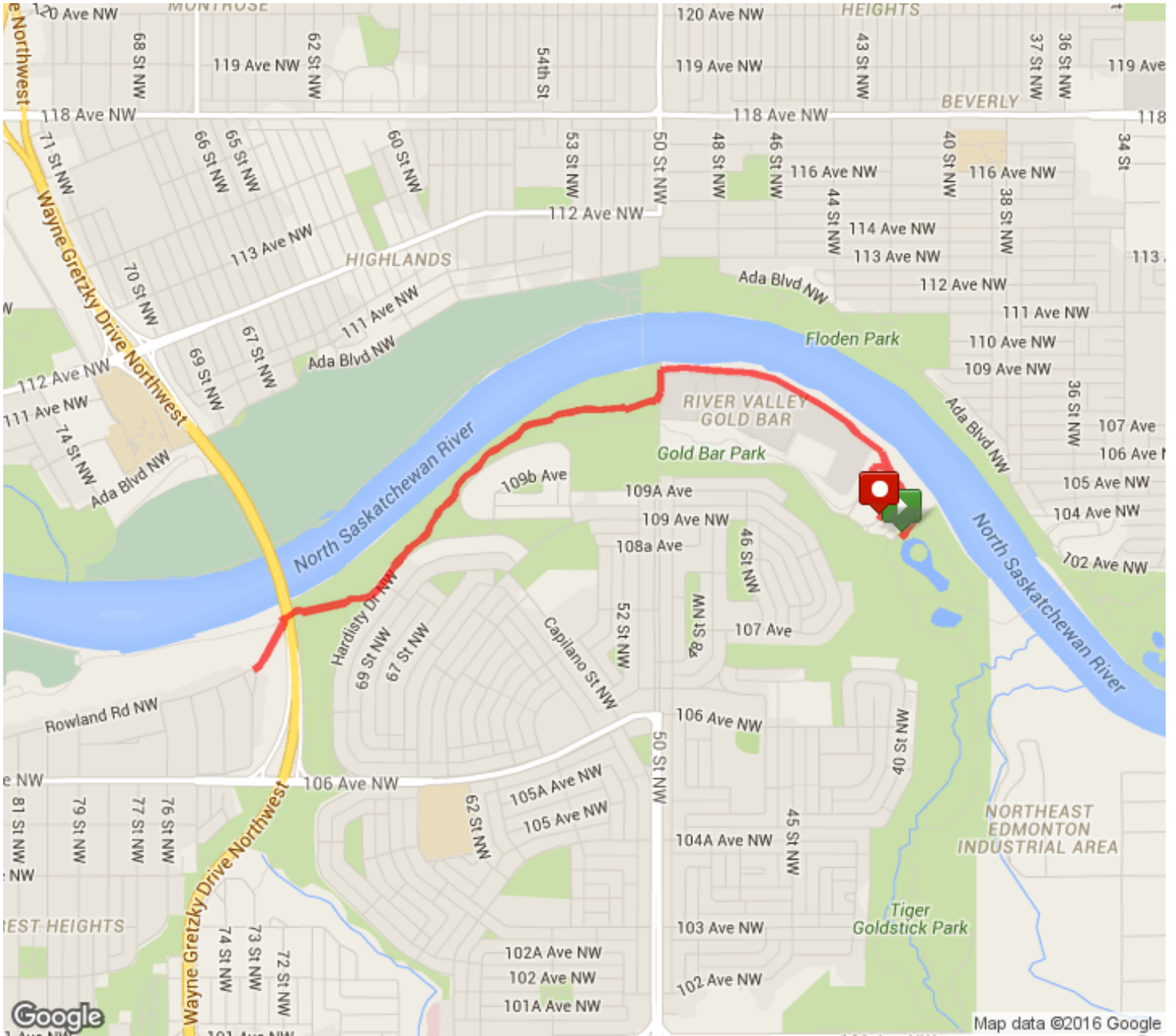


























AIA Gretzgy stairs map
 Distance: 8.71 km
 Elevation: 69.7 m (Max: 655.86 m)

Warm Up to Gretzgy Stairs,... 4-8
 Stair intervals (hard up, recover down), cool down back .

mapmyrun



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	Head northeast	0 km (+0.09 km)
	Turn left	0.09 km (+0.01 km)
	Head north	0.1 km (+0 km)
	Head south	0.1 km (+0 km)
	Head north	0.1 km (+0.19 km)
	Slight right	0.29 km (+0.04 km)
	Head north toward 50 St NW	0.33 km (+0.23 km)
	Head northwest toward 50 St NW	0.56 km (+0.27 km)
	Head west toward 50 St NW	0.83 km (+0.18 km)
	Head west toward 50 St NW	1.01 km (+0.2 km)
	Head south on 50 St NW toward Capilano Park Rd NW	1.22 km (+0.12 km)
	Turn right onto Capilano Park Rd NW	1.33 km (+0.12 km)
	Turn right	1.45 km (+0.01 km)
	Turn left	1.46 km (+0.09 km)
	Head west	1.54 km (+0.13 km)
	Head west	1.67 km (+0.19 km)
	Head southwest	1.86 km (+0.18 km)
	Head southwest	2.04 km (+0.32 km)
	Head southwest	2.36 km (+0.27 km)
	Head southwest	2.63 km (+0.1 km)
	This segment has no directions.	2.73 km (+0.16 km)
	Head northwest	2.89 km (+0.03 km)