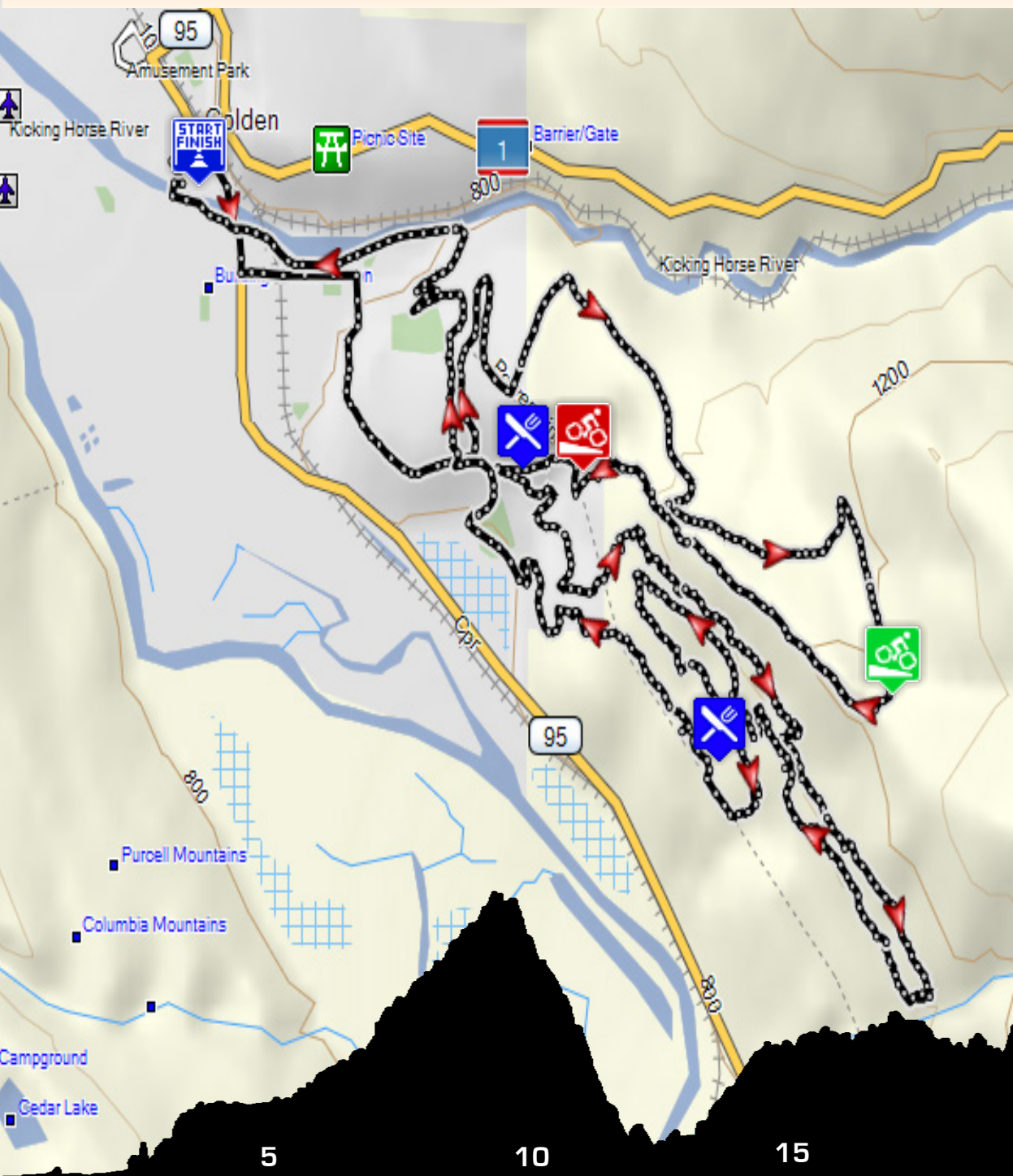


# Stage 4 - Golden - Mtn. Shadows - July 29th, 2014

Stage: 30km Elevation Gain: 1400m Timed Descent: 2.4km, 373m descending



Start / Finish



Descent Start



Descent Finish



Checkpoints

11.5km Golden

Cycling Club Fan Zone and BBQ

22 km

We'll kick off stage 4 in Golden showcasing the newly sanctioned Mtn. Shadows trail network. Get ready for a long, steady climb followed by descents below towering Mount 7. Be sure to hone your skills for this one as we'll be throwing steep, and wickedly fun, slopes, rock gardens, berms, switchbacks and more your way. We'll end the day back in Golden with a finish in Spirit Square on the banks of the Kicking Horse River.

All routes are subject to change at any time to allow for permit approval, quality control and safety of the riders.

1200m

1100m

1000m

900m

30 800m

5

10

15

20

25