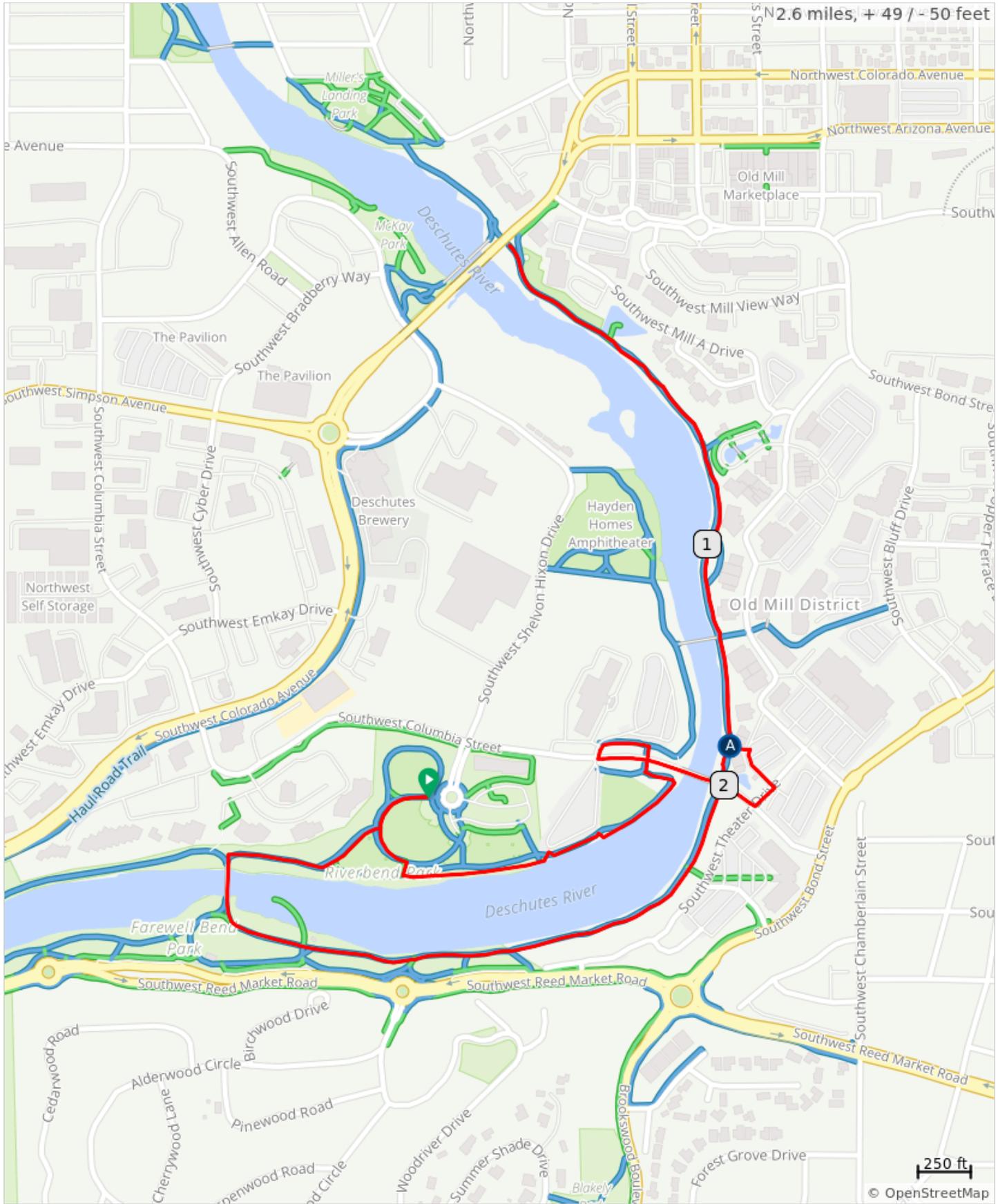


# Walk MS: Bend 2.5 Mile



## A. Hydration Station/Rest Rooms



Walk MS: Bend 2.5 Mile

Type	Dist	Note
	0.0	Start of route
	0.1	Take a right
	0.1	Continue straight
	0.2	Take a left and cross the bridge
	0.3	Keep Left
	0.3	Continue Straight
	0.4	Continue Straight
	0.5	Continue Straight
	0.5	Continue Straight
	0.8	Continue Straight under the bridge through the tunnel
	0.8	<b>HYDRATION STATION</b> Stop for a drink, rest a moment, and continue your walk when you're ready.
	0.8	Continue straight
	0.9	Continue straight
	1.0	Continue straight
	1.1	Continue straight

1.1 miles. +11/-24 feet

Type	Dist	Note
	2.6	End of route

0.1 miles. +0/-0 feet

Type	Dist	Note
	1.2	Continue straight
	1.3	END OF ROUTE: Turn around and return to team village
	1.9	Right and head towards the road
	1.9	Right
	2.0	Right and head across the bridge
	2.1	Take a right and loop to the right
	2.1	Continue right
	2.2	Continue right and go into the tunnel under the bridge
	2.2	Take a left
	2.2	Follow the path to the right along the water
	2.4	Continue straight
	2.4	Continue straight
	2.5	Take a right
	2.5	Take a left
	2.5	Continue straight back to the arch

1.5 miles. +37/-29 feet