



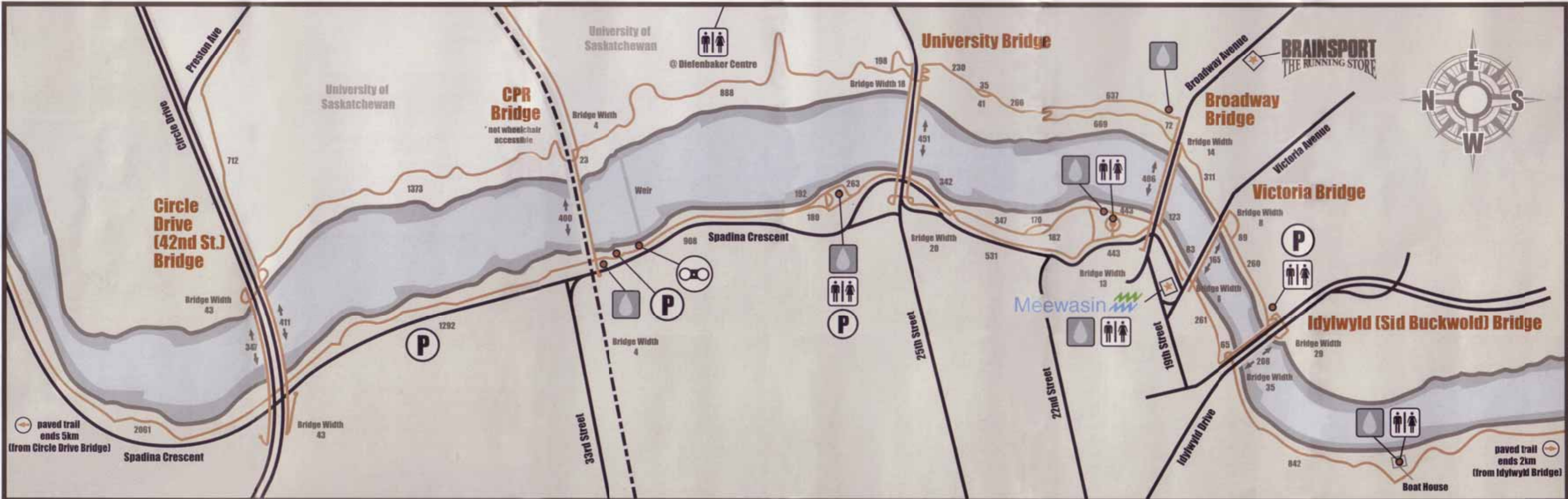
### Map Legend

★ All Paved Trail Distances in Metres

- paved trail
- road
- railway tracks
- Water Fountain
- Important Site
- Washrooms
- Telescope
- Parking

### Total Trail Distances

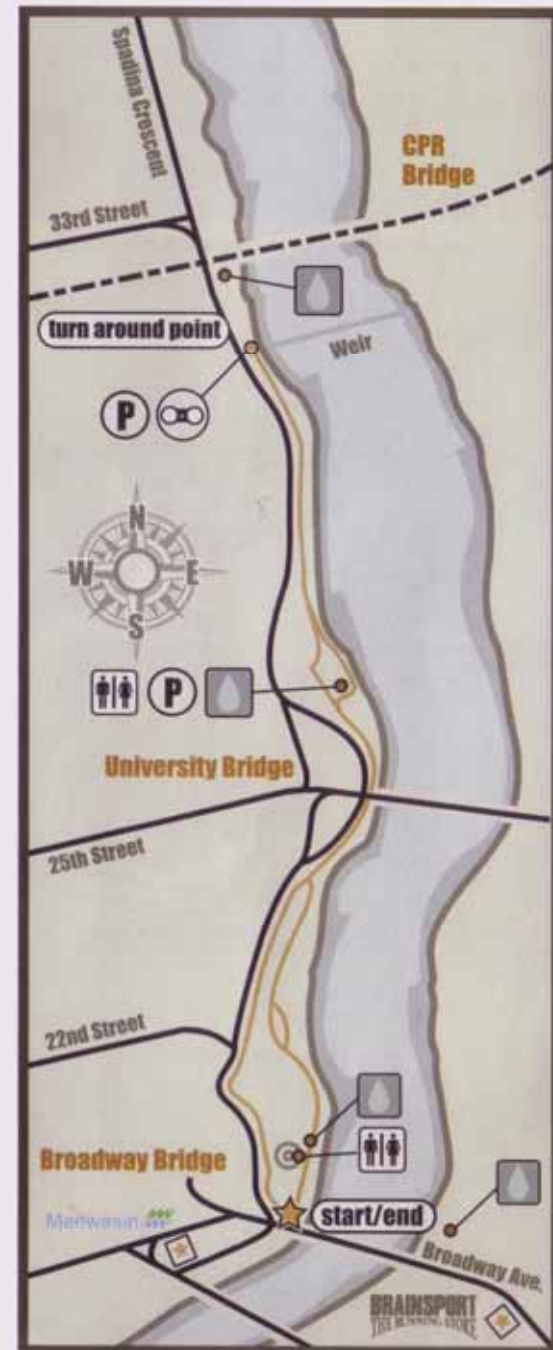
	West Bank	East Bank
Spadina Cres West to Idylwyld Bridge	2.0 km	
Idylwyld to Victoria Bridge	0.3 km	0.4 km
Victoria to Broadway Bridge	0.2 km	0.3 km
Broadway to University Bridge	1.2 km	1.2 km
University to CPR Bridge	1.4 km	1.8 km
CPR to 42nd Street Bridge	1.4 km	1.4 km
North of 42nd Street Bridge	5.1 km	



5km

Suggested Route

Water Fountain, Important Site, Washrooms, Telescope

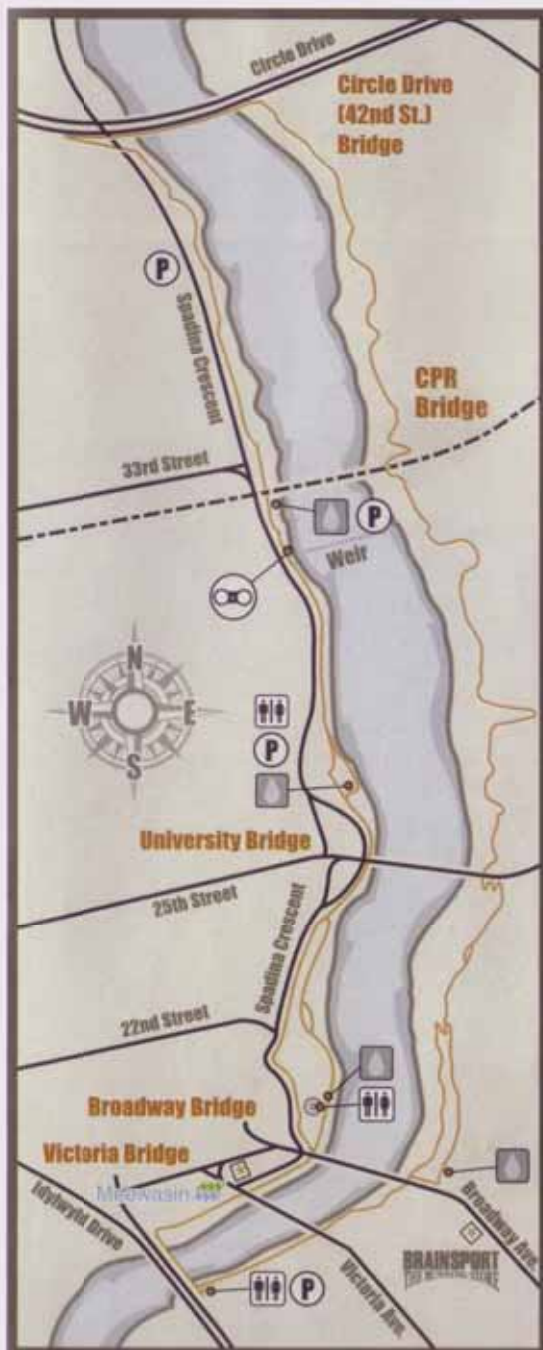


Note: This 5km route is based on the runner remaining on the trail closest to the river. Start point is where trail splits beside bridge.

10km

Suggested Route

Water Fountain, Important Site, Washrooms, Telescope



Note: This route is a "loop" course - therefore wherever you start is also where you must finish. Using both West & East banks, and crossing the Idylwyld and Circle Drive Bridges, this is a very scenic 10k.

1km

Suggested Route

Water Fountain, Important Site, Washrooms, Telescope

Note: Start point is the "duck slide" next to Mendel parking lot.



1mile

Suggested Route

Water Fountain, Important Site, Washrooms, Telescope



Note: For both the 1km and 1 mile, runner can start at either end. Also, by approximating a half way point, this route is changed to an "out and back" rather than point to point.

\* End point is the statue at corner of Spadina and 24th St.



### Trail Courtesy

While using the trail, please remember that it is intended for walkers, runners, cyclists, roller blades, dryland skis, pets on leashes, and many other endeavours. People aged 1 to 100 use the trail, so please use the following guidelines for the safety of yourself and others:

- Keep to the right of the trail, except to pass.
- Check over your shoulder before crossing the trail.
- Watch for blind spots around corners.
- Watch when nearing small children.
- During winter months, the trail often gets icy - be cautious about your footing.
- Avoid walking or running on ski paths during winter months.

Please Note: Trail use is always at your own risk. There are sections of the trail that are not lit at night, therefore each person should use their own discretion for personal safety. As well, care should always be taken to assure good footing. There is often a lower trail, nearer the river, running parallel with the paved Meewasin trail. While these trails are great for trail-running as well as skiing in the winter, caution should be taken. Neither the Meewasin Valley Authority, nor Brainsport, ASICS or anyone sponsoring this guide are liable for problems and/or injury as a result of using these trails.

### General Information

Users of this guide might find valuable information by referencing these websites:

- Sask Athletics: [www3.sk.sympatico.ca/athletic/](http://www3.sk.sympatico.ca/athletic/)
- Saskatoon Roadrunners: [www.saskatoonroadrunners.ca](http://www.saskatoonroadrunners.ca)
- Tourism Saskatoon: [www.tourismsaskatoon.com](http://www.tourismsaskatoon.com)

Thank You: This guide to the riverbank trails of Saskatoon was made possible by the generous contributions and care of the following sponsors: ASICS; Brainsport The Running Store; the Meewasin Valley Authority; and Goodman Agencies Inc. Thanks to their support of the running and walking community.

### ASICS



Since 1949, ASICS has prided itself on designing and building quality products for the serious athlete. The name is an acronym, deriving from "Anima Sana In Corpore Sano", a Latin phrase expressing the ideal of a sound mind in a sound body. This concept is central to our role as manufacturers of technical sporting goods, as well as researchers in the field of sport and fitness. ASICS is driven by a passion to meet and exceed the needs of a growing running community, and we are proud to be involved in running events and programs worldwide.

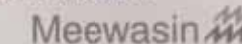
[www.asicstiger.com](http://www.asicstiger.com)

### Brainsport-The Running Store



If you run in Saskatoon, there is a good chance you know the way to Brainsport. We first opened our doors in 1991 and have fit tens of thousands of feet since. Throughout this time, our guiding philosophy has been to provide key information and the best fit possible. The store hosts a free running club (Wednesday, 6p.m. year round; Saturday 8:30a.m. from October to April), as well as a walking club (Monday, 6 p.m.). Clinics are also offered throughout the year for runners of every level. We are also a source of information for running and triathlon events, from local to international.

704 Broadway Avenue, Saskatoon, SK. 306.244.0955  
[www.brainsport.ca](http://www.brainsport.ca)



### Meewasin Valley Authority

The Meewasin Valley Authority is an organization dedicated to protecting the natural and cultural heritage resources of the South Saskatchewan River valley in Saskatoon, Saskatchewan and area. With the support of the province of Saskatchewan, the City of Saskatoon and the University of Saskatchewan, the MVA undertakes programs and projects in river valley education, development and conservation. One of our greatest achievements was the creation of the Meewasin Valley Trail. This trail follows the South Saskatchewan River through the heart of Saskatoon. The Meewasin Valley Authority is pleased to partner with Brainsport-The Running Store and ASICS in producing this brochure for runners and walkers to use while enjoying and exploring the Meewasin Valley Trail.

402-3rd Ave. S. Saskatoon, SK. 306.665-6887  
[www.meewasin.com](http://www.meewasin.com)

Note: The complete trail system can be viewed at the MVA building, or on their website.

Brochure designed by Jeff Spokes

## River Routes

Maps and Distances of Saskatoon's River Trails

