walk $23,000 \mathrm{~km}$ \& swim $4,600 \mathrm{~km}$ of the

FORT STJOHN
5

## MARK YOUR PROGRESS ON THE MAP!

 <br> <br> \section*{Ca}} <br> \section*{Trans <br> \section*{Trans <br> <br> Canada Trail} <br> <br> Canada Trail}

