

# YMCA Boise Front Trail Run

## Short Course at Nordic Lodge

### Short Course—5ish miles

Start from Frontier Nordic Lodge, head north on the Nordic Highway, take first left on to Eastside Trail, take East Side Trail, Lower Loop Trail, follow Lower Loop Trail to Flush, stay left to Red Tail Extension, come up to the Nordic HWY and cross to Sappers Return, stay on Sappers Return to return to Nordic Lodge.

 **Start & Finish**  
Frontier Nordic Lodge

 **Water Station**

