

Climb through the Nordic Center to access the EKG / Orange Spot Loop. Do the the EKG loop. I added the T2 / Skull Mountain variation, where I climbed back up to the EKG via Georgetown. Exit the Nordic Center onto 3 Sisters Drive, and follow the single track on 3 Sisters Drive down to the Bow River bridge (if you can't find that, no worries. Take the road).

Option: there are many great loops at the Nordic Center. I chose the one above because it is one of the 'bigger' loops, but you can make it even larger, smaller, or add more downhill bits. The Nordic Center has a good map of all trails.