



Disc Golf

General Rules

- Rules are generally determined by the group playing.
- Teeing off must be done from tee area marked by tee sign and rocks.
- Best score previous hole tees first on next hole.
- The disc furthest from pin must throw first.
- Players must release disc no more than 30 cm directly behind their disc.
- Permanent and natural obstacles must not be moved, bent or shaped in any way.
- The disc must come to a rest in either the basket or chains to complete the hole.

Course Rules

- Dogs must be on leash at all times.
- Consumption of drugs and alcohol is prohibited.
- Please do not litter, including cigarette butts.
- Please pack out any litter you may find on the course.
- Hikers, cyclists, and roller-skiers have the right of way. Please share the trails.
- Allow faster paced groups to play through.
- Holes #5 to #14 are closed in winter.
- Stay off paved trail surfaces.

Pro Tip

- Write your name and phone number on each of your discs for easy return if they are lost.
- Need to rent discs? Visit Trail Sports. Should you fall in love with the game, they also have a vast selection of discs to purchase.

Player Names	Holes										Holes									
	1	2	3	4	5	6	7	8	9	Total	10	11	12	13	14	15	16	17	18	Total
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Par	3	3	3	3	4	3	4	3	3		3	3	3	4	3	3	3	3	4	
Distance (m)	104	75	89	105	113	92	137	117	115		104	90	100	165	116	89	143	108	165	

Disc golf scorekeeping