

Direction	Description	Total Distance	Section Distance
Start	Driveway in front of Lodge	0	0
Right	Park Road	0.1	0.1
Right	Onto Bog Trail	1.07	1.07
Right	Onto Fire Tower Trail	1.16	1.16
Right	Onto South Plateau Trail, Follow into Hiker's Parking Lot.	1.59	1.59
Straight	Cross park roads on cross walk, continue on North Plateau Trail to Overlook	1.79	1.79
Straight	Cross park road past Overlook and continue on North Plateau Trail.	2.07	2.07
Right	Onto Cold Springs Trail.	2.63	2.63
Right	Cross closed road and get on start of Mountain Mist Trail. Follow Mountain Mist trail all way to the other end.	3	3
Aid #1	O'Shaughnessy Point. From Aid #1 continue on Warpath Ridge Trail.	5.89	5.89
Left then bare right	At Grassy Knoll onto Goat Trail and bare right following Goat Trail slightly downhill.	6.2	0.31
Right	Onto the trail formally known as the Chestnut Trail (DO NOT GO TO THREE BENCHES!!)	8.06	2.17
Right	Onto Keith Trail.	8.21	2.32
Right	Onto Logan Point Trail.	9.28	3.39
Straight	Continue on old Logan Point Trail (DO NOT TAKE THE NEW SWITCHBACKING BYPASS)	9.79	3.9
Left	Onto Stone Cuts Trail	10.33	4.44
Left	Continue into THE Stone Cuts (DO NOT TAKE THE BYPASS TRAIL).	10.68	4.79
Straight	Rejoin the Bypass trail and continue downhill (steeply).	10.9	5.01
Right	Onto Sinks Trail.	11.11	5.22
Left	Continue on Sinks Trail uphill to Aid #2.	11.76	5.87
Aid #2	Four Way Intersection of North Sinks and Mountain Mist Trail. Turn right on Mountain Mist trail and follow out to closed road.	11.84	5.95

Straight	Cross closed road and bare right onto Cold Springs Trail	12.64	0.8
Left	Continue on Cold Springs Trail up to the Red Gate.	12.99	1.15
Straight	After climbing the Red Gate continue downhill on nature trail.	13.26	1.42
Left	Near the intersection where you climbed up to the Red Gate, turn left and follow obvious drainage down to closed road near the bottom barricades.	13.51	1.67
Left	Onto closed road	13.57	1.73
Right	Onto Bankhead Trail	13.6	1.76
Right	Onto Dallas Branch Trail	14.56	2.72
Right	Onto Buzzard's Roost Trail	14.9	3.06
Right	At the berm bare right and follow obvious path out to Oakwood Ave sidewalk.	15.1	3.26
Left	Follow sidewalk along Oakwood Ave down to first parking lot entrance to Oak Park.	15.22	3.38
Left	Cross parking lot and run behind (left) of baseball field, follow around to Oak Park Trail head.	15.66	3.82
Aid #3	Oak Park Trail Head. From aid station follow Oak Park Trail steeply uphill.	15.75	3.91
 			
Right	Onto Bankhead Trail (downhill)	16.73	0.98
Left	Onto Old Panther Knob Trail, look for rock cairns. This intersection is just below the large pull out on Monte Sano Blvd between water tower and land trust parking lot.	16.91	1.16
Straight	Cross Monte Sano Blvd and continue on short section of Old Panther Knob trail to Dummy Line Trail.	16.96	1.21
Left	Onto Dummy Line Trail (uphill)	16.98	1.23
Right	Follow split to the right climbing towards Toll Gate Trail.	17.88	2.13
Right	Onto Toll Gate Trail (downhill)	18.04	2.29
Left	Onto High Trail	18.4	2.65
Right	Onto Bluffline Trail. Follow Bluffline Trail all the way to Railroad Bed Trail.	19.88	4.13
Aid #4	Railroad Bed Trail. From aid station follow Railroad Bed Trail.	21.61	5.86

Right	Bare right to continue on original Railroad Bed Trail (don't follow the newer longer switchbacking way to the left).	22.26	0.65
Left	Onto Alms House Trail	22.69	1.08
Left	Onto Waterline Trail (uphill)	24.1	2.49
Right	Onto Bluffline Trail (uphill)	24.89	3.28
Aid #5	Trough Springs Trailhead. Continue (Right) onto Natural Well Trail / Trough Springs Trail)	25.44	3.83
Left	Leave Trough Springs Trail, continue on Natural Well Trail towards the washout.	25.5	0.06
Right	Follow trail through the Washout. Continue on Natural Well Trail all the way to intersection with McKay Hollow Trail.	25.87	0.43
Right	Onto McKay Hollow Trail.	28.07	2.63
Left	Bare left and start climb up Shelter Hill (still McKay Hollow Trail). Make sure you run the remainder of the climb after the first bench, Kathy's Bench. It's the rule! :)	28.91	3.47
Aid #6	The Canteen. Follow South Plateau (clockwise). Follow South Plateau Trail (clockwise) until trail splits towards Fire Tower / North Plateau Trail intersection.	29.72	4.28
Left	Onto bypass trail towards Fire Tower / North Plateau Intersection.	31.05	1.33
Left	Onto Fire Tower Trail	31.12	1.4
Left	Onto North Plateau Trail (clockwise)	31.15	1.43
Finish	Behind the Lodge.	31.29	1.57