

Start: Camp Moran

Follow dirt road west down towards Cascade Lake for about 0.1 mile

Turn Left and follow paved road southwest along Cascade Lake towards South End Campground for about 0.2 mi

Just past bathrooms in campground turn Left off of road onto trail

Follow trail 0.1 and turn Left onto trail towards Cascade Falls/Sunrise Rock Trail

Follow trail about 0.1 and turn Left towards Cascade Falls

Follow trail about 0.4 and turn Right at a trail intersection continue towards Cascade Falls

After about 0.4 mi cross Olga Rd(but stay on west side of creek--don't cross the bridge on the road or go under the South Arch) and continue uphill towards Cascade Falls.

After about 0.2mi turn right at a four way trail intersection continue straight and keep climbing up hill past the falls and follow the creek up towards Mountain Lake. Ignore trails going off to the left.

After about 1.0 mile turn Right onto Mt Pickett Rd(dirt) and go

about 0.4 mile and turn Left back onto the trail to Mountain Lake.

Follow the trail about 1.0 mile to the bridge just below the Mountain Lake Dam. Turn Left and cross the creek on the bridge.

In about 0.1 turn Right at a fork to stay on the Mountain Lake Trail heading towards Mountain Lake Landing.

At the Mountain Lake Landing there will be a WATER ONLY AID STATION.

From Mountain Lake Landing take the Little Summit Trail uphill about 1.0 mile to the Mt Constitution Ridge Trail. (The Little Summit Trail can be found behind the picnic shelter at Mountain Lake Landing)

Turn Right onto the Mt Constitution Ridge Trail and follow about 2 miles to the top of Mt Constitution and the AID STATION. (ignore the trail going to the left about 1 mile after turning right onto the ridge trail)

From the aid station at the tower take the trail down to the parking lot, go through the parking lot and turn Right onto the trail on the other side of the parking lot. Follow this trail down towards Twin Lakes/Mountain Lake for about 1.0 mile and turn Left onto North Boundary Trail before getting to Twin Lakes.

Follow North Boundary Trail for about 2 miles to the top of the Powerline Trail.

At the intersection with the Powerline Trail(aka West Boundary Trail)continue straight towards Cold Springs for about 0.8 mile

Watch for a trail making a hard Right off the trail you're on about 0.8 mile past the intersection with the Powerline Trail. Turn Right and follow that trail about 2.3 miles down to Cascade Lake. When you're almost back down to Cascade lake watch out for a side trail to the right that crosses a small bridge right away DON'T take that side trail continue straight instead and downhill.

Back in the Cascade Lake Day Use Area again cross Olga Rd and follow the Cascade Lake Trail counter-clockwise.

In about half a mile go straight at a four way intersection and then about 0.1 mile later go Leftt at a four way intersection to continue following the lake trail. Then after about 0.3 go straight/right at a fork in the trail to get onto the Lagoon Trail. (if you go Left at the fork you'll come to the bridge in about 0.1 mile--don't go that way!)

Follow the Lagoon Trail about 0.4 mile and turn Left and then almost immediately enter a gravel parking lot. Turn Left at the parking lot and follow the edge of the parking lot to a trail that heads back to the Lagoon follow this trail about 0.1 mile to a paved rd and turn Left onto the road. Follow the road just briefly and turn Left onto the trail just past the dam.

Continue on the Lagoon Trail for about 0.4 mile back to the Cascade Lake Trail. Turn right onto the Cascade Lake Trail. (don't go Left here to cross the bridge-- the race doesn't cross that bridge

anymore)

Follow the Cascade Lake Trail, with the lake on your Left, for about 1 mile back to the first trail intersection you came to at the beginning of the race. Go straight and in 0.1 mile you'll be back on the paved road in South End Camp. Follow this Paved rd for about 0.2 mile and turn Right(uphill) onto the dirt road towards Camp Moran.

In about 0.1 mile turn Left and drop down into the FINISH AREA right in front of the main lodge at Camp Moran.