



- 12K**  
Orange loop  
1500' gain
- 25K**  
Blue loop  
3000' gain
- 50K**  
Gray loop  
6500' gain

**START / FINISH**

**HEMLOCK AID STATION**

**PINE AND CEDAR AID STATION**

**ROCK TRAIL AID STATION**

**LOST LAKE AID STATION**

2.5mi  
6mi  
13mi  
29mi

9mi

8.5mi  
24.5mi

18.5mi

