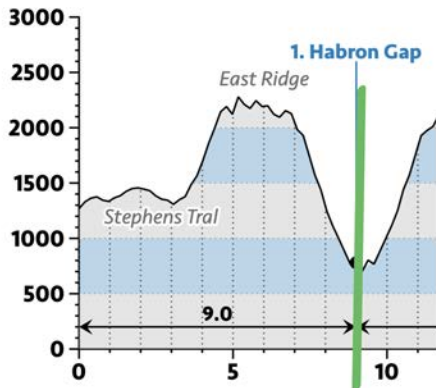


Start to Habron Gap 9 miles



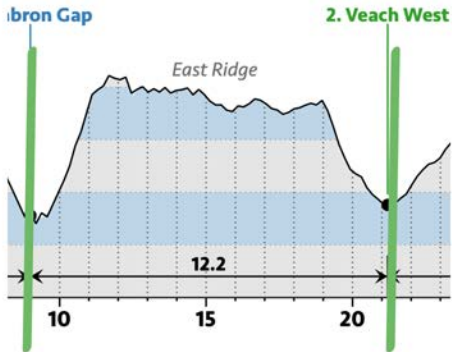
Cutoff: 1:30 pm

Directions	Section	Total
Start at Stephens Trail(yellow) trailhead ("horse trailer lot")	0	0
Straight on Stephens Trail(yellow), far NE corner of 'horse trailer lot' North to Massanutten Trail(orange)	4.4	4.4
Left Massanutten Trail(orange) North to Habron Gap Trail(blue)	2.7	7.1
Right on Habron Gap Trail(blue) East down to Road(Rt 684)	1.9	9
Aid Station will be set up across the road in the Fosters Boat Ramp parking lot.		

Habron Gap to Veach West

12.2 miles

Cutoff: 5:30 pm

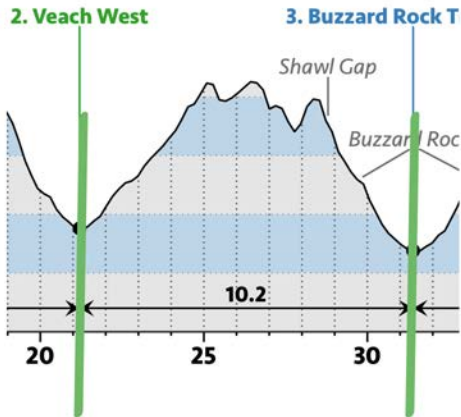


Directions	Section	Total
Turn around and re-trace steps up Habron Gap Trail(blue) West to Massanutten Trail(orange)	1.9	10.9
Right on Massanutten Trail(orange) North to Veach Gap Trail(yellow) [NOTE: about a mile before the turn for Veach, the Tuscarora trail will enter in from the right(east) and these two trails now run together and you will now see blue and orange blazing]	9.1	20
Left on Veach Gap Trail(yellow) West down to trailhead parking	1.1	21.1

Veach West to Buzzard Rock

10.2 miles

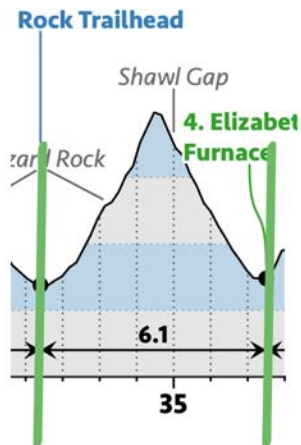
Cutoff: 1 am



Directions	Section	Total
Turn around and re-trace steps up Veach Gap Trail(yellow) East to Massanutten Trail(orange)	1.1	22.2
Left on Massanutten Trail(orange) North to Shaw Gap(orange, blue, white and yellow trails intersect)	5.4	27.6
Take the Buzzard Rock Trail(white) Northeast down to trailhead parking.[Technically, you are turning right off of the Massanutten Trail onto the Buzzard Rock Trail]	3.7	31.3

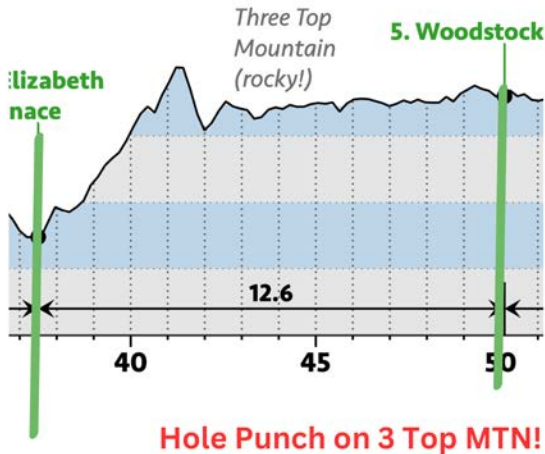
Buzzard Rock to Elizabeth Furnace Cutoff: 3 am

6.1 miles



Directions	Section	Total
Turn around and re-trace steps up Buzzard Rock Trail(white) South going back to Shaw Gap(orange, blue, white and yellow trail intersect)	3.7	35
Right on Massanutten Trail(orange) West down to Elizabeth Furnace – NOTE: This is still also the Tuscarora Trail(blue) as they run together so you will see both orange and blue blazing.	2.3	37.3

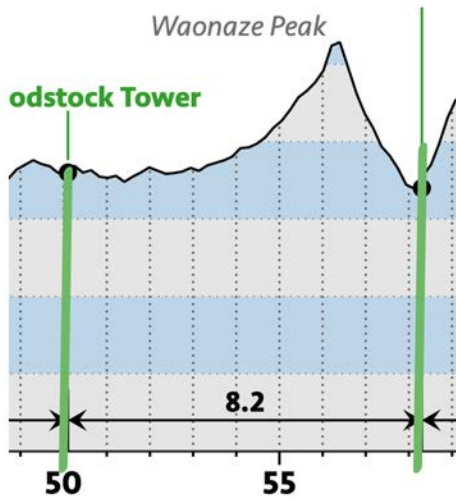
Elizabeth Furnace to Woodstock Tower 12.6 miles



Cutoff: 9 am

Directions	Section	Total
Leaving Elizabeth Furnace, you will continue on Tuscarora Trail(blue) heading West, cross Rt 678 (Fort Valley Rd), going up and over Green Mountain to intersection with Massanutten Trail(orange) (just North of Reservoir)	4.5	41.8
Stay on Tuscarora Trail(blue) South, over Three Top Mountain to intersection again with Massanutten Trail(orange)	3.5	45.3
Tuscarora Trail(blue) intersects with Massanutten Trail(orange) – stay on ridge and take orange to the right , South to Woodstock Tower Road(Rt 758)	4.5	49.8

Woodstock Tower to Edinburg Gap 8.2 miles



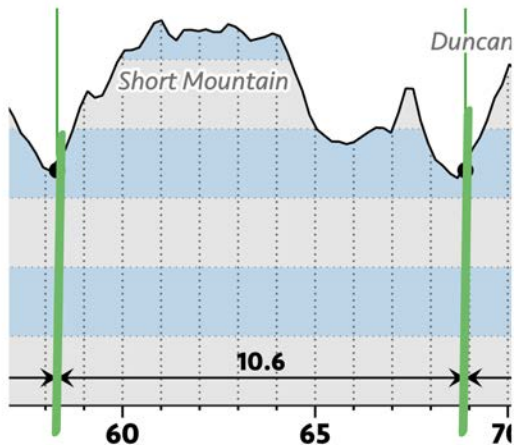
Cutoff: Noon

Directions	Section	Total
Continue on Massanutten Trail (orange) South to Edinburg Gap (Rt 675)	8.1	57.9

Edinburg Gap to Gap Creek I

10.6 miles

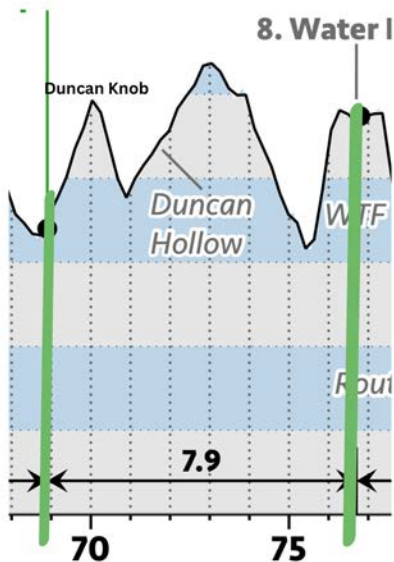
Cutoff: 6 pm



Directions	Section	Total
Continue on Massanutten Trail(orange) South to Moreland Gap(Rt 374/Rt 730 intersection)	7.8	65.7
Continue Massanutten Trail(orange) (cross Rt 730), heading Southeast to Jawbone Trail(blue)	1.5	67.2
Left on Jawbone Trail (blue) East descending down to Gap Creek.	1.2	68.4

Gap Creek I to Water Drop

7.9 miles



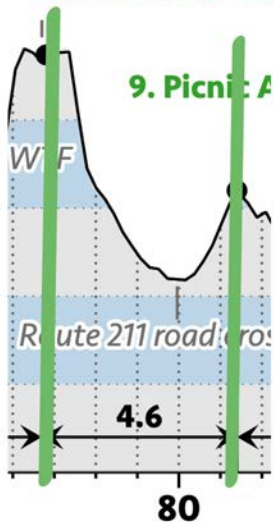
Cutoff: none

Directions	Section	Total
Gap Creek Trail (blue) East up and over Peach Orchard Gap to Massanutten Trail(orange)	2.2	70.6
Take Duncan Knob spur trail North to control punch located at the top of Duncan Knob and then returning to where you started on the Gap Creek Trail(blue)	.4	not on gpx
Right on Massanutten Trail(orange), South to base of Waterfall[pass Scothorn Tr. intersection(yellow) which will be to your right as you stay on orange bending to the left	4.7	75.3
Stay on Massanutten Trail(orange) up Waterfall to Crisman Hollow Rd	1.2	76.5

Water Drop to Picnic Area

4.6 miles

Hole Punch at Water Drop!



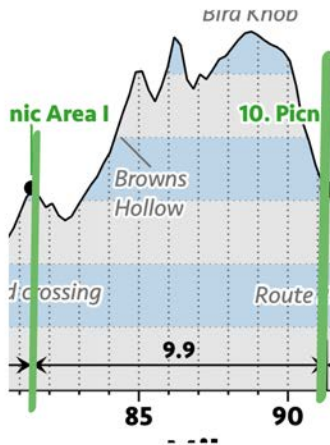
Cutoff: none

Directions	Section	Total
Turn around, re-trace your steps taking Massanutten Trail(orange) back down Waterfall to MMT Connector Trail(white)	1.2	77.7
Right on MMT Connector Trail(white) South(R) to Rt 211, crossing to commuter parking lot ("211 parking lot")	1.8	79.5
Pick up Massanutten Trail(orange) South(west end of parking lot) to past Browns Hollow Trail(pink) an additional .1 mi to "Picnic Area" Aid station	1.6	81.1

Picnic Area back to Picnic Area 9.9 miles

Cutoff: midnight

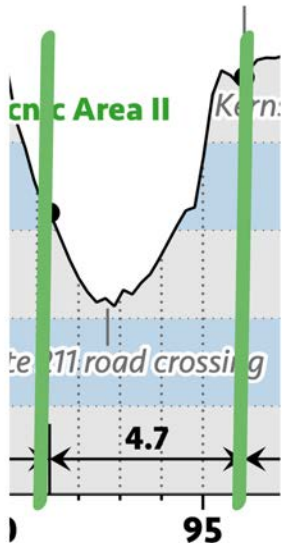
Hole Punch on Bird Knob!



Directions	Section	Total
Turn around, re-trace your steps back and taking Browns Hollow Trail(pink) South climbing up to Roaring Run Trail(purple)	4.3	85.4
Right on Roaring Run Trail(purple) West to Massanutten South Trail(orange)/Rt 375(gravel road)	1	86.4
Right on Massanutten South Trail(orange)/Rt 375 North to Bird Knob Trail(white)	.4	86.8
Left on Bird Knob Trail(white) to field/clearing for control point punch (unmanned), which will be located to the north edge of the clearing near where the trail enters back into the woods.	.4	87.2
Continue on Bird Knob Trail(white) back around to Massanutten South Trail(orange)	1.8	89
Stay straight as Bird Knob Trail(white) merges into Massanutten South Trail(orange) heading North, eventually descending to junction with Wildflower Trail(white) which comes in from the left.	1.8	90.8
Right, staying on Massanutten South Trail(orange) to "Picnic area"	.2	91

Picnic Area to Water Drop

4.7 miles



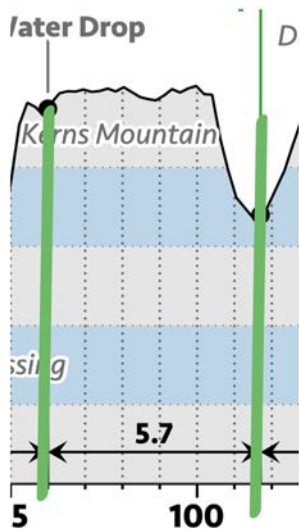
Cutoff: 4 am

Directions	Section	Total
Stay straight on Massanutten South Trail(orange) through "Picnic area" passing junction with Browns Hollow Trail(pink)	.1	91.1
Continue on Massanutten South Trail(orange) returning to "211 parking lot"	1.5	92.6
Cross Rt 211 to Massanutten Connector Trail(white) North to Massanutten Trail(orange) at the base of Waterfall.	1.8	94.4
Left on Massanutten Trail(orange) West up Waterfall to Crisman Hollow Rd	1.2	95.6

Water Drop to Gap Creek

5.7 miles

Cutoff: 6 am

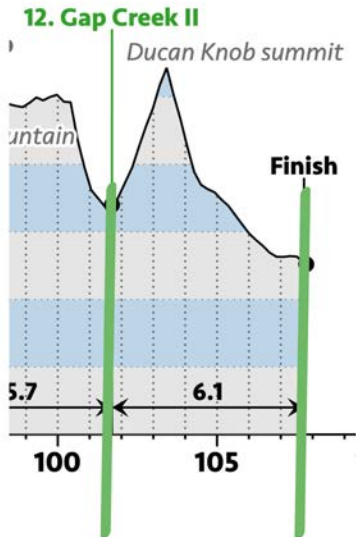


Directions	Section	Total
Continue on Massanutten Trail(orange) West and then North over Kerns to Jawbone Gap Trail(blue)	4.5	100.1
Right on Jawbone Gap Trail(blue) East to Gap Creek	1.2	101.3

Gap Creek to FINISH!!

6.1 miles

Cutoff: 10 am



Directions	Section	Total
Continue on Gap Creek Trail(blue) to Duncan Knob spur trail(white) on left(north)	1.4	102.7
Take Duncan Knob spur trail North to control punch located at the top of Duncan Knob and then returning to where you started on the Gap Creek Trail(blue)	.6	skip if did already
Left and resume heading East on Gap Creek Trail(blue) to Massanutten Trail(orange).	.7	104
Left on Massanutten Trail(orange) North Rt 675 and return to Camp Roosevelt Pavilion.	4.7	107.4