



* n.b. Due to serious trail destruction in summer 2021 flash floods, loop is modified. A few sections still loose and slippery.

5 mile = 1 Full loop + out-back to aid station.
(1 loop = 3.4 miles)

10 mile = 3 x Full 3.4 loop.

15 mile = 4 x Full 3.4 loop + out-back to aid st.

**** 2021 ROCKY CAP TRAIL RUNS. ****

