

Sequoia Trail Run Course Description

Direction	Course	Color	Distance (Km)		Aid Stations (Km)	
			Segment	Cumm.	Location	Next
10 Kilometer Trail Run						
	<i>Start: Baywood Picnic Area</i>					
Go SOUTH	Lower Meadow/Picnic Area	Yellow	0.2	0.2		4.5
Turn LEFT	Sunset Trail	Yellow	0.6	0.7		
Turn LEFT	Sequoia Bayview Trail	Yellow	2.7	3.4		
Turn LEFT	Castle Park Trail	Yellow	0.6	4		
Go STRAIGHT	Connector Trail	Yellow	0.4	4.5	Moon Gate	2.9
Turn LEFT	West Ridge Trail	Yellow	0.2	4.7		
Turn RIGHT	Tres Sendas Trail	Yellow	0.6	5.2		
Turn LEFT	French Trail	Yellow	1.1	6.4		
Turn LEFT	West Ridge Trail	Yellow	1	7.4	Moon Gate	2.7
Turn LEFT	Connector Trail	Yellow	0.4	7.9		
Go STRAIGHT	Castle Park Trail	Yellow	0.6	8.4		
Turn RIGHT	Sequoia Bayview Trail	Yellow	0.1	8.5		
Turn RIGHT	Cinderella Trail	Yellow	0.9	9.4		
Turn LEFT	Sunset Trail	Yellow	0.8	10.2		
	Kilometers			10.2		10.2
	Miles			6.3		

Direction	Course	Color	Distance (Km)		Aid Stations (Km)	
			Segment	Cumm.	Location	Next
20 Kilometer Trail Run						
	<i>Start: Baywood Picnic Area</i>					
Go SOUTH	Lower Meadow/Picnic Area	Pink	0.2	0.2		4.5
Turn LEFT	Sunset Trail	Pink	0.6	0.7		
Turn LEFT	Sequoia Bayview Trail	Pink	2.7	3.4		
Turn LEFT	Castle Park Trail	Pink	0.6	4		
Go STRAIGHT	Connector Trail	Pink	0.4	4.5	Moon Gate	12.3
Turn LEFT	West Ridge Trail	Pink	0.2	4.7		
Turn RIGHT	Tres Sendas Trail	Pink	0.6	5.2		
Turn RIGHT	French Trail	Pink	5.4	10.6		
Turn RIGHT	Orchard Trail	Pink	0.3	10.9		
Turn RIGHT	West Ridge Trail	Pink	0.5	11.5		
Turn LEFT	Baccaharis Trail	Pink	0.7	12.2		
Stay LEFT	Dunn Trail	Pink	1.7	13.9		
Turn RIGHT	Graham Trail	Pink	1.7	15.6		
Stay LEFT	West Ridge Trail	Pink	1.2	16.8	Moon Gate	2.7
Turn LEFT	Connector Trail	Pink	0.4	17.3		
Go STRAIGHT	Castle Park Trail	Pink	0.6	17.8		
Turn RIGHT	Sequoia Bayview Trail	Pink	0.1	17.9		
Turn RIGHT	Cinderella Trail	Pink	0.9	18.8		
Turn LEFT	Sunset Trail	Pink	0.8	19.6		
	Kilometers		19.6			19.6
	Miles		12.2			

Direction	Course	Color	Distance (Km)		Aid Stations (Km)	
			Segment	Cumm.	Location	Next
30 Kilometer Trail Run						
	<i>Start: Baywood Picnic Area</i>					
Go SOUTH	Lower Meadow/Picnic Area	Pink	0.2	0.2		4.5
Turn LEFT	Sunset Trail	Pink	0.6	0.7		
Turn LEFT	Sequoia Bayview Trail	Pink	2.7	3.4		
Turn LEFT	Castle Park Trail	Pink	0.6	4		
Go STRAIGHT	Connector Trail	Pink	0.4	4.5	Moon Gate	11.6
Turn LEFT	West Ridge Trail	Pink	0.2	4.7		
Turn RIGHT	Tres Sendas Trail	Pink	0.6	5.2		
Turn RIGHT	French Trail	Pink	5.4	10.6		
Turn RIGHT	Orchard Trail	Pink	0.3	10.9		
Turn LEFT	West Ridge Trail	Orange	0.4	11.3		
Turn RIGHT	Toyon Trail	Orange	1.3	12.7		
Turn LEFT	Golden Spike Trail	Orange	2	14.6		
Go STRAIGHT	Bridle Trail	Orange	1	15.6		
Stay RIGHT	Stream Trail Connector	Orange	0.1	15.6		
Turn RIGHT	Stream Trail	Orange	0.5	16.1	Canyon Meadow	11.1
Turnaround	Stream Trail	Orange	0.5	16.5		
Turn LEFT	Stream Trail Connector	Orange	0.1	16.6		
Stay LEFT	Bridle Trail	Orange	1	17.6		
Go STRAIGHT	Golden Spike Trail	Orange	2	19.5		
Turn RIGHT	Toyon Trail	Orange	1.3	20.8		
Turn LEFT	West Ridge Trail	Orange/Pink	1	21.8		
Turn LEFT	Baccaharis Trail	Pink	0.7	22.5		
Stay LEFT	Dunn Trail	Pink	1.7	24.2		
Turn RIGHT	Graham Trail	Pink	1.7	25.9		
Stay LEFT	West Ridge Trail	Pink	1.2	27.1	Moon Gate	2.7
Turn LEFT	Connector Trail	Pink	0.4	27.6		
Go STRAIGHT	Castle Park Trail	Pink	0.6	28.2		
Turn RIGHT	Sequoia Bayview Trail	Pink	0.1	28.2		
Turn RIGHT	Cinderella Trail	Pink	0.9	29.1		
Turn LEFT	Sunset Trail	Pink	0.8	29.9		
	Kilometers		29.9			29.9
	Miles		18.6			

50 Km = 30 Km + 20 Km