

Stinson Beach Trail Run Course Description

Direction	Course	Color	Distance (Km)		Aid Stations (Km)	
			Segment	Cumm.	Location	Next
12 Kilometer Trail Run						
	<i>Start: Arenal Avenue</i>					4.9
Go EAST	Arenal Avenue	Pink	0.1	0.1		
Go STRAIGHT	Dipsea Trail	Pink	1.9	2.0		
Stay STRAIGHT	Steep Ravine	Pink	2.8	4.9	Pantoll Parking Lot	6.9
Go STRAIGHT	Steep Ravine/Asphalt Path	Pink	0.1	5.0		
Go NORTH (cross road)	Coastal/Matt Davis Trail	Pink	2.6	7.6		
Stay LEFT	Matt Davis Trail	Pink	3.8	11.4		
Turn LEFT	Belvedere Rd.	Pink	0.1	11.5		
Turn RIGHT	Hwy 1	Pink	0.2	11.7		
Turn LEFT	Calle del Mar Rd.	Pink	0.1	11.8		
Kilometers			11.8			11.8
Miles			7.3			

Direction	Course		Distance (Km)		Aid Stations (Km)	
			Segment	Cumm.	Location	Next
25 Kilometer Trail Run						
	<i>Start: Arenal Avenue</i>					4.9
Go EAST	Arenal Avenue	Pink	0.1	0.1		
Go STRAIGHT	Dipsea Trail	Pink	1.9	2.0		
Stay STRAIGHT	Steep Ravine	Pink	2.8	4.9	Pantoll Parking Lot	9.2
Turn RIGHT on asphalt	Coastal Fire Road	Orange	0.5	5.4		
Stay STRAIGHT	Coastal/Coast View Trail	Orange	4.3	9.7		
Turn LEFT	Heather Cut-off	Orange	2.2	11.9		
Cross Road, Zigzag, Turn Left	Redwood Creek Trail	Orange	2.2	14.1	Muir Woods Road	4.5
Cross Road	Deer Park Fireroad	Orange	0.8	14.9		

Veer RIGHT	Dipsea Trail	Orange	2.9	17.8		
Turn RIGHT	Coastal Trail	Orange	0.3	18.1		
Stay STRAIGHT	Coastal Fire Road	Orange	0.5	18.6	Pantoll Parking Lot	6.9
Cross Parking Lot	Pantoll Parking Lot	Pink	0.1	18.7		
Turn LEFT/Go NORTH (cross road)	Coastal/Matt Davis Trail	Pink	2.6	21.3		
Stay LEFT	Matt Davis Trail	Pink	3.8	25.1		
Turn LEFT	Belvedere Rd.	Pink	0.1	25.2		
Turn RIGHT	Hwy 1	Pink	0.2	25.4		
Turn LEFT	Calle del Mar Rd.	Pink	0.1	25.5		
			Kilometers	25.5		25.5
			Miles	15.78		

Direction	Course		Distance (Km)		Aid Stations (Km)	
			Segment	Cumm.	Location	Next
50 Kilometer Trail Run						
	<i>Start: Arenal Avenue</i>					4.9
Go EAST	Arenal Avenue	Pink	0.1	0.1		
Go STRAIGHT	Dipsea Trail	Pink	1.9	2.0		
Stay STRAIGHT	Steep Ravine	Pink	2.8	4.9	Pantoll Parking Lot	9.2
Turn RIGHT on asphalt	Coastal Fire Road	Orange	0.5	5.4		
Stay STRAIGHT	Coastal/Coast View Trail	Orange	4.3	9.7		
Turn LEFT	Heather Cut-off	Orange	2.2	11.9		
Cross Road, Zigzag, Turn Left	Redwood Creek Trail	Orange	2.2	14.1	Muir Woods Road	4.5
Cross Road	Deer Park Fireroad	Orange	0.8	14.9		
Veer RIGHT	Dipsea Trail	Orange	2.9	17.8		
Turn RIGHT	Coastal Trail	Orange	0.3	18.1		
Stay RIGHT	Old Mine Trail	Orange	0.5	18.6	Pantoll Parking Lot	6.6
Cross Parking Lot	Pantoll Parking Lot	Pink	0.1	18.7		
Turn LEFT/Go NORTH (cross road)	Coastal/Matt Davis Trail	Pink	2.6	21.3		
Stay LEFT	Matt Davis Trail	Pink	3.8	25.1		
Turn LEFT	Belvedere Rd.	Pink	0.1	25.2	Belvedere Road	4.8
Turn LEFT	Hwy 1	Orange	0.1	25.3		
Turn LEFT	Dipsea Trail	Pink	1.9	27.2		
Turn LEFT	Steep Ravine	Pink	2.8	30.0	Pantoll Parking Lot	9.2

Turn RIGHT on asphalt	Coastal Fire Road	Orange	0.5	30.5		
Stay STRAIGHT	Coastal/Coast View Trail	Orange	4.3	34.8		
Turn LEFT	Heather Cut-off	Orange	2.2	37.0		
Cross Road, Zigzag, Turn Left	Redwood Creek Trail	Orange	2.2	39.2	Muir Woods Road	4.5
Cross Road, stay STRAIGHT	Deer Park Fireroad	Orange	0.8	40.0		
Veer RIGHT	Dipsea Trail	Orange	2.9	42.9		
Turn RIGHT	Coastal Trail	Orange	0.3	43.1		
Stay STRAIGHT	Coastal Fire Road	Orange	0.5	43.6	Pantoll Parking Lot	6.9
Turn RIGHT	Steep Ravine/Asphalt Path	Pink	0.1	43.7		
Go NORTH (cross road)	Coastal/Matt Davis Trail	Pink	2.6	46.3		
Stay LEFT	Matt Davis Trail	Pink	3.8	50.1		
Turn LEFT	Belvedere Rd.	Pink	0.1	50.2		
Turn RIGHT	Hwy 1	Pink	0.2	50.4		
Turn LEFT	Calle del Mar Rd.	Pink	0.1	50.5		
			Kilometers	50.5		
			Miles	31.32		
						50.5