

Detailed Turn by Turn

Loop 3 18.2 miles

Camp Cuyamaca to East Mesa Aid Station 8 miles	Leg	Loop Total	Race Total	Elev	
Loop 3 leaves Camp Cuyamaca going south, turn left on Cold Stream trail after leaving campground.	0	0	44.65	4080	1
At East Side trail turn left.	0.3	0.3	44.95	4080	2
At Dyar Springs continue straight on East Side Trail.	0.6	0.6	45.25	4110	3
At Harvey Moore Intersection, cross the creek and turn left.	1.4	1.4	46.05	4140	4
At Upper Green Valley Fire Road, turn right.	2.0	2.0	46.65	4150	5
Follow the fire road north until it turns sharply to the right, trail becomes north bound double track, follow it north. Do not turn and follow the road to the gate.	3.6	3.6	48.25	4370	6
Double track trail gradually ascends to intersection with Soapstone Grade Fire Road. Continue north along the trail as it becomes single track, do not turn.	4.45	4.45	49.1	4490	7
Follow the single track north as it climbs toward Sunrise Hwy. At the large wooden sign you will turn to the east and cross the paved road.	5.65	5.65	50.3	4915	8
After crossing the paved road, follow the trail by the fence to the Sunrise aid station.	6.8	6.8	51.45	5060	9

Sunrise Aid Station to Pedro Fages Aid Station, 4.6 miles	Leg	Loop Total	Race Total	Elev	
Leaving aid station, cross Sunrise Hwy and join the single track PCT connector trail.	0	6.8	51.45	5060	10
Join the PCT, turning left and heading north.	.25	7.05	51.7	5060	11
Turn left at truck trail, pass through the gate. When the trail splits, take the single track straight in a westerly	3.2	10.25	54.65	4700	12

direction. Trail is marked CRHT, follow it to Pedro Fages aid station at Sunrise Hwy.					
At Pedro Fages, stop for aid, then cross the road.	4.7	11.5	56.15	4680	16

Pedro Fages Aid Station to Camp Cuyamaca, 6.7 miles.	Leg	Loop Total	Race Total	Elev	
Leave Pedro Fages heading south, cross Sunrise Hwy. Follow the single track trail toward Soapstone Grade Fire Road.	0	11.5	56.15	4680	17
At the intersection, turn right and follow the fire road to Stonewall Creek Fire Road.	2.4	13.9	58.55	4820	18
At Stonewall Creek Fire Road, turn left.	3.35	14.85	59.5	4800	19
At Green Valley Fire Road, turn right and follow the fire road to the School Camp.	5.65	17.15	61.8	4150	20
School Camp. End of loop 3.	6.7	18.2	62.85	4080	18