



LEGEND

- HIKING TRAILS
- LONG TRAIL
- Approximate Mileage Between Points
- STATE / US ROUTES
- TOWN ROADS
- SHELTER
- CAMPGROUND
- SUMMIT
- VIEWPOINT
- PARKING
- State Forest Boundary

TRAIL DIFFICULTY

- EASY
- MODERATE
- DIFFICULT
- VERY DIFFICULT
- EXTREMELY DIFFICULT

Double Up Legend

- Course Blaze Color (Color of line on map indicates blazing color on that section of the course)
- Course Judge
- Aid Station

Inset Map: Contours @ 50' Intervals, Alpine Trails & Fields, Alpine Lift, Areas Above Treeline

All racers must carry their own hydration and are encouraged to carry a cell phone turned off or in airplane mode to save battery. In case of emergency, turn on phone and dial 911 for rescue.

Mansfield Summit Detail

When above treeline, please stay on trails to protect fragile alpine vegetation.

Avoid ridgeline exposure during periods of high winds and lightning.

Please leash your dog.

Mt. Mansfield Visitors Center

NEARBY LANDMARKS: Lake of the Clouds, Adam's Apple, The Chin, Taft Lodge, Cliff House, Gondola, The Forehead, Wampahoofus, Needle's Eye, Wallace Cutoff, Devil's Dishpan, Sugarloaf, Taylor Lodge, Lake Mansfield Trout Club, Nebraska Valley Rd.

The race begins at the base of Stowe Mountain Resort on the Haselton Trail and ascends up Haselton until meeting up with the South Link Trail. The South Link trail is across Toll Road at the far end of the parking lot on the right side. You will have to cross Toll Road to get to South Link (note that it does not go up the "double track" closer to Haselton - you have to go about 50' further down Toll Road to get to the parking lot, where you will see the sign for South Link). After taking South Link for 0.6 miles, you will **turn right** (north) onto the Forehead Bypass Trail heading north until you meet up with the Long Trail. At the Long Trail, **turn left** and head south to the Forehead of Mount Mansfield. Always stay on the trail and use the rocks for your footing. **Do not step on the fragile tundra at these elevations.**

After reaching the Forehead, you will begin your descent into Underhill by **turning right** onto the Maple Ridge Trail. **Pay attention** - there are various spur trails off of Maple Ridge, but you will simply **stay on Maple Ridge**. At the bottom of this technical descent, you will pop out onto a Civilian Conservation Corps (CCC) Road, which will bring you north over toward Sunset Ridge. After a very brief segment (less than one tenth of a mile) on Sunset Ridge, you will **stay on** Sunset Ridge (left) to begin another grueling ascent up Mount Mansfield (the Double Up part of this race). **Do not go up Laura Cowles Trail**. At the top of Sunset Ridge, you will again meet up with the Long Trail and head south (**right**) on the Long Trail until **taking a right** onto the Subway Trail, which will connect you to the Canyon North Extension. After Canyon North, you will **turn left** onto Halfway House Trail up to the Long Trail. **Turn right** on the Long Trail to head south.

Once back on the Long Trail for approximately one-tenth of a mile, you will pop out onto a gravel road. **Turn right** on this road and follow it for less than 1/2 mile until you see the Long Trail enter the woods again on the right. Almost immediately after re-entering the woods, you will meet up with the northern intersection of the Forehead Bypass Trail. **Take a left** onto the Bypass Trail until meeting up with South Link again, where you will **take a left** to descend back down Stowe Mountain Resort. After South Link, you will be on Haselton again for a short period before turning a hard-left onto Rimrock (an alpine ski trail). *Note* The grass is a bit high for the first few hundred yards of Rimrock, so take your time as you navigate through the water bars and rocks. It is also soggy, so your feet will likely get wet. Luckily, you'll nearly be finished by this point!

When Rimrock meets Perry Merrill, you will go downhill (right) on Perry Merrill briefly before turning left to follow the gravel/rocky "work road" down to the base instead of continuing on the overgrown Perry Merrill ski trail. This gravel road basically follows the "Switchback" ski trail. It will be marked accordingly. Follow the orange arrows down to the finish line and bask in your glory!