

## 40 Mile Legs 3, 2, and 7 on the Map

The 40 Mile is the only event to reverse some legs. You start at Cascade and go to Cayuse Flats. You then do Hope Pass and Grainger Creek Trails to arrive at Nicomen Lake. From Nicomen, you follow the same routes as the other events; you head to Blackwall Peak, then down to Frosty Aid Station. From there, you have a short stretch to the finish line.

### Leg 3 Skagit Bluffs 7 km/4 mi

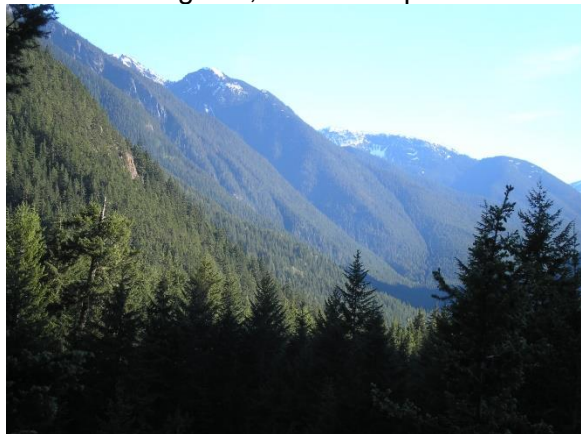
Skagit Bluffs Trail is undulating single track parallel to Hwy 3. There are some stream crossings and peekaboo views.

#### Cascade Aid Station

- Head into the Skagit Bluffs Trail from the parking lot.

#### Skagit Bluffs Trail

- Undulating trail, some viewpoints.



- Some stream crossings.



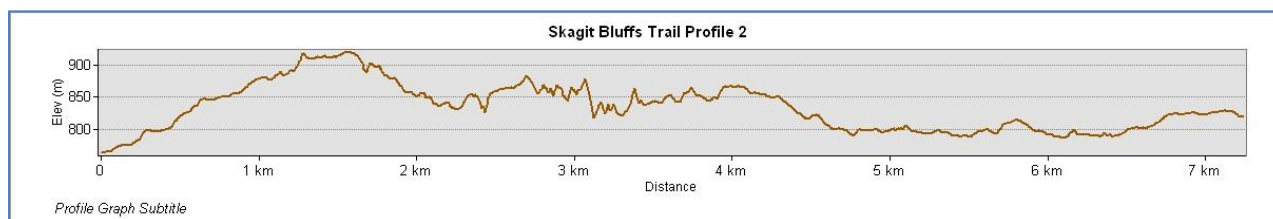
- At this signpost, you have reached the intersection of Skagit Bluffs and Hope Pass Trails.



- Veer left** and head down to the aid station.

#### Cayuse Flats Aid Station

- The aid station is near the Skaist River.
- Cross the river on the big log.



## Leg 2 Cayuse Flats to Blackwall Peak 37.5 km/23 mi

This leg is a gradual climb on switchbacks to Nicomen Lake. From there you take Heather Trail to Blackwall Peak. Heather Trail is open and single track. It is a feast of wildflowers, amazing 360 degree views, meadows.

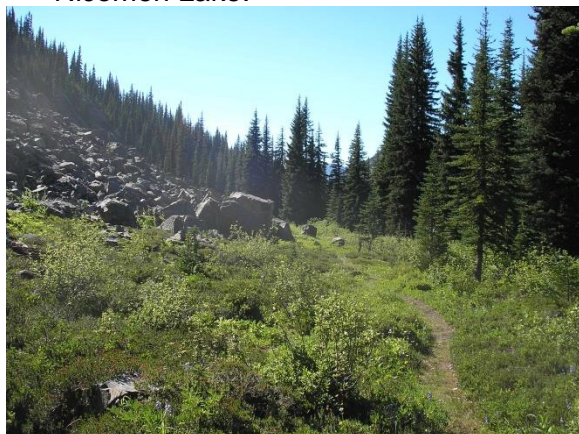
### Hope Pass Trail

- Head up Hope Pass Trail for 6 km.
- Gradual climb on some switchbacks.



### Grainger Creek Trail

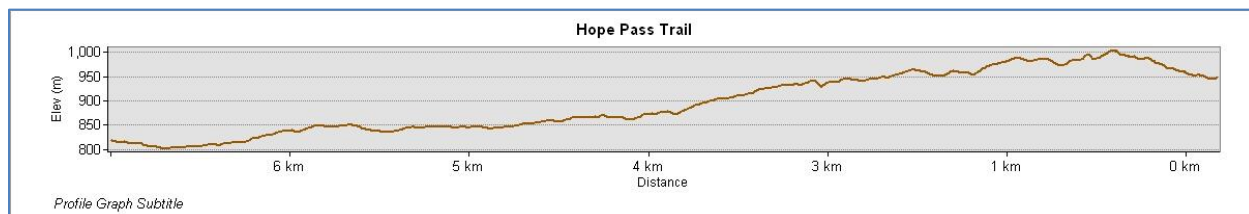
- Take the turn to Grainger Creek Trail.
- Follow for 8 km on gradual uphill.
- Just past a scree slope, you reach Nicomen Lake.



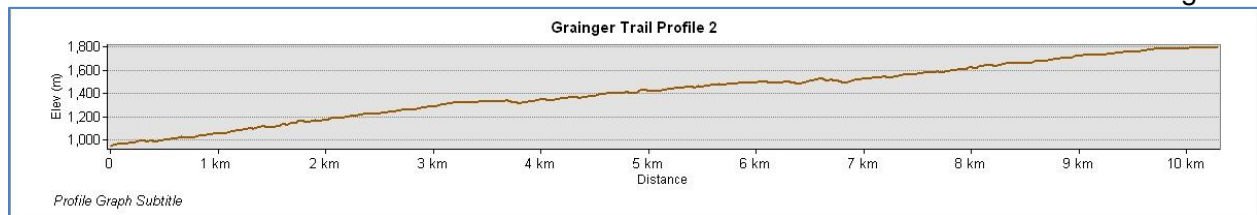
### Nicomen Lake Aid Station



- The aid station is at this hut.

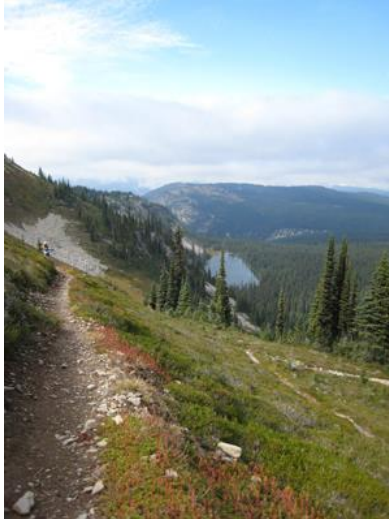






## Heather Trail

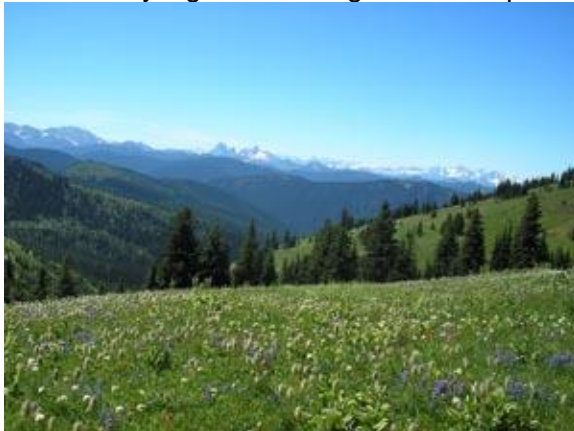
- Climb the ridge to get on Heather Trail.



- At the Heather/Bonnevier junction, keep straight to stay on Heather Trail and head toward the lower parking lot.



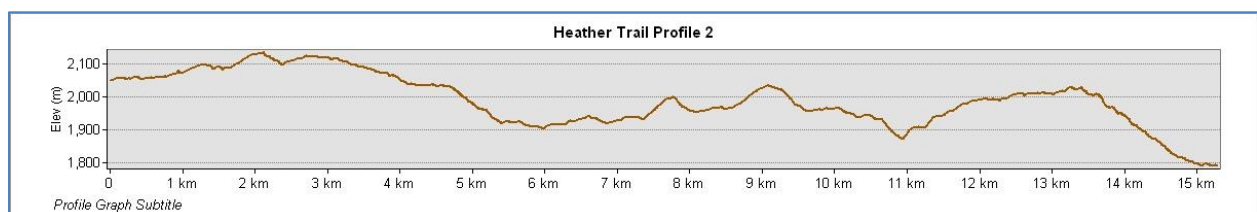
- Pass by sign for Kickinghorse Camp.



- You reach the Four Bothers Mountains on your left.



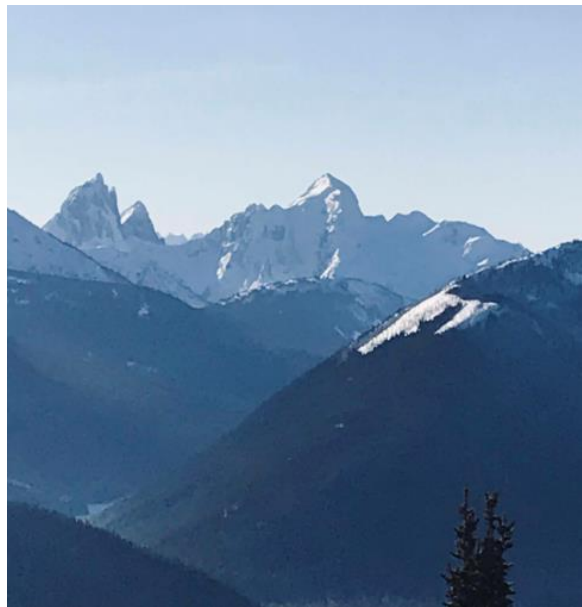
- Keep right to lower parking lot.



## Leg 7 Blackwall Peak to Frosty Aid 14.5 km/9 mi

This leg travels from the Blackwall Aid Station down Dry Ridge Trail and the Blackwall Road on the way down to the highway. It continues across Hwy #3 and 1.5 km along the road that leads to Lightning Lake to the Frosty Aid Station. Views, long descent on road.

### Blackwall Aid Station



### Frosty Aid Station

- Relay exchange.
- Drop off your high visibility vest.



### Dry Ridge Trail

- Pick up your high visibility vest at the aid station.
- Head down Dry Ridge Trail.
- At the road, turn right.

### Blackwall Road

- Head down Blackwall Road staying on the left side facing traffic.
- At the highway, wait until the marshal lets you cross.
- Follow the resort road straight toward Lightning Lake.
- Cross a little bridge at 1.5 km and you reach the Windy Joe/PCT Trailhead and the Frosty Aid Station.

## To the Finish 2 km/1 mi

- Head onto Little Muddy Trail and follow it to the dam, cross the bridge over the dam, then head left to get to the finish line at Lightning Lake.

