

Leg 8 Frosty 24 km/15 mi

This leg travels from the Frosty Aid Station, up and over the Frosty Mountain and descends at Lightning Lake at Tom's Bench Aid Station. Views, elevation is a factor, scrambling over scree field, white forest, long descent.

Frosty Aid Station

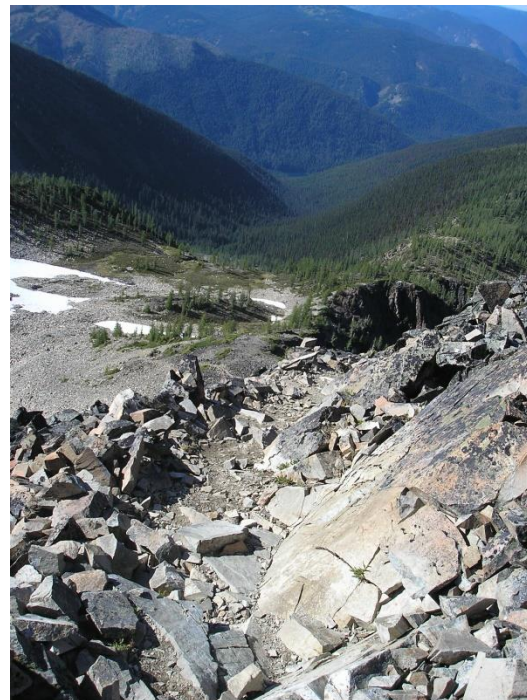
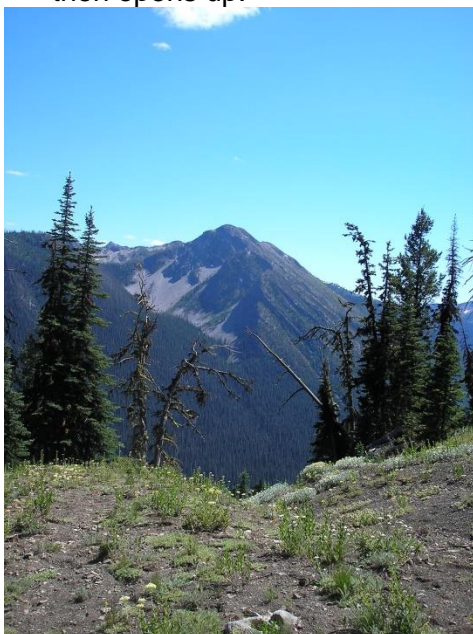
- Follow signage for Frosty Mountain.



- You reach the signpost and climb over the ridge.
- Next you head down.
- Follow the flagging to descend the scree field.

Frosty Mountain Loop Trail

- The trail climbs through the forest and then opens up.



Tom's Bench Aid Station

- Relay exchange.

What's Next?

120 Mile	Strawberry Flats to Skyline
Relay	Strawberry Flats to Skyline
70 Mile	Short loop after Rainbow Bridge



- Continue down the scree.



- Enter the white forest and continue your descent.



- Single track on descent.

