

Relay Legs Fat Dog

Relay Leg 1 Cathedral 31 km
 Relay Leg 2 Ashnola 7 km
 Relay Leg 3 Trapper Lake 30 km
 Relay Leg 4 Bonnevier 25 km
 Relay Leg 5 Heather 38 km

Relay Leg 6 Cayuse Flats 8 km
 Relay Leg 7 Cascade 24 km
 Relay Leg 8 Shawatum 11 km
 Relay Leg 9 Skyline 33 km

Leg	Distance	Aid Stn Interchange	Route
Relay Leg 1 Cathedral	31 km 19 mi	Start Lakeview Creek Campground Trailhead	Starts in the parking lot at Lakeview Creek Campground Trailhead on Ashnola River Road (about 23 km from Keremeos). Lakeview Trail ascends to Cathedral Lakes area, out to lodge and back (aid) , and joins with Centennial, ascends Centennial briefly, then route descends on Centennial Trail to Wall Creek Bridge at Ashnola River Road (aid). Equal ascent and descent.
Relay Leg 2 Ashnola	7 km 4 mi	Ashnola River Road	This leg follows Centennial Trail to Trapper Aid at Easy Going Creek (aid). Ascent on single track and burned out forest. <i>Note: Next runner needs transportation by 4 WD or SUV on forest service road to get to Trapper Aid station.</i>
Relay Leg 3 Trapper Lake	30 km 19 mi	Trapper Aid at Easy Going Creek (from forest service road)	This leg follows Trapper Lake Trail to Flattop, descend (WD) to Calcite Creek (aid), down to Pasayten River (has current), cross river (aid) and follow bridge to Hwy #3. Travel south on shoulder to Upper Pasayten River Road near Manning Eastgate, cross Hwy #3 to Eastgate Road to Bonnevier Trail (aid). Most technical trail. <i>Note: This runner needs transportation by 4 WD or SUV on forest service road to get to Trapper Aid station to start leg.</i>
Relay Leg 4 Bonnevier	25 km 15 mi	Bonnevier Aid Stn	From aid station at Hwy #3, ascend Eastgate Road (forest service road) to Bonnevier Trail to 2 km from Heather junction (aid). Continue to Heather Trail junction, turn left and follow Heather Trail to Blackwall Peak parking lot. Mainly ascent with a few valley dips. Single track, views at the top, very few streams. Will take longer than you think.
Relay Leg 5 Heather	38 km 23 mi	Blackwall Peak parking lot to Cayuse Flats	From Blackwall Peak parking lot, follow Heather Trail to Nicomen Lake (aid). Descend Grainger Creek and Hope Pass Trails to Cayuse Flats (aid). Undulating, many streams, long descent. Outstanding views.
Relay Leg 6 Cayuse Flats	8 km 5 mi	Cayuse Flats Aid Stn	From Cayuse Flats along Skagit Bluffs Trail to Cascades (aid) parking lot. Undulating on single track with some streams and peekaboo views.
Relay Leg 7 Cascade	24 km 15 mi	Cascade Aid Stn	From Cascade aid station at Hwy #3, trail heads left into Dewdney Trail, then follows Hwy #3 south 3 km to Sumallo Grove day use area (aid). Take Skagit Trail to Centennial Trail to Shawatum (aid). Undulating, easiest terrain beside river.
Relay Leg 8 Shawatum	11 km 7 mi	Shawatum Aid Stn	From Shawatum (aid) on Silver Skagit Road, follow Centennial to Skyline (aid). Undulating, easy terrain.
Relay Leg 9 Skyline	33 km 21 mi	Skyline Aid Stn	Take Skyline II on Silver Skagit Road to Camp Mowich (aid) to Sky junction (aid) and then Centennial to finish at Lightning Lake in Manning Park (aid). Mainly a roller coaster climb with amazing views. Best climber should do this leg.

Total 207 km, 128 miles.