

Relay Leg 6 Cayuse Flats 8 km/5 mi

Skagit Bluffs Trail is “undulating” single track parallel to Hwy 3. Some stream crossings. Watch for Cayuse Flats signpost at Hwy 3.

To Get to Cayuse Flats (Aid Station)

- From Hwy 3, climb short ways to this sign.



- You reach intersection of Skagit Bluffs Trail.
- Head right to find the aid station.
- After tagging your runner, you return to this sign and then head along Skagit Bluffs Trail.

Skagit Bluffs Trail

- Keep **right** and run parallel to Hwy 3. (→)
- Undulating trail, some viewpoints.
- You reach Cascade Rec Area, parking lot. Turn right (↻) to get to aid station area (outhouses, sign, lots of parking).

Cascade (Aid Station)

- Relay exchange.



Cascade sign

Course Information

Elevation Gain: 312.9 m

Elevation Loss: 333.2 m

Highest Elevation: 919.8 m

Lowest Elevation: 761.6 m