

Relay Leg 7 Cascade 24 km/15 mi

Skagit Valley: Cascade Parking Lot to Shawatum Aid Station

This leg starts along Dewdney Trail for a short ways to divert to the highway then heads south along Hwy 3 to Sumallo Grove. The leg then follows Skagit River Trail beside the picturesque Skagit River then along Centennial to Shawatum Aid Station. Easy terrain. Undulating and flat.

Cascade Aid Station

- Relay exchange is at Cascade Rec Area parking lot at Hwy 3.

Dewdney Trail

- Find sign for Dewdney Trail (and Whatcom Trail) near outhouses.
- Cross bridge.
- Immediately find LEFT turn. (↶)
- Keep RIGHT and you reach Hwy 3.

Hwy 3

- Come out to the Hwy. You will be crossing where there is good line of sight for traffic. This is a requirement of the PERMIT and MUST be followed.

NOTE: vehicles are fast through here so you must cross at the designated place.

- **Where indicated**, cross the Hwy to the **shoulder** on the opposite side. (↷)
- Turn right and head **south** side on Hwy 3 **on shoulder**.
- Go about 3 km **along shoulder**.

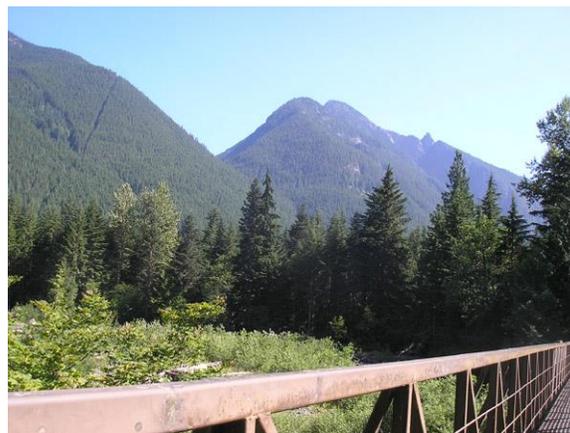
Sumallo Grove (Aid Station)

- Turn left to get into Sumallo Grove Day Use Area. (↶)
- **Aid station** here.



Skagit River Trail

- After the aid station, cross the bridge.



- Follow the trail beside the river (river is on your right).
- Pass by Silverdaisy signpost.
- Come to sign for Delacy Camp 4 km.



- 4 km later, at Delacy Camp, keep right (never far from river).
- Go downhill, do not go left, keep straight 5-10 feet (↷) until sign on right hand side.
- Then go left (↶) and up immediately after passing through the small campground (picnic table and bear cache may be visible to left).
- Trail follows river.
- You reach intersection of Centennial and Skagit River Trail.



Centennial Trail

- When you reach this BC Parks sign below, turn RIGHT to get to **Shawatum Aid stn** at Silver Skagit Road. (↻). Relay exchange.



Skagit meets Centennial

- Follow Centennial Trail. (↻)



Course Information

Elevation Gain: 352.7 m

Elevation Loss: 536.8 m

Highest Elevation: 769.4 m

Lowest Elevation: 532.4 m