

Course Description: A Virtual Trail Run in the Great Pond Mountain Conservation Trust Wildlands October 24 - November 6, 2020

Park at the South Gate/ Valley Road

Start/Finish is .1 miles N on Valley Road at the intersection of Esker Trail.

1. Esker Trail, a technical single track trail with some boulders and roots for 1.2 miles
2. Where the trail leaves the woods into a meadow bear right on Hillside Trail tote road. Climb steadily out of the valley to the top of the rise
3. Turn right and steadily climb Oak Hill on a single track trail. The trail has some roots and rocks and meanders to the summit (excellent view)
4. Follow the trail to the left at the top along the ridge about .25 miles where it will head down into the woods and cross a couple of small streams. At the bottom cross the final small stream and up a small embankment entering a meadow.
5. Turn left on Flag Hill Trail (old tote road) with a couple of old culvert crossings
6. Flag Hill Trail will become Flag Hill Road. Continue straight downhill. After a short distance downhill on the gravel road
7. Turn left onto Hillside Trail, a grassy tote road. At the end of the road section, bear left onto the new section of Hillside Trail, a machine-built multi use trail. The Trail climbs gradually to a high point where Oak Hill Trail goes left. Continue straight downhill and retrace part of your earlier route
8. Follow Hillside Trail (now a gravel road) all the way down to Valley Road
9. Turn left onto Valley Road and run uphill back to the start/ finish point on the left, at the intersection with Esker Trail

Notes:

- You may complete the route in either counter clockwise (as described above) or clockwise direction.
- When you register, you will be provided with a link to enter your results, either from Strava or some other workout app, or just manually. This should include your total time, without stopping/pausing your watch during the run. Run and submit as many times as you desire.

