

Berkeley Trail Adventure

Turn by Turn Directions

10 KM					
Direction	Trail Name	Course	Segment	Running	Aid/Next Aid
	Start: Lake Anza				
Go STRAIGHT	Lake Anza Path	Orange	0.3	0.3	
Turn LEFT	Selby Trail	Orange	1.5	1.8	
Go STRAIGHT	Grizzly Peak Trail	Orange	0.1	1.9	
Turn LEFT	Redwood Trail	Orange	0.7	2.5	
Turn RIGHT	Golf Course Trail	Orange	0.3	2.8	
Turn RIGHT	Tower Trail	Orange	0.2	3	
Turn RIGHT	Tower Narrow Trail	Orange	0.1	3.1	
Turn RIGHT	Grizzly Peak Trail	Orange	1.1	4.2	
Go STRAIGHT	Selby Trail	Orange	1.5	5.7	
Turn RIGHT	Lake Anza Path	Orange	0.3	6	

Half Marathon					
Direction	Trail Name	Course	Segment	Running	Aid/Next Aid
	Start: Lake Anza				
Go STRAIGHT	Lake Anza Path	Orange	0.3	0.3	4.8
Turn LEFT	Selby Trail	Orange	1.5	1.8	
Go STRAIGHT	Grizzly Peak Trail	Orange	0.1	1.9	
Turn LEFT	Redwood Trail	Orange	0.7	2.5	
Turn RIGHT	Golf Course Trail	Orange	0.3	2.8	
Turn RIGHT	Tower Trail	Orange	0.2	3	
Turn RIGHT	Tower Narrow Trail	Orange	0.1	3.1	
Turn LEFT	Grizzly Peak Trail	Yellow	0.3	3.3	
Turn RIGHT	Gillespie Youth Camp Rd.	Yellow	0.2	3.6	
Turn LEFT	South Park Drive	Yellow	0	3.6	
Turn RIGHT	Vollmer Connector	Yellow	0.1	3.7	
Turn RIGHT	Vollmer Peak Trail	Yellow	0.5	4.1	
Go STRAIGHT	Lupine Trail	Yellow	0.5	4.6	
Turn RIGHT	Vollmer Peak Trail	Yellow	0.2	4.8	Aid/4
Turn RIGHT	Arroyo Trail	Yellow	0.8	5.5	
Turn LEFT	Seaview Trail	Yellow	1.8	7.3	
Turn LEFT	Big Springs Trail	Yellow	0.2	7.5	
Go STRAIGHT	Quarry Trail	Yellow	0.8	8.3	
Go STRAIGHT	South Park Drive	Yellow	0.2	8.5	
Go STRAIGHT	Vollmer Peak Trail	Yellow	0.2	8.6	Aid/4.4
Turn LEFT	Lupine Trail	Yellow	0.5	9.1	
Go STRAIGHT	Vollmer Peak Trail	Yellow	0.5	9.6	
Turn LEFT	Vollmer Connector	Yellow	0.1	9.7	
Turn LEFT	South Park Drive	Yellow	0	9.7	
Turn RIGHT	Gillespie Youth Camp Rd.	Yellow	0.2	9.9	
Turn LEFT	Grizzly Peak Trail	Orange	1.3	11.2	
Go STRAIGHT	Selby Trail	Orange	1.5	12.7	
Turn RIGHT	Lake Anza Path	Orange	0.3	13	

35K					
Direction	Trail Name	Course	Segment	Running	Aid/Next Aid
	Start: Lake Anza				
Go STRAIGHT	Lake Anza Path	Orange	0.3	0.3	Aid/4.8
Turn LEFT	Selby Trail	Orange	1.5	1.8	
Go STRAIGHT	Grizzly Peak Trail	Orange	0.1	1.9	
Turn LEFT	Redwood Trail	Orange	0.7	2.5	
Turn RIGHT	Golf Course Trail	Orange	0.3	2.8	
Turn RIGHT	Tower Trail	Orange	0.2	3	
Turn RIGHT	Tower Narrow Trail	Orange	0.1	3.1	
Turn LEFT	Grizzly Peak Trail	Yellow	0.3	3.3	
Turn RIGHT	Gillespie Youth Camp Rd.	Yellow	0.2	3.6	
Turn LEFT	South Park Drive	Yellow	0	3.6	
Turn RIGHT	Vollmer Connector	Yellow	0.1	3.7	
Turn RIGHT	Vollmer Peak Trail	Yellow	0.5	4.1	
Go STRAIGHT	Lupine Trail	Yellow	0.5	4.6	
Turn RIGHT	Vollmer Peak Trail	Yellow	0.2	4.8	Aid/5.9
Turn RIGHT	Arroyo Trail	Yellow	0.8	5.5	
Turn LEFT	Seaview Trail	Yellow	1.8	7.3	
Continue STRAIGHT	Seaview Trail	Pink	0.1	7.4	
Turn RIGHT	Seaview Trail	Pink	0.2	7.6	
Cross Road		Pink	0	7.8	
Continue STRAIGHT	Seaview Trail	Pink	0.1	7.9	
Turn LEFT	Curran Trail	Pink	0.6	8.5	
Turn RIGHT	Wildcat Gorge Trail	Pink	0.8	9.3	
Turn RIGHT	Meadows Canyon Trail	Pink	1.4	10.7	
Turn LEFT	Curran Trail	Pink	0.1	10.8	Aid/4.4
Turn LEFT	Nimitz Trail	Pink	2.2	13	
Turnaround	Nimitz Trail	Pink	2.2	15.2	Aid/2
Turn RIGHT	Curran Trail	Pink	0.1	15.3	
Turn LEFT	Seaview Trail	Pink	0.1	15.4	
Cross Road		Pink	0	15.4	
Continue LEFT	Seaview Trail	Pink	0.2	15.6	
Turn LEFT	Seaview Trail	Pink	0.2	15.8	
Turn RIGHT	Big Springs Trail	Yellow	0.2	16	
Go STRAIGHT	Quarry Trail	Yellow	0.8	16.8	
Go STRAIGHT	South Park Drive	Yellow	0.2	17	
Go STRAIGHT	Vollmer Peak Trail	Yellow	0.2	17.2	Aid/4.4
Turn LEFT	Lupine Trail	Yellow	0.5	17.7	
Go STRAIGHT	Vollmer Peak Trail	Yellow	0.5	18.2	
Turn LEFT	Vollmer Connector	Yellow	0.1	18.3	
Turn LEFT	South Park Drive	Yellow	0	18.3	
Turn RIGHT	Gillespie Youth Camp Rd.	Yellow	0.2	18.5	
Turn LEFT	Grizzly Peak Trail	Orange	1.3	19.8	
Go STRAIGHT	Selby Trail	Orange	1.5	21.3	
Turn RIGHT	Lake Anza Path	Orange	0.3	21.6	

50K					
Direction	Trail Name	Course	Segment	Running	Aid/Next Aid
	Start: Lake Anza				
Go STRAIGHT	Lake Anza Path	Orange	0.3	0.3	Aid/4.8
Turn LEFT	Selby Trail	Orange	1.5	1.8	
Go STRAIGHT	Grizzly Peak Trail	Orange	0.1	1.9	
Turn LEFT	Redwood Trail	Orange	0.7	2.5	
Turn RIGHT	Golf Course Trail	Orange	0.3	2.8	
Turn RIGHT	Tower Trail	Orange	0.2	3	
Turn RIGHT	Tower Narrow Trail	Orange	0.1	3.1	
Turn LEFT	Grizzly Peak Trail	Yellow	0.3	3.3	
Turn RIGHT	Gillespie Youth Camp Rd.	Yellow	0.2	3.6	
Turn LEFT	South Park Drive	Yellow	0	3.6	
Turn RIGHT	Vollmer Connector	Yellow	0.1	3.7	
Turn RIGHT	Vollmer Peak Trail	Yellow	0.5	4.1	
Go STRAIGHT	Lupine Trail	Yellow	0.5	4.6	
Turn RIGHT	Vollmer Peak Trail	Yellow	0.2	4.8	Aid/5.9
Turn RIGHT	Arroyo Trail	Yellow	0.8	5.5	
Turn LEFT	Seaview Trail	Yellow	1.8	7.3	
Continue STRAIGHT	Seaview Trail	Pink	0.1	7.4	
Turn RIGHT	Seaview Trail	Pink	0.2	7.6	
Cross Road		Pink	0	7.8	
Continue STRAIGHT	Seaview Trail	Pink	0.1	7.9	
Turn LEFT	Curran Trail	Pink	0.6	8.5	
Turn RIGHT	Wildcat Gorge Trail	Pink	0.8	9.3	
Turn RIGHT	Meadows Canyon Trail	Pink	1.4	10.7	
Turn LEFT	Curran Trail	Pink	0.1	10.8	Aid/4.1
Turn LEFT	Nimitz Trail	Pink	2.2	13	
Turn LEFT	Conlon Trail	Pink	1.8	14.8	
Zig LEFT	Havey Canyon Trail	Pink	0.1	14.9	Aid/5.7
Zag RIGHT	Wildcat Creek Trail	Pink	1.8	16.7	
Turn RIGHT	Belgum Trail	Pink	1	17.7	
Turn RIGHT	San Pablo Ridge Trail	Pink	1.2	18.9	
Turn RIGHT	Mezue Trail	Pink	1.3	20.2	
Turn LEFT	Wildcat Creek Trail	Pink	0.3	20.5	
Zig LEFT	Havey Canyon Trail	Pink	0.1	20.6	Aid/4.1
Zag RIGHT	Conlon Trail	Pink	1.9	22.5	
Turn RIGHT	Nimitz Trail	Pink	2.2	24.7	Aid/2
Turn RIGHT	Curran Trail	Pink	0.1	24.8	
Turn LEFT	Seaview Trail	Pink	0.1	24.9	
Cross Road		Pink	0	24.9	
Continue LEFT	Seaview Trail	Pink	0.2	25.1	
Turn LEFT	Seaview Trail	Pink	0.2	25.3	
Turn RIGHT	Big Springs Trail	Yellow	0.2	25.5	
Go STRAIGHT	Quarry Trail	Yellow	0.8	26.3	
Go STRAIGHT	South Park Drive	Yellow	0.2	26.5	
Go STRAIGHT	Vollmer Peak Trail	Yellow	0.2	26.7	Aid/4.4
Turn LEFT	Lupine Trail	Yellow	0.5	27.2	
Go STRAIGHT	Vollmer Peak Trail	Yellow	0.5	27.7	
Turn LEFT	Vollmer Connector	Yellow	0.1	27.8	
Turn LEFT	South Park Drive	Yellow	0	27.8	
Turn RIGHT	Gillespie Youth Camp Rd.	Yellow	0.2	28	
Turn LEFT	Grizzly Peak Trail	Orange	1.3	29.3	
Go STRAIGHT	Selby Trail	Orange	1.5	30.8	
Turn RIGHT	Lake Anza Path	Orange	0.3	31.1	