

# Mt. Tam Trail Run

## Turn by Turn Directions

Direction	Trail Name	Course	Distance in Miles		Aid Station	
			Segment	Cummulative	Location	Next
<b>10K</b>						
	Start: Stinson Beach (On Arenal Ave)					3.7 M
Go EAST	Arenal Avenue	Yellow	0.2	0.2		
Go STRAIGHT	Dipsea Trail	Yellow	1.2	1.4		
Stay LEFT	Steep Ravine Trail	Yellow	1.7	3.1		
Turn RIGHT	Pantoll Asphalt Path	Yellow	0	3.1		
Turn LEFT	Old Mine Trail	Yellow	0.5	3.6		
Turn LEFT	Coastal Trail	Yellow	0.2	3.8	Cardiac	3.1 M
Go STRAIGHT	Dipsea Trail	Yellow	2.8	6.6		
Go STRAIGHT	Arenal Avenue	Yellow	0.2	6.8		

Direction	Trail Name	Course	Distance in Miles		Aid Station	
			Segment	Cummulative	Location	Next
<b>Half Marathon</b>						
	Start: Stinson Beach (On Arenal Ave)					3.7 M
Go EAST	Arenal Avenue	Yellow	0.2	0.2		
Go STRAIGHT	Dipsea Trail	Yellow	1.2	1.4		
Stay LEFT	Steep Ravine Trail	Yellow	1.7	3.1		
Turn RIGHT	Pantoll Asphalt Path	Yellow	0	3.1		
Turn LEFT	Old Mine Trail	Yellow	0.5	3.6		
Turn LEFT	Coastal Trail	Yellow	0.1	3.7	Cardiac	6.4 M
Turn LEFT	Dipsea Trail	Orange	0.4	4.1		
Turn LEFT	Ben Johnson Trail	Orange	1.3	5.4		
Turn LEFT	Bootjack Spuur	Orange	0.1	5.5		
Turn RIGHT	Bootjack Trail	Orange	0.1	5.6		
Veer Left	Camp Eastwood Trail	Orange	0.6	6.1		
Turn Left	Sierra Trail	Orange	1	7.1		
Turn LEFT	Troop 80 Trail	Orange	1	8.1		
Turn RIGHT	Bootjack Trail	Orange	0.1	8.2		
Turn LEFT	TCC Trail	Orange	1.3	9.4		
Stay LEFT	TCC Trail	Orange	0.4	9.8		
Turn RIGHT	Dipsea Trail	Orange	0.1	9.9	Cardiac	3.1 M
Continue STRAIGHT	Dipsea Trail	Yellow	2.8	12.7		
Go STRAIGHT	Arenal Avenue	Yellow	0.2	12.9		

# Mt. Tam Trail Run

## Turn by Turn Directions

Direction	Trail Name	Course	Distance in Miles		Aid Station	
			Segment	Cummulative	Location	Next
<b>30K</b>						
	Start: Stinson Beach (On Arenal Ave)					3.7 M
Go EAST	Arenal Avenue	Yellow	0.2	0.2		
Go STRAIGHT	Dipsea Trail	Yellow	1.2	1.4		
Stay LEFT	Steep Ravine Trail	Yellow	1.7	3.1		
Turn RIGHT	Pantoll Asphalt Path	Yellow	0	3.1		
Turn LEFT	Old Mine Trail	Yellow	0.5	3.6		
Turn LEFT	Coastal Trail	Yellow	0.2	3.8	Cardiac	6.2 M
Turn LEFT	Dipsea Trail	Pink	0.2	4		
Turn LEFT	Ben Johnson Trail	Pink	1.2	5.2		
Turn RIGHT	Bootjack/Main Trail	Pink	0.2	5.4		
Turn LEFT	Fern Creek Trail	Pink	0.8	6.2		
Turn RIGHT	Lost Trail	Pink	0.1	6.3		
Turn LEFT	Ocean View Trail	Pink	0.3	6.6		
Turn RIGHT	Panoramic Trail	Pink	0.2	6.8		
Turn RIGHT	Redwood Trail	Pink	0.8	7.6		
Stay RIGHT	Sun Trail	Pink	0.7	8.3		
Turn RIGHT	Dipsea Trail	Pink	0.1	8.4		
Cross Road, Continue Straight	Dipsea Trail	Pink	0.7	9.1		
Cross Road, Continue Straight	Dipsea Trail	Pink	0.4	9.5		
Hard LEFT	Deer Park Fire Road	Pink	0.5	10	Deer Park	5.1 M
Cross Road	Rewood Creek Trail	Pink	1.3	11.3		
Cross Road, Continue Straight	Heather Cutoff	Pink	1.4	12.7		
Turn RIGHT	Coastal View Trail	Pink	2.4	15.1	Cardiac	3.1 M
Turn LEFT	Dipsea Trail	Yellow	2.9	18		
Go STRAIGHT	Arenal Avenue	Yellow	0.2	18.2		

# Mt. Tam Trail Run

## Turn by Turn Directions

Direction	Trail Name	Course	Distance in Miles		Aid Station	
			Segment	Cummulative	Location	Next
<b>50K</b>						
	Start: Stinson Beach					3.7 M
Go EAST	Arenal Avenue	Yellow	0.2	0.2		
Go STRAIGHT	Dipsea Trail	Yellow	1.2	1.4		
Stay LEFT	Steep Ravine Trail	Yellow	1.7	3.1		
Turn RIGHT	Pantoll Asphalt Path	Yellow	0	3.1		
Turn LEFT	Old Mine Trail	Yellow	0.5	3.6		
Turn LEFT	Coastal Trail	Yellow	0.2	3.8	Cardiac	6.2 M
Turn LEFT	Dipsea Trail	Pink	0.2	4		
Turn LEFT	Ben Johnson Trail	Pink	1.2	5.2		
Turn RIGHT	Bootjack/Main Trail	Pink	0.2	5.4		
Turn LEFT	Fern Creek Trail	Pink	0.8	6.2		
Turn RIGHT	Lost Trail	Pink	0.1	6.3		
Turn LEFT	Ocean View Trail	Pink	0.3	6.6		
Turn RIGHT	Panoramic Trail	Pink	0.2	6.8		
Turn RIGHT	Redwood Trail	Pink	0.8	7.6		
Stay RIGHT	Sun Trail	Pink	0.7	8.3		
Turn RIGHT	Dipsea Trail	Pink	0.1	8.4		
Cross Road, Continue Straight	Dipsea Trail	Pink	0.7	9.1		
Cross Road, Continue Straight	Dipsea Trail	Pink	0.4	9.5		
Hard LEFT	Deer Park Fire Road	Pink	0.5	10	Deer Park	5.5 M
Cross Road	Rewood Creek Trail	Purple	0.3	10.3		
Turn LEFT	Miwok Trail	Purple	1.7	12		
Turn RIGHT	Dias Ridge Trail	Purple	2.8	14.8		
Cross Road, Continue Straight	Pacific Way	Purple	0.1	14.9		
Turn LEFT	Green Gulch/Coastal	Purple	0.1	15		
Stay RIGHT	Coastal Trail	Purple	0.3	15.3		
Turn RIGHT	Muir Beach Access	Purple	0.2	15.5	Muir Beach	5.6 M
Turnaround @ AS	Muir Beach Access	Purple	0.2	15.7		
Turn LEFT	Coastal Trail	Purple	0.3	16		
Stay LEFT	Green Gulch/Coastal	Purple	0.1	16.1		
Turn RIGHT	Pacific Way	Purple	0.1	16.2		
Turn LEFT	Highway 1	Purple	0.3	16.5		
Cross Road, Continue Right	Muir Woods Road	Purple	0.1	16.6		
Turn RIGHT	Redwood Creek Trail	Purple	0.6	17.2		
Turn LEFT	Connector Trail	Pink	0.1	17.3		
Cross Road, Continue Straight	Heather Cutoff	Pink	1.4	18.7		
Turn RIGHT	Coastal View Trail	Pink	2.4	21.1	Cardiac	6.4 M
Turn RIGHT	Dipsea Trail	Orange	0.4	21.5		
Turn LEFT	Ben Johnson Trail	Orange	1.3	22.8		
Turn LEFT	Bootjack Spur	Orange	0.1	22.9		
Turn RIGHT	Bootjack Trail	Orange	0.1	23		
Veer LEFT	Camp Eastwood Trail	Orange	0.6	23.6		
Turn RIGHT	Sierra Trail	Orange	1	24.6		
Turn LEFT	Troop 80 Trail	Orange	1	25.6		
Turn RIGHT	Bootjack Trail	Orange	0.1	25.7		
Turn LEFT	TCC Trail	Orange	1.3	27		
Stay LEFT	TCC Trail	Orange	0.4	27.4		
Turn RIGHT	Dipsea Trail	Orange	0.1	27.5	Cardiac	3.1 M
Continue STRAIGHT	Dipsea Trail	Yellow	2.8	30.3		
Go STRAIGHT	Arenal Avenue	Yellow	0.2	30.5		