

Mt. Tam Trail Run

Turn by Turn Directions

| Direction | Trail Name | Course | Distance in Miles | | Aid Station | |
|-------------|---|--------|-------------------|-------------|-------------|-------|
| | | | Segment | Cummulative | Location | Next |
| 10K | | | | | | |
| | 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 |
| Half Marathon | | | | | | |
| | 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 | 0.1 | 3.7 | Cardiac | 6.4 M |
| Turn LEFT | Dipsea Trail | Orange | 0.1 | 3.8 | | |
| Turn LEFT | TCC Trail | Orange | 0.4 | 4.2 | | |
| Continue STRAIGHT | TCC Trail | Orange | 1.3 | 5.5 | | |
| Continue STRAIGHT | Troop 80 Trail | Orange | 1.1 | 6.6 | | |
| Turn RIGHT | Sierra Trail | Orange | 1 | 7.6 | | |
| Turn RIGHT | Alice Eastwood Group Camp | Orange | 0.1 | 7.7 | | |
| Continue STRAIGHT | Camp Eastwood Trail | Orange | 0.5 | 8.2 | | |
| Turn RIGHT | Bootjack Trail | Orange | 0.1 | 8.3 | | |
| Turn LEFT | Bookjack Spur | Orange | 0.1 | 8.4 | | |
| Turn RIGHT | Ben Johnson | Orange | 1.1 | 9.5 | | |
| TURN LEFT | Ben Johnson | Orange | 0.2 | 9.7 | | |
| Turn RIGHT | Dipsea Trail | Orange | 0.4 | 10.1 | Cardiac | 3.1 M |
| Continue STRAIGHT | Dipsea Trail | Yellow | 2.8 | 12.9 | | |
| Go STRAIGHT | Arenal Avenue | Yellow | 0.2 | 13.1 | | |

Mt. Tam Trail Run

Turn by Turn Directions

| Direction | Trail Name | Course | Distance in Miles | | Aid Station | |
|-------------------------------|-------------------------|--------|-------------------|-------------|-------------|-------|
| | | | Segment | Cummulative | Location | Next |
| 30K | | | | | | |
| | 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 | 6.3 M |
| Turn LEFT | Dipsea Trail | Pink | 0.1 | 3.9 | | |
| Turn LEFT | TCC Trail | Pink | 0.4 | 4.3 | | |
| Continue STRAIGHT | TCC Trail | Pink | 1.3 | 5.6 | | |
| Turn RIGHT | Bootjack Trail | Pink | 1.2 | 6.8 | | |
| Continue STRAIGHT | Bootjack Spur | Pink | 0.1 | 6.9 | | |
| Turn RIGHT | Ben Johnson Trail | Pink | 1.1 | 8 | | |
| Turn RIGHT | Ben Johnson Trail | Pink | 0.2 | 8.2 | | |
| Turn LEFT | Deer Park Fire Road | Pink | 1.5 | 9.7 | | |
| Continue STRAIGHT | Deer Park Fire Road | Pink | 0.3 | 10 | Deer Park | 5.2 M |
| Turn RIGHT | Frank Valley Road | Pink | 0.7 | 10.7 | | |
| Turn LEFT | Redwood Creek Connector | Pink | 0.1 | 10.8 | | |
| Turn RIGHT | Rewood Creek Trail | Pink | 0.6 | 11.4 | | |
| Cross Road, Continue Straight | Heather Cutoff | Pink | 1.4 | 12.8 | | |
| Turn RIGHT | Coastal View Trail | Pink | 2.4 | 15.2 | Cardiac | 3.1 M |
| Turn LEFT | Dipsea Trail | Yellow | 2.9 | 18.1 | | |
| Go STRAIGHT | Arenal Avenue | Yellow | 0.2 | 18.3 | | |

Mt. Tam Trail Run

Turn by Turn Directions

| Direction | Trail Name | Course | Distance in Miles | | Aid Station | |
|-------------------------------|---------------------------|--------|-------------------|-------------|-------------|-------|
| | | | Segment | Cummulative | Location | Next |
| 50K | | | | | | |
| | 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 | 0.1 | 3.9 | | |
| Turn LEFT | TCC Trail | Pink | 0.4 | 4.3 | | |
| Continue STRAIGHT | TCC Trail | Pink | 1.3 | 5.6 | | |
| Turn RIGHT | Bootjack Trail | Pink | 1.2 | 6.8 | | |
| Continue STRAIGHT | Bootjack Spur | Pink | 0.1 | 6.9 | | |
| Turn RIGHT | Ben Johnson Trail | Pink | 1.1 | 8 | | |
| Turn RIGHT | Ben Johnson Trail | Pink | 0.2 | 8.2 | | |
| Turn LEFT | Deer Park Fire Road | Pink | 1.5 | 9.7 | | |
| Continue STRAIGHT | Deer Park Fire Road | Pink | 0.3 | 10 | Deer Park | 6.5 M |
| Turn RIGHT | Frank Valley Road | Purple | 0.7 | 10.7 | | |
| Turn LEFT | Redwood Creek Connector | Purple | 0.1 | 10.8 | | |
| Turn LEFT | Rewood Creek Trail | Purple | 0.5 | 11.3 | | |
| Turn RIGHT | Miwok Trail | Purple | 1.7 | 13 | | |
| Turn RIGHT | Dias Ridge Trail | Purple | 2.8 | 15.8 | | |
| Cross Road, Continue Straight | Pacific Way | Purple | 0.1 | 15.9 | | |
| Turn LEFT | Green Gulch/Coastal | Purple | 0.1 | 16 | | |
| Stay RIGHT | Coastal Trail | Purple | 0.3 | 16.3 | | |
| Turn RIGHT | Muir Beach Access | Purple | 0.2 | 16.5 | Muir Beach | 5.6 M |
| Turnaround @ AS | Muir Beach Access | Purple | 0.2 | 16.7 | | |
| Turn LEFT | Coastal Trail | Purple | 0.3 | 17 | | |
| Stay LEFT | Green Gulch/Coastal | Purple | 0.1 | 17.1 | | |
| Turn RIGHT | Pacific Way | Purple | 0.1 | 17.2 | | |
| Turn LEFT | Highway 1 | Purple | 0.3 | 17.5 | | |
| Cross Road, Continue Right | Muir Woods Road | Purple | 0.1 | 17.6 | | |
| Turn RIGHT | Redwood Creek Trail | Purple | 0.6 | 18.2 | | |
| Turn LEFT | Connector Trail | Purple | 0.1 | 18.3 | | |
| Cross Road, Continue Straight | Heather Cutoff | Pink | 1.4 | 19.7 | | |
| Turn RIGHT | Coastal View Trail | Pink | 2.4 | 22.1 | Cardiac | 6.4 M |
| Turn RIGHT | Dipsea Trail | Orange | 0.1 | 22.2 | | |
| Turn LEFT | TCC Trail | Orange | 0.4 | 22.6 | | |
| Continue STRAIGHT | TCC Trail | Orange | 1.3 | 23.9 | | |
| Continue STRAIGHT | Troop 80 Trail | Orange | 1.1 | 25 | | |
| Turn RIGHT | Sierra Trail | Orange | 1 | 26 | | |
| Turn RIGHT | Alice Eastwood Group Camp | Orange | 0.1 | 26.1 | | |
| Continue STRAIGHT | Camp Eastwood Trail | Orange | 0.5 | 26.6 | | |
| Turn RIGHT | Bootjack Trail | Orange | 0.1 | 26.7 | | |
| Turn LEFT | Bookjack Spur | Orange | 0.1 | 26.8 | | |
| Turn RIGHT | Ben Johnson | Orange | 1.1 | 27.9 | | |
| TURN LEFT | Ben Johnson | Orange | 0.2 | 28.1 | | |
| Turn RIGHT | Dipsea Trail | Orange | 0.4 | 28.5 | Cardiac | 3.1 M |
| Continue STRAIGHT | Dipsea Trail | Yellow | 2.8 | 31.3 | | |
| Go STRAIGHT | Arenal Avenue | Yellow | 0.2 | 31.5 | | |