

MOOSALAMOO TRAIL RUN

14 MILES



START: BLUEBERRY HILL INN

2.1 Miles on Goshen/Ripton Road

Left onto Moosalamoo Campground Access Road

.5 Miles on Access Road

Sharp Right into small parking lot and start of Moosalamoo single track. **◆ Drink water here and fill up your bottles. ◆**

5.3 Miles difficult single track. This includes trek to top of Moosalamoo Mountain, then down to North Branch trail and Aid Station #1. You will likely encounter stinging nettles on the way to the top. None on the way down. Enjoy the itch. **Be very careful running along cliff edge.**

*** Enjoy the View of Lake Dunmore! ***

**AID
STATION
#1**

@ 7.9 Mile Mark

Water, Gatorade, Cookies, Chips, Pretzels & M&M's

2.3 Miles mostly gradual up on North Branch trail, single track. *** Enjoy the Brook! ***

North Branch trail ends

.6 Miles back up the Access Road and across Goshen/Ripton Road.

**AID
STATION
#2**

@ 10.8 Mile Mark

Water, Gatorade, Coke, Mountain Dew, Cookies, Chips, Pretzels, PB&J sandwiches & M&M's

Turn right then 1.1 Miles to Goshen Dam. Follow Pink Ribbons from Dam to finish.

*** Enjoy the View of Sugar Hill Reservoir! ***

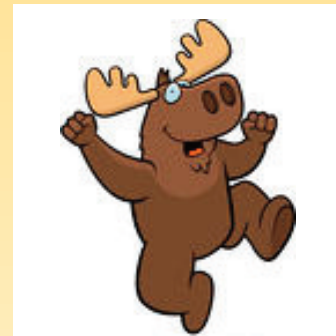
.2 Miles and take right turn.

***** Don't Miss This Turn! ******

1.6 Miles on wide trail to finish.

When you emerge from the woods you will see the finish line.

***** Do the Happy Moose Jig! ******



FINISH: BLUEBERRY HILL INN
