

## San Diego 100 Mile Detailed Course Description

Thanks to Art Messier who provided numerous inputs and suggestions to this guide.

| Total | Leg | Description (Turns, Trail Names, Checkpoints, Key Points) |
|-------|-----|---|
|-------|-----|---|

### START TO AID STATION #1

|      |  |   |
|------|--|---|
| 0    |  | Start at Al Bahr Shrine Camp and run south towards bridge   |
| 0.05 |  | Bear left after bridge and run through Al Bahr campgrounds  |
| 0.35 |  | At turnaround cul de sac bear right on dirt trail before cabin on left  |
| 0.4  |  | Turn right onto asphalt road  |
| 0.8  |  | Follow signs that say "Meadows Access"  |
| 0.9  |  | As asphalt road begins to circle back to left, turn right through gate/fence onto dirt trail to Meadow. Follow dirt trail that parallels small lake on the left |
| 1.4  |  | Turn right onto Big Laguna Trail by the wooden bridge   |
| 1.45 |  | Bear right on Big Laguna Trail when the trail V splits  |
| 2.6  |  | Stay left on Big Laguna Trail at intersection to campground   |
| 3.25 |  | Take a hairpin turn to the left to transition to Sunset Trail   |
| 3.6  |  | At V intersection bear right staying on Sunset Trail  |
| 5.6  |  | At Lake of the Woods, cross small stream and turn right, staying on Sunset Trail  |
| 7.3  |  | Stay right on trail and take it out to Sunrise Hwy passing the cattle gate  |
| 7.4  |  | Meadows Aid Station (7.4 miles)   |

### MEADOWS AID STATION 1 TO RED TAIL ROOST AID STATION 2

|      |      |   |
|------|------|---|
| 7.4  | 0    | Meadows Aid Station   |
| 7.5  | 0.1  | Retrace steps you came into aid station for .1 miles and bear right onto trail #1                   |
| 7.6  | 0.2  | Pass through fence  |
| 7.7  | 0.3  | Turn right onto trail #7 which is the Big Laguna Trail  |
| 8    | 0.6  | Pass through fence on left and turn right keeping barbed wire fence to your right                   |
| 8.35 | 0.95 | Turn right 90 degrees and follow trail #2   |
| 8.5  | 1.1  | Follow sign trail that says "Chico Ravine"  |
| 9.25 | 1.85 | Turn left to trail #7 which is "Gatos Ravine"   |
| 10.6 | 3.2  | Turn right onto trail #6 which sign says to Noble Canyon  |
| 10.9 | 3.5  | Turn right and go through gate and follow sign that says Big Laguna Trail to PCT                    |
| 11   | 3.6  | Bear right on trail to "Agua Dolce"   |
| 11.2 | 3.8  | Bear right onto less traveled left trail (DO NOT GO ON left fork trail that says to Red Tail Roost) |
| 11.3 | 3.9  | You should see a red building pump house on your right---turn left onto dirt forest road            |
| 11.7 | 4.3  | Turn left on dirt road at stream crossing   |
| 12   | 4.6  | Turn right and start uphill to Red Tail Roost....you have about a 1.3 mile uphill climb on trail    |
| 13.8 | 6.4  | Follow dirt trail all the way to Red Tail Roost parking lot which is the aid station                |

### RED TAIL ROOST AID STATION 2 TO TODD'S CABIN AID STATION 3

|       |      |  |
|-------|------|--|
| 13.8  | 0    | Leave Red Tail Roost Parking Area and head east and cross Sunrise Hwy                    |
| 13.85 | 0.05 | Turn right on Sunrise Hwy shoulder and turn left in 100 feet onto Thing Valley Dirt Road |
| 13.9  | 0.1  | Bear right on Thing Valley Road  |
| 14.45 | 0.65 | Bear and swing right at road intersection  |

|      |     |  |
|------|-----|--|
| 15.1 | 1.3 | Leave dirt road by taking a left onto the Pacific Crest Trail (PCT)                              |
| 15.3 | 1.5 | PCT becomes dirt road for .05 miles and then bears right back on to PCT trail.                   |
| 15.3 | 1.5 | Stay on PCT, look for PCT trail signs; note, between Burnt Rancheria Campground and picnic area  |
| to   | to  | the PCT is also named Desert View Trail...don't be confused as this is still PCT...stay on PCT ! |
| 15.8 | 2   | PCT crosses dirt road and continues straight....follow PCT signs and stay on PCT !               |
| 18.5 | 4.7 | Turn off PCT left and run downhill switchbacks to Todd's Cabin Aid Station #3                    |
| 18.6 | 4.8 | Todd's Cabin Aid Station #3  |

#### TODD'S CABIN AID STATION #3 TO PENNY PINES AID STATION #4

|      |     |   |
|------|-----|---|
| 18.6 | 0   | Turnaround and retrace switchbacks back up to PCT   |
| 18.7 | 0.1 | Turn left and continue to follow PCT trail and signs....staying on PCT all the way to Penny Pines |
| to   | to  | You will pass several trail junctions, always stay on PCT....look for PCT signs.                  |
| 23.6 | 5   | Penny Pines Aid Station is at the clearing where the Noble Canyon Trail and PCT intersect         |

#### PENNY PINES AID STATION #4 TO PINE CREEK 1 AID STATION #5

|       |      |  |
|-------|------|--|
| 23.6  | 0    | Leave Penny Pines Aid Station at PCT and turn left and head .1 miles to Sunrise Hwy                  |
| 23.7  | 0.1  | Carefully cross Sunrise Hwy and go through gate heading to Noble Canyon Trail. There are             |
|       |      | large asphalt pull outs on either side of Sunrise Hwy....these are the parking spots for Penny.      |
| 23.75 | 0.15 | There is a spring fed water pump just to the right of the trail which is on most of the year         |
| 23.8  | 0.2  | Bear right at intersection and follow Noble Canyon Trail   |
|       |      | While on Noble Canyon Trail, you will cross an asphalt road several times. Cross the road and        |
|       |      | pick up Noble Canyon Trail each time. Follow the Noble Canyon Trail signs at all intersections       |
| 29.5  | 5.9  | Cross a stream and bear left on the trail, staying on Noble Canyon Trail. You should see a           |
|       |      | small Noble Canyon Trail sign just after you turn left.  |
| 31    | 7.4  | After descending a rocky section on Noble....you will leave Noble Canyon Trail by heading            |
|       |      | straight instead of taking a sharp left turn which is where Noble Canyon Trail continues. You        |
|       |      | will run straight on the trail for .3 miles to Pine Creek 1 aid station which is a dirt parking area |
|       |      | at the top of a short climb. The .3 miles after leaving Noble Canyon Trail to the Pine Creek aid     |
|       |      | station parallels a stream which will be to the left of you.   |
| 31.3  | 7.7  | Pine Creek 1 Aid Station   |

#### PINE CREEK 1 AID STATION #5 TO PINE CREEK 2 AID STATION #6

|       |      |  |
|-------|------|--|
| 31.3  | 0    | Leave the Pine Creek 1 aid station dirt parking area and turn left on a dirt trail.                    |
| 31.55 | 0.25 | You will head down the trail to a stream crossing....you will probably get wet                         |
| 31.6  | 0.3  | After crossing the stream and climbing a 100 feet you will come to an intersection- GO Straight        |
|       |      | on the horse trail...do not turn left....that is the trail you will be coming back on after completing |
|       |      | a 4.5 mile loop back to Pine Creek Aid Station   |
| 31.95 | 0.65 | Stay left on the horse trail .... This trail parallels the asphalt Pine Creek Rd to your right         |
|       |      | The horse trail has spurs leading off to the right to houses...always stay left on the trail           |
| 32.6  | 1.3  | You will come to a t-intersection which is the Noble Canyon Trail....take a sharp left and start       |
|       |      | climbing back up Noble Canyon Trail. FYI...the Noble Canyon Trail Head parking area is just to the     |
|       |      | right of this intersection   |
| 35.1  | 3.8  | Leave Noble Canyon Trail by taking a left at the intersection of another trail. You will be            |
|       |      | paralleling a stream that is just too the right of you. If you crossed the stream you went to far on   |
|       |      | the Noble Canyon trail and need to go back and take a left at the intersection                         |
| 35.75 | 4.45 | Turn right at the intersection of the trail that led you out and now back to Pine Creek Aid Station    |
| 36    | 4.7  | Pine Creek 2 Aid Station is at the dirt parking area next to Pine Creek Rd                             |

**PINE CREEK 2 AID STATION #6 TO PIONEER MAIL AID STATION #7**

|       |      |   |
|-------|------|---|
| 36    | 0    | Leave the Pine Creek 2 Aid Station and head up Pine Creek Road (asphalt road) which goes for 2.25 miles mostly uphill. <b>CAUTION</b> : .6 miles up the road from the aid station is a huge wasps' nest in a big tree on the right. Stay well to the left on the road and move very briskly beyond this location....runners have been stung here and these bees are aggressive! |
| 38.25 | 2.25 | Leave Pine Creek Rd at the big tree and head straight onto dirt road #14SO4. You will pass a road gate that is open most of the year. You will also start downhill and cross another stream   |
| 39.8  | 3.8  | Leave the dirt road and take a right on to Indian Creek Trail....this will start another long uphill  |
| 41.7  | 5.7  | You will come to the intersection of three trails at Champagne Peak. Take a left onto Pine Mountain Trail which will take you to Sunrise Hwy.   |
| 42.8  | 6.8  | Cross dirt road and pick up Pine Mountain Trail on the other side of the road.  |
| 43.9  | 7.9  | Arrive at Sunrise Highway....cross Sunrise and turn right on the shoulder and then left into Pioneer Mail parking area.   |
| 44.1  | 8.1  | Follow the parking area to the north where Pioneer Mail Aid Station is at the access to the PCT   |

**PIONEER MAIL AID STATION #7 TO SUNRISE AID STATION #8**

|      |     |  |
|------|-----|--|
| 44.1 | 0   | Leave the far end of Pioneer Mail Aid Station Parking Area by heading north onto PCT, and passing concrete horse trough within 100 feet of this leg. Stay on the PCT for 6.9 miles....look for PCT signs at every turn and follow the PCT trail exclusively. |
| 44.8 | 0.7 | Cross a cul de sac parking area and pick up the PCT 200 feet to the north.   |
| 49.1 | 5   | PCT crosses a dirt road...take a slight left for 20 feet and turn right back onto PCT; do not follow dirt road, the PCT is single track trail.   |
| 51   | 6.9 | Leave PCT by taking a left at intersecting trail that says "to Sunrise Hwy"  |
| 51.2 | 7.1 | Cross Sunrise Highway and enter parking area that is the location of Sunrise 1 Aid Station   |
| 51.3 | 7.2 | Aid Station is at the northwest part of the parking area near the entrance to the trail. Permanent pit toilet outhouse is at the south part of the parking area.   |

**SUNRISE AID STATION #8 TO STONEWALL MINE AID STATION #9**

|       |      |  |
|-------|------|--|
| 51.3  | 0    | Trail begins at northwest part of parking area on the La Cima Trail. You will pass horse corrals as you leave the parking area.  |
| 52.4  | 1.1  | Trail crosses asphalt road. Pick up trail on other side of road. Very shortly after crossing road, (about 100 feet) you will come to a trail sign and intersection. This is a very important right turn. |
| 52.45 | 1.15 | Take a right turn onto the intersecting trail heading back to the east. This trail parallels Sunrise Highway.  |
| 53.9  | 2.6  | Trail turns to the left heading back to the west heading away from Sunrise Highway   |
| 56.2  | 4.9  | Leave single track trail and turn right onto California Riding and Hiking Trail dirt road  |
| 57.1  | 5.8  | Turn right at road intersection and follow sign that says Soapstone Grade Rd.  |
| 58.15 | 6.85 | Turn right onto asphalt road and go 100 feet before bearing left back onto dirt trail. This is the Marty Minshall Trail.   |
| 58.45 | 7.15 | Cross asphalt road, go straight, and pick up Marty Minshall Trail on the other side of road.   |
| 58.75 | 7.45 | Turn left and take the Stonewall Mine Trail uphill towards the aid station   |
| 58.85 | 7.55 | Stay right and next to the mine chain link fence which is just to the right of you.  |
| 58.9  | 7.6  | Cross parking area and head up trail to aid station located at facilities building up small hill.  |

**STONEWALL MINE AID STATION #9 TO PASO PICACHO AID STATION #10**

|       |      |   |
|-------|------|---|
| 58.9  | 0    | Leave aid station/parking area on the lower, left most trail below the bathroom house heading west.   |
| 59.15 | 0.25 | Bear right at the intersection of trails and pick up the Stonewall Mine Trail.  |
| 59.25 | 0.35 | Turn right at trail intersection at sign that says "no horses"  |
| 59.35 | 0.45 | Turn right at trail intersection starting downhill towards Cuyamaca Lake.   |
| 59.5  | 0.6  | Take a hairpin left turn and starting heading abreast of the lake, keeping the lake to your right.  |
|       |      | note to runners: the previous .3 miles have numerous side trails and can be confusing. As long as you find yourself down the hill and rejoin the Marty Minshall Trail with the lake on your right, you are essentially on trail. All these turns will be well marked on race day. |
| 59.75 | 0.85 | Leave trail and head left under fence to bypass swamp water below levee   |
| 59.8  | 0.9  | Take a right, cross stream, climb back up to levee and take a left on the levee.  |
| 59.9  | 1    | Cross under fence, take a left onto single track trail.   |
| 60.1  | 1.2  | At the junction of the Los Caballos and Los Vaqueros trails, take the left trail which is Los Vaqueros.   |
| 60.3  | 1.4  | Cross asphalt road and pick up Los Vaqueros Trail on the opposite side of road.   |
| 60.6  | 1.7  | Turn sharp right and take the California Riding and Hiking Trail....this trail climbs slightly uphill.  |
| 60.8  | 1.9  | The Vern Whitaker trail goes left here; do not turn onto Vern Whitaker, continue straight for 50 yards.   |
| 60.9  | 2    | Turn sharp left onto Stonewall Peak Trail. This is the beginning of the 1.45 mile climb to peak.  |
| 62.35 | 3.45 | Turn right at trail intersection and start downhill towards Paso Picacho Park and aid station.  |
| 62.4  | 3.5  | Note to runners: If you come to steps and railings leading to the summit, you missed the right turn and need to back track to the turn which leads you DOWN the trail.  |
| 64    | 3.6  | Run all the way to the highway 79 crossing...do not take the left or right Cold Stream Trails.  |
| 64.1  | 5.2  | Carefully cross Hwy 79 heading towards park entrance. Just before entry kiosk, pick up small trail to the right and head for the bathroom facilities and water spigot in the parking area.  |
|       |      | This is where the Paso Picacho Aid station is located. Water is on most all of the year with the faucet   |
| 64.2  | 5.3  | located next to the bathroom facilities.  |

**PASO PICACHO AID STATION #10 TO SWEETWATER AID STATION #11**

|       |      |  |
|-------|------|--|
| 64.2  | 0    | Leave aid station at bathroom facilities and go left from parking lot towards park exit...but stay right (do not turn left to exit park at the kiosk) and pick up trail on right about .1 mile from aid station. |
| 64.3  | 0.1  | Take a right onto the Azalea Glen Loop Trail.  |
| 64.6  | 0.4  | Stay straight at trail intersection remaining on Azalea Glen Loop Trail.   |
| 64.8  | 0.6  | Stay straight on Azalea Glen Loop Trail. Trail transitions to dirt from crushed gravel. Trail climbs and parallels stream which is just to the right of the trail.   |
| 66.45 | 2.25 | Turn left onto dirt road. Azalea Spring is just ahead and to the right.  |
| 66.55 | 2.35 | As you come to the end of a chain link fence on your right, turn left onto Azalea Glen Loop Trail (an old dirt road, not single track), if you start heading uphill on a dirt road, you missed the turn.         |
| 67.2  | 3    | At a left junction with a dirt road, continue to the right on the same dirt road you have been on.   |
| 67.6  | 3.4  | Turn left on West Side Trail (single track). If you come to an asphalt road, you missed the turn.  |
| 67.7  | 3.5  | Cross asphalt road and stay on West Side Trail. You will follow West Side Trail for the next 5.2 miles   |
| 69.7  | 5.5  | Cross dirt road and stay on West Side Trail.   |
| 72    | 7.8  | Turn left off of West Side Trail onto Japacha Fire Road.   |
| 72.15 | 7.95 | Bear left back onto West Side Trail  |
| 72.2  | 8    | Turn left onto Hwy 79 Connector Trail.   |
| 72.3  | 8.1  | Follow trail down under Hwy 79 Bridge....cross stream and come up trail to Sweetwater Parking.   |
| 72.35 | 8.15 | The aid station is located at the east end of Sweetwater Parking next to the porta potties.  |

**SWEETWATER AID STATION #11 TO SUNRISE 2 AID STATION #12**

|       |   |   |
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| 72.35 | 0 | Leave aid station and pick up East Side Trail just to the southeast of the aid station                |
|       |   | East Side trail goes left after leaving the aid station. You will come to several trail intersections |

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|-------|------|--|
|       |      | the next 1.5 miles, always take the East Side Trail.   |
| 72.95 | 0.6  | Cross small stream taking a left but staying on East Side Trail.   |
| 73.75 | 1.4  | Stay straight on East Side Trail (intersection).   |
| 73.95 | 1.6  | Stay straight on East Side Trail (intersection).   |
| 74.1  | 1.75 | Stay straight on East Side Trail....you will enter an open meadow.   |
| 74.8  | 2.45 | You will come to the intersection of a stream and other trails. After crossing the stream, take a hairpin left and follow that trail. Do not take the right trail that follows the stream upstream. Do not take the trail that goes straight that is named the Harvey Moore trail. |
| 75.1  | 2.75 | Stay straight and cross a small stream.  |
| 75.4  | 3.05 | When the single track trail meets the groomed dirt road, turn right onto the road. Within 220 feet you   |
| 75.5  | 3.15 | Come to a Y intersection, take the right road that says Upper Green Valley Rd and stay on it for 1.6 miles   |
| 77    | 4.65 | When the groomed dirt road turns uphill and sharply to the right and becomes asphalt, go left and take the old unmaintained dirt road (now a trail) straight ahead which drops to stream and then begins climbing.   |
| 77.8  | 5.45 | Stay straight on trail. Do Not turn left and head up Soapstone Grade Fire Road.  |
| 79    | 6.65 | Cross asphalt road and pick up trail by fence after crossing road. Note to runners: the next mile is both an outbound and inbound trail section during the race. You are inbound at this point.  |
| 80.35 | 8    | Sunrise Aid Station is in parking lot as you come off the trail.   |

#### SUNRISE 2 AID STATION #12 TO PIONEER MAIL AID STATION # 13

|       |     |   |
|-------|-----|---|
| 80.35 | 0   | Leave Aid Station and head east crossing Sunrise Hwy to pick up the connector trail which takes you to the Pacific Crest Trail  |
| 80.4  | 0.1 | Cross Sunrise Hwy   |
| 80.7  | 0.4 | Take a right onto the Pacific Crest Trail and head south following all signs to stay on the PCT. There are several side trails and turns but always stay on the PCT.                              |
| 86.7  | 6.4 | You will come to an asphalt road/parking area...go directly across this road and pick up the PCT on the other side of the road. This can be confusing at night....remember to go straight on PCT. |
| 87.5  | 7.2 | Arrive at Pioneer Mail aid station which is located at the north end of the parking area.   |

#### PIONEER MAIL AID STATION #13 TO PENNY PINES 2 AID STATION #14

|      |   |   |
|------|---|---|
| 87.5 | 0 | Leave the Pioneer Mail Aid station at the north end of the parking area and take a left back onto the PCT within 50 feet.   |
| 91.5 | 4 | Follow the Pacific Crest Trail signs for 4 miles to the next aid station (Penny Pines 2). Do not take any side trails...the PCT is easy to follow....just pay attention to the signs. |

#### PENNY PINES 2 AID STATION # 14 TO RAT HOLE AID STATION #15

|      |     |   |
|------|-----|---|
| 91.5 | 0   | Leave Penny Pines Aid Station continuing south on the PCT.                            |
| 95.6 | 4.1 | Leave PCT at intersecton of Big Laguna Trail. Take a right onto Big Laguna Trail.     |
| 96.2 | 4.7 | Arrive at dirt paking area just before Sunrise Hwy. This is the Rat Hole Aid Station. |

#### RAT HOLE AID STATION #15 TO FINISH AT AL BAHR SHRINE CAMP

|       |      |  |
|-------|------|--|
| 96.2  | 0    | Leave Rat Hole Aid Station and cross Sunrise Hwy picking up trail immediately across the road.           |
| 96.25 | 0.05 | Cross Sunrise Hwy (S1) and take the Big Laguna Trail immediately on the other side of the road.          |
| 96.6  | 0.4  | Take a right off the single track trail onto a dirt road. This road is still named the Big Laguna Trail. |
| 97    | 0.8  | Go straight across dirt parking area and pick up single track trail (Big Laguna Trail) next to the tree  |
| 97.05 | 0.85 | Cross a dirt road and pick up Big Laguna Trail immediately on the other side of the road.                |
| 97.1  | 1.05 | Pass through a gate on the single track trail  |
| 97.4  | 1.2  | Bear right on main trail....do not take less traveled trail that goes left                               |

|      |     |                           |
|------|-----|---------------------------|
| 97.8 | 1.6 | Bear right on main trail. |
|------|-----|---------------------------|

|        |      |  |
|--------|------|--|
| 97.85  | 1.65 | Cross small stream.  |
| 97.9   | 1.7  | Pass through gate.   |
| 97.94  | 1.74 | Big Laguna Trail splits going straight and to the right. TAKE the RIGHT Trail (Trail #6). Trail sign says "Big Laguna Trail and To Noble Canyon" The larger meadow should be on your right of the next mile.                 |
| 98.65  | 2.45 | You will come to and cross a small wooden bridge. This is a KEY right turn just after the bridge. You will also pass through a small gate immediately after making the right turn. This is Trail #8 of the Big Laguna Trail. |
| 98.8   | 2.6  | Stay straight on trail. You should have a lake to the right of you; this lake varies in size by season   |
| 99.1   | 2.9  | Turn right on trail, go through gate, and you should see an outhouse just to your left and ahead.  |
| 99.2   | 3    | Pass through gate and come to asphalt road.  |
| 99.25  | 3.05 | Turn left on the asphalt road for .3 miles.  |
| 99.6   | 3.4  | Turn left off of asphalt road onto a single dirt trail...this turn is abreast an outhouse on the right.  |
| 99.65  | 3.45 | Bear left onto a gravel road which enters the Al Bahr Shrine Campground facility.  |
|        | to   | Stay straight on gravel road ... you will pass cabins and campers on either side of this gravel road.  |
| 100    | 3.8  |  |
| 100.05 | 3.85 | Stay straight on the road....DO NOT go right across the bridge.  |
| 100.1  | 3.9  | Turn right and cross small wood foot bridge.   |
| 100.11 | 3.91 | Turn right on gravel road  |
| 100.16 | 3.96 | Turn right on gravel road  |
| 100.2  | 4    | Finish line is straight ahead in front of Al Bahr Lodge.   |