



Lite Course Notes

Start at top of mine rd. (Base Camp) Left into Tea Creek trail then left at connector. Right turn on Gauley mtn trail . Follow til Sharp Right turn onto Red Run , Straight onto Right Fork trail through the field to base of Tea Creek mtn Trail checkpoint, left onto scenic highway then next left onto Gauley mtn trail to Finish at other end of Gauley mtn trail on Mine rd.).

Ultra Course Notes

Follow Lite course to Tea Creek mountain check piint. Continue right onto Tea Creek mtn to Tea Creek campground Checkpoint . Right Thru campground to Banic Shoals trail. Climb up to Boundry trail then decend back to Tea Creek trail. Take a left and climb railroad grade back to Gauley mtn tral . Left on Gauley to Mine rd. Left on mine rd (fs 24)across top of mountain to Props Run checkpoint . Decend 8 miles to Finish at Elk River touring center .

