

Angel Island Trail Run Course Description

8 Km = Summit Loop

16 Km = Middle & Summit Loops

25 Km = Perimeter, Middle, & Summit Loops

Direction	Course	Distance (Km)	
		Segment	Cumm.
Summit Loop (Orange)			
	<i>Start: Ayala Cove Rock</i>		
Go STRAIGHT	Asphalt Path	0.2	0.2
Turn RIGHT	Northridge Trail	2.8	3
Turn RIGHT	Summit Trail	0.5	3.6
Turnaround	Summit Trail	0.5	4.1
Turn RIGHT	Northridge Trail	0.1	4.2
Zigzag Left & Right	Sunset Trail	3.3	7.6
Veer RIGHT	Bike Path	0.5	8.1
Turn RIGHT	Foot Path	0.1	8.2
		Kilometers	8.2
		Miles	5.1
Middle Loop (Yellow)			
	<i>Start: Ayala Cove Rock</i>		
Go STRAIGHT	Asphalt Path	0.2	0.2
Turn RIGHT	Northridge Trail	1.4	1.7
Turn LEFT	Middle Dirt Road	3.8	5.5
Turn LEFT	Sunset Trail	1.9	7.3
Veer RIGHT	Bike Path	0.5	7.9
Turn RIGHT	Foot Path	0.1	8
		Kilometers	8
		Miles	5
Perimeter Loop (Pink)			
	<i>Start: Ayala Cove Rock</i>		
Go STRAIGHT	Asphalt Path	0.2	0.2
Turn RIGHT	Northridge Trail	0.2	0.4
Turn LEFT	Perimeter Road	1.9	2.3
Stay LEFT	Fort McDowell Road	0.4	2.7
Turn LEFT	Perimeter Road	3.1	5.9
Stay Left	Camp Reynolds/Point Stuart	1.3	7.2
Turn LEFT	Perimeter Road	1.2	8.4
Turn LEFT	Bike Path	0.5	8.9
Turn RIGHT	Foot Path	0.1	9.1
		Kilometers	9.1
		Miles	5.6