

## Pacific Coast Trail Runs

### Night Sweats Trail Marathon and 15 km Run

Road/Trail/Path	From	To	At End, Turn	Ribbon	Kilometers	Miles	Cumulative	Aid?	To Next Aid
<b>Course: Marathon</b>									
Mitchell Road	Fort Cronkhite (wetlands drain)	Bunker Road	Around	Yellow	0.77	0.5	0.5		5.0
Mitchell Road (side trail)	Bunker Road	Fort Cronkhite (wetlands drain)	Straight	Blue	0.77	0.5	1.0		
Mitchell Road/Coastal Road	Fort Cronkhite (wetlands drain)	Coastal Trail (singletrack)	Left	Yellow	0.14	0.1	1.0		
Coastal Trail (singletrack)	Coastal Road	Coastal Road	Left	Yellow	0.36	0.2	1.3		
Coastal Road	Coastal Trail (singletrack)	Coastal Trail (asphalt)	Left	Yellow	0.61	0.4	1.6		
Coastal Trail (asphalt)	Coastal Road	Coastal Trail	Right	Yellow	0.04	0.0	1.7		
Coastal Trail	Coastal Trail (asphalt)	Coastal Trail (dirt road)	Right	Yellow	0.71	0.4	2.1		
Coastal Trail (dirt road)	Coastal Trail	Coastal Trail (asphalt)	Straight	Yellow	0.05	0.0	2.1		
Coastal Trail (asphalt)	Coastal Trail (dirt)	Wolf Ridge Trail	Left	Yellow	0.79	0.5	2.6		
Wolf Ridge Trail	Coastal Trail (asphalt)	Miwok Trail	Left	Yellow	1.15	0.7	3.3		
Miwok Trail	Wolf Ridge Trail	Old Springs Trail	Left	Yellow	0.46	0.3	3.6		
Old Springs Trail	Miwok Trail	Miwok Livery Stables	Straight	Yellow	1.97	1.2	4.9		
Miwok Livery Stables Road	Old Springs Trail	Tennessee Valley Trailhead	Left	Yellow	0.19	0.1	5.0	Aid	4.0
Tennessee Valley Road	Tennessee Valley Trailhead	Tennessee Valley Fireroad	Straight	Yellow	1.10	0.7	5.7		
Tennessee Valley Fireroad	Tennessee Valley Road	Coastal Fireroad	Veer right	Yellow	0.87	0.5	6.2		
Coastal Fireroad	Tennessee Valley Road	Coastal Trail (Pirates Cove)	Straight	Yellow	1.07	0.7	6.9		
Coastal Trail (Pirates Cove)	Coastal Fireroad	Coastal Fireroad	Straight	Yellow	2.29	1.4	8.3		
Coastal Fireroad	Coastal Trail (Pirates Cove)	Hike Meeting Point	Right	Yellow/Red	1.01	0.6	8.9		
Bridge	Hike Meeting Point	Muir Beach Parking	Around	Yellow/Red	0.08	0.0	9.0	Aid	4.2
Bridge	Muir Beach Parking	Hike Meeting Point	Left	Red/Yellow	0.08	0.0	9.0		
Coastal Fireroad	Hike Meeting Point	Coastal Trail (Pirates Cove)	Left	Red/Yellow	1.01	0.6	9.6		
Coastal Fireroad	Coastal Trail (Pirates Cove)	Coyote Ridge Trail	Left	Red	1.38	0.9	10.5		
Coyote Ridge Trail	Coastal Fireroad	Miwok Trail	Straight	Red	1.19	0.7	11.2		
Miwok Trail	Coyote Ridge Trail	Miwok Cutoff	Straight	Red	0.54	0.3	11.6		
Miwok Trail (not via Cutoff)	Miwok Cutoff	County View Fireroad	Veer right	Red	0.83	0.5	12.1		
Miwok Trail	County View Fireroad	Tennessee Valley Trailhead	Straight	Red	1.74	1.1	13.2	Aid	5.6
Miwok Livery Stables Road	Tennessee Valley Trailhead	Marincello Vehicle Road	Left	Red	0.05	0.0	13.2		
Marincello Vehicle Road	Miwok Livery Stables Road	Bobcat Trail	Straight	Red	2.39	1.5	14.7		
Bobcat Trail	Marincello Vehicle Road	Bobcat-Alta Connector	Left	Red	1.18	0.7	15.4		
Bobcat-Alta Connector	Bobcat Trail	Alta Trail	Right	Red/Blue	0.03	0.0	15.4		
Alta Trail	Bobcat-Alta Connector	Wolfback Ridge Road (private)	Straight	Red/Blue	1.06	0.7	16.1		
Wolfback Ridge Road (private)	Alta Trail	Rodeo Valley Trail	Right	Red/Blue	0.03	0.0	16.1		
Rodeo Valley Trail	Wolfback Ridge Road (private)	SCA Trail	Left	Red/Blue	0.03	0.0	16.1		
SCA Trail	Rodeo Valley Trail	Coastal Trail	Left	Red/Blue	1.68	1.0	17.2		
Coastal Trail	SCA Trail	Conzelman Road (S of parking lot)	Right	Red/Blue	1.76	1.1	18.3		
Conzelman Road	Coastal Trail	Moore Road	Straight	Red/Blue	0.86	0.5	18.8		
Moore Road	Conzelman Road	Fort Baker	Around	Red/Blue	0.22	0.1	18.9	Aid	7.1
Moore Road	Fort Baker	Conzelman Road	Veer right	Blue/Red	0.22	0.1	19.1		
Conzelman Road	Moore Road	Coastal Trail	Left	Blue/Red	0.86	0.5	19.6		
Coastal Trail	Conzelman Road (S of parking lot)	SCA Trail	Right	Blue/Red	1.76	1.1	20.7		
SCA Trail	Coastal Trail	Rodeo Valley Trail	Right	Blue/Red	1.68	1.0	21.7		
Rodeo Valley Trail	SCA Trail	Wolfback Ridge Road (private)	Left	Blue/Red	0.03	0.0	21.8		
Wolfback Ridge Road (private)	Rodeo Valley Trail	Alta Trail	Veer left	Blue/Red	0.03	0.0	21.8		
Alta Trail	Wolfback Ridge Road (private)	Bobcat-Alta Connector	Left	Blue/Red	1.06	0.7	22.4		
Bobcat-Alta Connector	Alta Trail	Bobcat Trail	Straight	Blue/Red	0.03	0.0	22.4		
Bobcat Trail	Bobcat-Alta Connector	Rodeo Valley Trail	Veer right	Blue	3.39	2.1	24.5		
Bobcat Trail	Rodeo Valley Trail	Miwok Trail	Left	Blue	0.09	0.1	24.6		
Miwok Trail	Bobcat Trail	Bunker Road (crosswalk)	Straight	Blue	0.85	0.5	25.1		
Bunker Road (side trail)	Miwok Trail	Mitchell Road	Straight	Blue	0.39	0.2	25.4		
Mitchell Road (side trail)	Bunker Road	Fort Cronkhite (parking, SW corner)	Right	Blue	0.74	0.5	25.8		
Rodeo Beach Parking Lot	Mitchell Road (side trail)	Fort Cronkhite (SE concrete bench)	Done!	Blue	0.07	0.0	25.9	Finish	

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Coastal Trail (asphalt)	Coastal Road	Coastal Trail	Right	Yellow	0.04	0.0	0.7		
Coastal Trail	Coastal Trail (asphalt)	Coastal Trail (dirt road)	Right	Yellow	0.71	0.4	1.2		
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Bunker Road (side trail)	Miwok Trail	Mitchell Road	Straight	Blue	0.39	0.2	9.2		
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Rodeo Beach Parking Lot	Mitchell Road (side trail)	Fort Cronkhite (SE concrete bench)	Done!	Blue	0.07	0.0	9.7	Finish	