

Sycamore Canyon Trail Run

Course Description

| Direction | Course | Ribbon Color | Distance (Km) | | Aid Stations (Km) | | |
|------------------------------|--|--------------|---------------|-------|-------------------|------------|------------|
| | | | Segment | Cumm. | Location | Next | |
| 8 Kilometer Trail Run | | | | | | | |
| | <i>Start: Sycamore Canyon (Campground)</i> | | | | | | 7.6 |
| Go EAST | Sycamore Canyon Fire Road | Yellow | 1.6 | 1.6 | | | |
| Turn LEFT | Fireline Trail | Yellow | 2.1 | 3.7 | | | |
| Turn LEFT | Overlook Fire Road | Yellow | 2.9 | 6.6 | | | |
| Turn RIGHT | Sycamore Canyon Fire Road | Yellow | 1 | 7.6 | | | |
| Kilometers | | | 7.6 | | | 7.6 | |
| Miles | | | 4.7 | | | | |

| Direction | Course | Ribbon Color | Distance (Km) | | Aid Stations (Km) | | |
|-------------------------------|--|--------------|---------------|-------|------------------------|-------------|------------|
| | | | Segment | Cumm. | Location | Next | |
| 18 Kilometer Trail Run | | | | | | | |
| | <i>Start: Sycamore Canyon (Campground)</i> | | | | | | 9.1 |
| Go EAST | Sycamore Canyon Fire Road | Pink | 1.6 | 1.6 | | | |
| Turn LEFT | Fireline Trail | Pink | 2.1 | 3.7 | | | |
| Turn RIGHT | Overlook Fire Road | Pink | 1.1 | 4.8 | | | |
| Turn LEFT | Ray Miller Trail (Backbone) | Pink | 4.3 | 9.1 | La Jolla Canyon | 9.2 | |
| Turnaround | Ray Miller Trail (Backbone) | Pink | 4.3 | 13.3 | | | |
| Turn RIGHT | Overlook Fire Road | Pink | 4 | 17.3 | | | |
| Turn RIGHT | Sycamore Canyon Fire Road | Pink | 1 | 18.3 | | | |
| Kilometers | | | 18.3 | | | 18.3 | |
| Miles | | | 11.4 | | | | |

| Direction | Course | Ribbon Color | Distance (Km) | | Aid Stations (Km) | | |
|-------------------------------|--|--------------|---------------|-------|------------------------|-------------|------------|
| | | | Segment | Cumm. | Location | Next | |
| 30 Kilometer Trail Run | | | | | | | |
| | <i>Start: Sycamore Canyon (Campground)</i> | | | | | | 9.1 |
| Go EAST | Sycamore Canyon Fire Road | Pink | 1.6 | 1.6 | | | |
| Turn LEFT | Fireline Trail | Pink | 2.1 | 3.7 | | | |
| Turn RIGHT | Overlook Fire Road | Pink | 1.1 | 4.8 | | | |
| Turn LEFT | Ray Miller Trail (Backbone) | Pink | 4.3 | 9.1 | La Jolla Canyon | 12.2 | |
| Turn RIGHT | La Jolla Canyon Trail | Orange | 1.9 | 11 | | | |
| Stay LEFT | La Jolla Valley Loop Trail | Orange | 1.3 | 12.3 | | | |
| Veer LEFT | Mugu Peak Trail | Orange | 3 | 15.2 | | | |
| Turn RIGHT | Chumash Trail | Orange | 0.9 | 16.1 | | | |
| Stay LEFT | La Jolla Valley Loop Trail | Orange | 1.1 | 17.2 | | | |
| Turn LEFT | La Jolla Valley Fire Road | Orange | 0.7 | 17.9 | | | |
| Turn RIGHT | La Jolla Valley Loop (pond) | Orange | 0.4 | 18.3 | | | |
| Stay RIGHT | La Jolla Valley Loop Trail | Orange | 1 | 19.3 | | | |
| Turn LEFT | La Jolla Canyon Trail | Orange | 1.9 | 21.2 | La Jolla Canyon | 9.2 | |
| Turn LEFT | Ray Miller Trail (Backbone) | Pink | 4.3 | 25.5 | | | |
| Turn RIGHT | Overlook Fire Road | Pink | 4 | 29.5 | | | |
| Turn RIGHT | Sycamore Canyon Fire Road | Pink | 1 | 30.4 | | | |
| Kilometers | | | 30.4 | | | 30.4 | |
| Miles | | | 18.9 | | | | |

50 Kilometer Trail Run

(Complete 30 Km course 1st & 18 Km course 2nd)

| | |
|-------------------|-------------|
| Kilometers | 48.7 |
| Miles | 30.3 |