



Massanutten Training Academy

Run 4: Chocolate Bunny

This is the popular Gap to Gap loop, which covers miles 70 to 96 of the Massanutten Mountain Trails 100 (MMT). Since Crisman Hollow Road is often closed in the winter, this run starts and finishes at Route 211.

Turn by turn

Cross Rt 211 to gate and enter **white** blazed Massanutten Connector trail (dirt road for 1.1 miles, then left for 0.7 mile on single track trail).

Right on **orange** blazed Massanutten Trail, follow for 2.0 miles to **yellow** blazed Scothorn Gap trail. (There will be a wooden post at this trail intersection.)

Left on **yellow** blazed trail for 1.4 miles to Crisman Hollow Road (FDR 274).

Right on **unblazed** Crisman Hollow Road (dirt) for 1.7 miles to Gap Creek (aid station here at MMT).

Left on **blue** blazed Jawbone Gap trail for 1.3 miles to ridge saddle.

Left on **orange** blazed Massanutten Trail for 4.7 miles along rocky crest of Kerns Mountain to Crisman Hollow Road crossing (unmanned aid here during MMT).

Essential Info

Date	Sat April 3, 2021
Meeting time	6:30 pm
Meeting location	Route 211 Parking Lot (38.641° N, -78.590° W)
Run start	7:00 pm
Distance	25.9 miles
Total ascent/descent	5320 feet
Aid stations	1. Visitor Center (mi. 15.2)
In charge	Quatro Hubbard (804) 254-7825

Right on **unblazed** dirt (for 0.7 miles) and paved (1.7 miles) road to Route 211.

Cross Route 211 and bear left 100 yards to Massanutten Visitor Center parking lot and the **only aid station** for this training run at mile 14.8 (AS #12 during MMT).

Take **white** blazed Wildflower Trail from the Visitor Center for 0.3 miles. Right (at bench) on **orange** blazed Massanutten South Trail (MS) and climb Bird Knob section. Stay on **orange** blazed MS for a total of 3.1 miles. Be alert for a left turn (at a wooden post, 1.85 miles from turn off Wildflower) to stay on **orange**, then continue to end of double track ("Ant Road") at a gate (AS #13, Bird Knob, during MMT; no aid station during this run). *Do not follow **white** blazed Bird Knob trail!*

Continue downhill on **orange** blazed dirt road (MS/Big Mountain Road) 0.85 mile to **purple** blazed Roaring Run trail. (Wooden post at trailhead, on left at top of first climb on road section.)

Left on **purple** 1.0 mile up and then down to **pink** blazed Browns Hollow Run trail, a new trail not on most trail maps. *Be alert for this trail junction — if you cross any stream (wet or dry), you have gone too far downhill.*

Left on **pink** trail 4.2 miles to **orange** blazed MS trail. *Be alert for this trail junction; it will be a sharp right! If you reach a gate and are now on orange, you have gone about 100 feet past the correct turn!*

Right off **pink** onto **orange** blazed MS trail for 1.6 miles to **finish** at 211 East parking lot. *During MMT, 211 East will be a crew meeting point, but not a formal aid station.*

