

TURN	TRAIL	Directions	Distance to Turn	Total Mileage
R	Tuscarora/ Logging Rd	Follow Tuscarora Trail south (Blue Blazes) to split with logging road. Stay to the RIGHT on logging road.	3.8	3.8
R	Tower Rd	Turn RIGHT on Tower Rd.	1.5	5.3
L	Plank	Turn LEFT on Plank Trail (Green blazes)	0.4	5.9
		Follow Plank/Tuscarora (Green and Blue blazes) to Aid Station on Tower Rd.	1.4	7.3 AID
	Lincoln	Leave Aid Station on Lincoln Trail, crossing Aughwick Rd.		
R	Lockard	Turn RIGHT on Lockard Trail.	0.2	7.5
R	Fore	Turn RIGHT on Fore Trail (Red blazes)	0.8	8.3
		Climb up Fore Trail, cross Aughwick Rd, continue to climb Fore Trail back to logging road, continue on Fore Trail, crossing Tower Rd. Stay on Fore Trail to Tuscarora Trail.		
L	Tuscarora	Turn LEFT on Tuscarora Trail (Blue blazes)	1.3	9.6
Hard L then R	Richmond	HAIRPIN LEFT turn to RIGHT on Richmond Trail	1.2	10.8
R	Aughwick Rd.	Turn RIGHT on Aughwick Rd. (Aid Station)	1.0	11.8 AID
L	Pfeffer	Turn LEFT on Pfeffer Trail, Look for <i>Murray</i> sign and Yellow Gate	0.4	12.2
R	Bike Trail	Turn RIGHT on Bike Trail (wide grassy road)	0.2	12.4
R	Cameron	Turn RIGHT on Cameron Trail (yellow blazes)	1.3	13.7
L	Plessinger	Turn LEFT on Plessinger Trail (yellow blazes)	0.1	13.8
		Follow Plessinger back to Cowan's Gap	0.9	14.7
R		Turn RIGHT and head to Shelter (Aid Station)	0.3	15.0 AID
R	Lakeside	Leave Shelter turning RIGHT and head to Lakeside Trail. Turn RIGHT onto Lakeside Trail after the bridge.	0.1	15.1
		Continue on Lakeside Trail to the spillway	0.6	15.7
	Tuscarora	Follow Tuscarora Trail (Blue blazes) to Aid Station	2.4	18.1 AID
		Continue on Tuscarora Trail to intersection with Cove Trail	0.8	18.9
S	Trial to Todd and Standing Stone	Continue STRAIGHT towards Todd Trail (orange and red blazes) Formerly known as Link Trail.		
L	Todd Trail to Standing Stone	Turn LEFT on Todd Trail intersection (orange and red blazes) (Standing Stone Trail on the Map)	0.4	19.3
S	Todd Trail	Continue STRAIGHT on TODD TRAIL (red blazes) over the top of the mountain. (Do not take Standing Stone Trail.)		
R	Todd	Turn RIGHT on Todd Trail (red blazes)	1.3	20.6
R	Great Eastern	Look for Orange Flagging and Turn RIGHT and begin to climb again. Follow orange blazes. (Great Eastern Trail)	0.7	21.3
R		Turn RIGHT at the top of the Ridge, following orange blazes.	1.4	22.7
L	Todd	Turn LEFT at Todd Trail and head back down the same trail that you climbed up earlier.	0.2	22.9
R		Turn RIGHT and continue on the Trail formerly known as Link Trail back to Tuscarora Trail intersection.	0.5	23.4
L	Tuscarora/ Cove	Turn LEFT on Tuscarora/Cove Trail and head down to Aughwick Rd.	0.4	23.8
L	Tuscarora	Cross Aughwick Rd. and Continue straight on Tuscarora Trail. Turn LEFT on wide grassy road, and follow the Blue blazes of the Tuscarora Trail. (Aid station)	0.1	23.9 AID
		Follow Tuscarora Trail for 1.6 miles	1.6	25.5
R	Bird Run Trail	Turn RIGHT and go up and over the ridge on Bird Run Trail. At this point you will leave the Tuscarora Trail. Follow orange ribbon.	0.5	26.0
R	Carrick Valley (logging road)	Turn RIGHT on Carrick Valley Rd. (logging road)	1.4	27.4
R	Allen	Turn RIGHT on Allen Trail	0.8	28.2
L	Tuscarora Heath	Turn LEFT on Tuscarora Trail and head to Aid station Go STRAIGHT past the Tuscarora Trail intersection and continue on the grassy road to Heath Trail.	0.2	28.4 AID
R	Aughwick Rd	Turn RIGHT on Heath Trail and head down to Aughwick Rd. Turn RIGHT on Aughwick Rd. and head to Aid Station	1.0	29.4 AID
L	Tuscarora Lakeside	Turn LEFT at Aid Station back onto Tuscarora Trail Take Tuscarora Trail to Lakeside Trail and head to the Finish	0.2 2.5	29.6 32.0