

## ARCH ROCK



The Arch Rock run is a coach's favorite. This 8.8-mile out-and-back adventure starts and ends at the Bear Valley Trailhead. Along the way, you will run under the shade of a mixed fir forest, beside Bear Valley Creek, through sunny meadows and rocky headlands, and over (yes, over) the Pacific Ocean.

- 1 This is the trailhead at the southern end of the Bear Valley Parking Lot. From this point, the wide gravel path rises gently through grassy meadows into a thick fir forest.
- 2 At 1.7 miles, you will reach the trail's highest point, the Divide Meadow. This is a great place to look for wildlife and do your drills.
- 3 After the meadow, the trail tilts downhill and follows along the creek.
- 4 The maintained path ends at the Glen Trail – Baldy Trail junction (3.2 miles in). Past this point, the trail narrows and bikes aren't allowed. Make sure you stay on the center path following the signs to Arch Rock.
- 5 The trail bends away from the creek to the Coast Trail junction (4.1 miles in). Follow the signs to Arch Rock past this and a second Coast Trail junction.
- 6 The final stretch leads down a rocky, narrow headland trail (watch your footing here) to the bluff edge and the Arch Rock Overlook. The steep bluff drops to the rocky sea below, so be careful at the edge. Wondering where the arch is? You can't see it, but it is right under your feet.



## MIWOK VILLAGE

This is a nice little 3-mile out-and-back run from camp. Run carefully and single file along the roads. Go down Highway One, turn right on Bear Valley Road (careful across the bridge), and then turn left after passing the red barn. Go up the driveway and turn right at the Kule Loklo trailhead. The trail will lead you ½ mile to a recreated village for the Coast Miwok people called Kule Loklo (meaning "Bear Valley"). Run from hut to hut and sit in the sweat lodge to contemplate the meaning of life. The Coast Miwok people lived peacefully and in harmony with their environment for over 6000 years. We will manage to survive at our campsite of comparative luxury for just three days!



## MT WITTENBERG



This 5-mile loop is like no other. You will climb 2 miles and 1300 feet up a steep mountain path, through forests and meadows, to the top of Mt. Wittenberg. Once you've reached the top (and a little enlightenment), you will jog happily down again.

- 1 The Mt Wittenberg trailhead starts to the right off the Bear Valley trail and climbs steeply up into forested switchbacks. This run will be a long uphill journey, so save some energy, keep your mood positive and enjoy the trail as you go.
- 2 Nearly half way to the top, the trail levels out slightly in an open meadow area. This is a good place to catch your breath, lengthen your stride and look for deer.
- 3 When you are nearly to the top, you will run out of the forest and out of the misty fog in one step, making you feel like you are on top of the clouds. You will run into an open area where the trail splits. Be sure to go right here – it can be easy to miss the turn when you are tired.
- 4 After you scramble up the final switchbacks and go through a dark tunnel of trees, turn left off the trail to arrive at the very top. When you are done celebrating your arrival, turn around and go back down to the trail junction. Go straight at the junction, not down the trail you came up.
- 5 Turn left on the Meadow Trail to go back downhill. Whatever you do, don't take Sky Trail!
- 6 Watch your footing on the way down, the trail is steep and uneven. Walk if you need to.
- 7 When you get back to Bear Valley Trail, turn left to head back to camp. It is time for a well-deserved breakfast.

## BEACH RUN

Go ahead and enjoy a little barefoot jog down the beach and back. Run through the waves and gather some inspiration for the annual, ever challenging sandcastle competition.



## TULE ELK RUN



The Tule Elk run is a strenuous, beautiful trek through the Tomales Point conservation area at the northern tip of the Point Reyes peninsula. This 9.6 mile out-and-back trail is surrounded by water on three sides, leading through an area populated by big, bellowing Tule elk. Tule elk are endemic to California, meaning they are only found here. Keep a respectful distance from these animals, who can be feisty but will likely shriek a warning and move away if you get too close.

- 1 A broad trail starts off the parking lot and travels through a level, sparsely vegetated area.
- 2 At about 1 mile in, the trail descends to Windy Gap, which is a good area for elk spotting and drills. Then the trail begins a long ascent all the way to the ridgeline.
- 3 After a long descent down from the ridgeline, you will reach a cluster of cypress and eucalyptus trees at about 3 miles in. This is a good turnaround point for some runners.
- 4 At about 3.8 miles, the trail shifts to loose sand bordered by taller, scrubby vegetation. The trail heads uphill slightly and then levels out with a few sections on firmer ground. The path can be hard to follow. Try to stay on the ridgeline, always aiming toward the northern tip of the peninsula.
- 5 At 4.8 miles in, you'll reach the point. The bluffs drop steeply straight to the sea here, so be cautious at this crumbling edge. Once you've caught your breath and enjoyed the view, retrace your steps back to the trailhead. Muffins await.

## EARTHQUAKE TRAIL

You'll find the Earthquake Trail behind the Visitor Center's parking lot (near the picnic area). Run clockwise around this .6-mile paved loop and explore the San Andreas Fault Zone. Don't miss the wooden fence that was split and moved 20 feet by the great quake of 1906. This trail is perfect for an easy rolling jaunt or a shift-shapingly fast race.

## RIFT ZONE

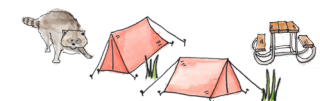


By our final morning, we're all feeling a little tired, so this out-and-back run is based on minutes, not miles. You will run down the Rift Zone trail, through pastures and forests, headed towards Five Brooks nearly 4 ½ miles away (although you likely won't get all the way there).

- 1 The trail starts to the left off the main Bear Valley trailhead.
- 2 The level trail goes through meadow and mixed forest before dropping into open pasture. You will go through pastures and a few gates. Be sure to close the gates after you pass and give the cows some space.
- 3 Once out of the pastures, the trail travels into a forested area and begins to get hilly. Most runners will turn around in this area.
- 4 The trail crosses the Stewart Horse Camp grounds at 4.25 miles and then splits to the left. The path then narrows and climbs steeply to end at the Five Brooks trailhead.



## OLEMA RANCH CAMPGROUND



The Olema Ranch Campground, off Highway One just north of the town of Olema, will be our comfortable outdoor home for three days and three nights. The campground offers indoor bathrooms and showers, picnic tables, campfire pits, WiFi, and a general store. It also has blackberries, a curious and active raccoon population, and a clear view of the starry night sky.

