

# NO MANs 50K

## ROUTE DESCRIPTION

### *Start to AS#1:*

Start at the telegraph road pavilion parking lot. Take the Crossing trail. After 0.75 miles, make a right onto the Birch Bluff Trail. After 0.1 miles, go right to stay on Birch Bluff Trail. This will take you to the South Quantico Creek. Stay along on this trail until the swinging bridge. Make a right off bridge onto North Valley Trail. Stay on North Valley trail for 4.0 miles when you arrive to Burma Road. Here you will make a right onto the fire service road for 0.6 miles to the first aid station (Scenic Drive & Burma Road).

### *AS#1 to AS#2:*

Leaving AS#1, continue straight on Burma Road for 0.6 miles to a 4-way intersection. Continue straight, here Burma Road becomes Taylor Farm Road. Continue straight until you reach South Valley Trail, after 1.4 miles. At South Valley Trail, make a right and stay on South Valley for 1.8 miles, until the intersection with High Meadows trail. Here you will go straight or right for 0.9 miles until you cross Scenic Drive. After Scenic Drive, continue for 0.8 miles until you get to the intersection of Meadows and Taylor Farm. This is a four way intersection; continue straight down the hill on a single track trail. When you get to the bridge, make a left onto the bridge and follow the trail. After 0.5 miles, you will come to Black Top Road. Make a right and you will arrive to AS#2 in about 0.3 miles.

### *AS#2 to AS#3:*

Departing from AS#2, you will take Turkey Run Ridge Trail for 1.4 miles to South Valley trail. Here you will make a left and continue until you reach N. Orenda Road. Make a right and in 0.1 miles you will arrive at the swinging bridge. Make a right on the bridge and a right off the bridge. This will put you on Laurel Loop trail for 0.6 miles. After this distance you will come to grass field where you will stay to the right. You will pass a kids playground on the left and continue through the picnic area following the yellow streamers and signs to come back to the single track trail. Once on the single track again you will quickly come upon the final right turn. This will be the final stretch of 0.75 miles back the Start/Finish area and the end of your loop.