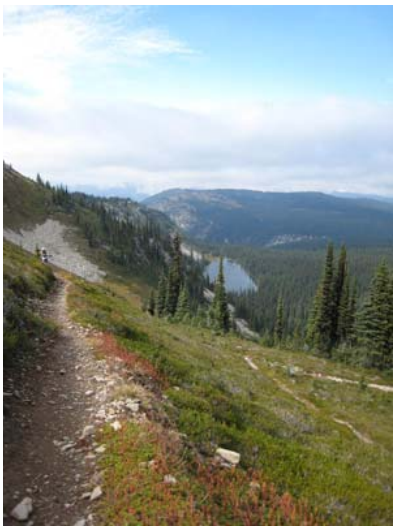
Leg 4 Heather 40 km

Where Heather meets Bonnevier, it is open and single track. Heather Trail is a feast of wildflowers, amazing 360 degree views, meadows, steep descent on rocky ridge to Nicomen Lake. Long downhill switchbacks are on Grainger Creek Trail and Hope Pass Trail. Skagit Bluffs Trail is “undulating” single track parallel to Hwy 3. (If doing relay, see next page because you need to get to this junction from a parking lot.)

Heather Trail

- Start at intersection of Heather and Bonnevier (aid station, Bonnevier is on your right.) Head west along Heather toward mountains.
- Outstanding views.

- Reach post for First Brother, go straight to stay on Heather Trail.
- Come to intersection of Kicking Horse Camp. Post indicates 9 km to Nicomen Lake. Continue toward Nicomen Lake.
- Rocky switchback descends toward Nicomen Lake.
- View of the lake.



Nicomen Lake

- Reach Nicomen Lake Camp (post indicates lake 1 km to your right). Go right.
- Reach campsite/hut at Nicomen Lake (aid station is at this hut).

- Reach intersection of Nicomen Lake Trail and Grainger Creek Trail.

Grainger Creek Trail

- Head left/west to Grainger Creek Trail.
- Grainger Creek Trail descends for about 8 km. The creek is on your right.
- Cross bridge and come to big arrow that points to left and uphill.

- Reach Hope Pass Trail at a T-junction (map there). Turn left down river.

Hope Pass Trail

- Head south on Hope Pass Trail.
- Continue descent for about 6 km.
- Cross Skaist River on big logs.
- Near Hwy 3 trail veers **right** and runs parallel to Hwy 3.

Cayuse Flats Area

- Cayuse Flats aid station will be here.
- You reach intersection of Skagit Bluffs Trail marked with a **sign** at Hwy 3. You can see Hwy 3 below on your left side. (There is a parking lot across Hwy 3.)

Skagit Bluffs Trail

- Follow Skagit Bluffs Trail which is parallel to Hwy 3.
- Undulating trail, some viewpoints.
- You reach Cascades Rec Area, parking lot. Turn right to get to aid station area (outhouses, sign, lots of parking).

Cascades (Aid Station)

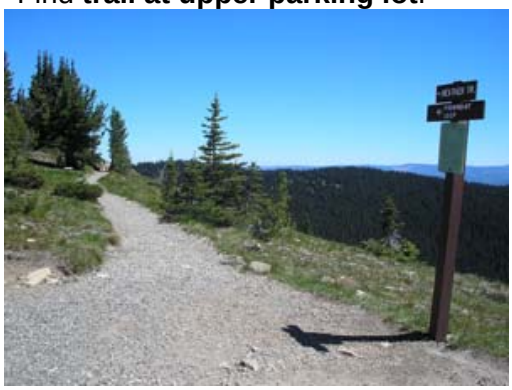
- This is exchange point for next relay leg.

Cascades sign

Relay: Access to Starting Point for Heather

Heather aid station is part way up the mountain which you can travel by paved road and then it becomes gravel road. After parking, you hike up 6 km so allow lots of time!!!

- Drive to Manning Park Lodge.
- Across from the lodge on the north side, take the road on the opposite side of Highway 3.
- Drive17 km up the road.
- Find **trail at upper parking lot**.



- Follow Heather Trail and **hike 6 km** up Heather Trail to get to the aid station.
- Aid station will be at junction of Bonnevier and Heather at the signpost.

Course Information

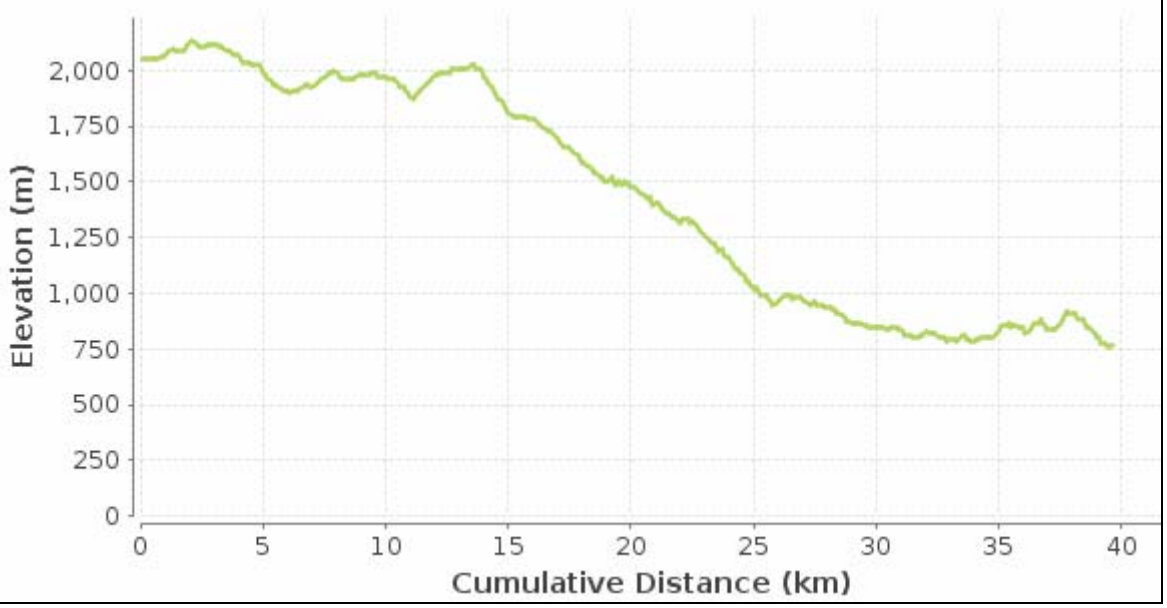
Elevation Gain: 929.1 m

Elevation Loss: 2212.6 m

Highest Elevation: 2131.0 m

Lowest Elevation: 761.6 m

Elevation Profile



TrailHunger link to Leg 4.

Typical Time Range

Heather

120 mile: 5:05-10 hours

70 mile: 4:40-6:30