

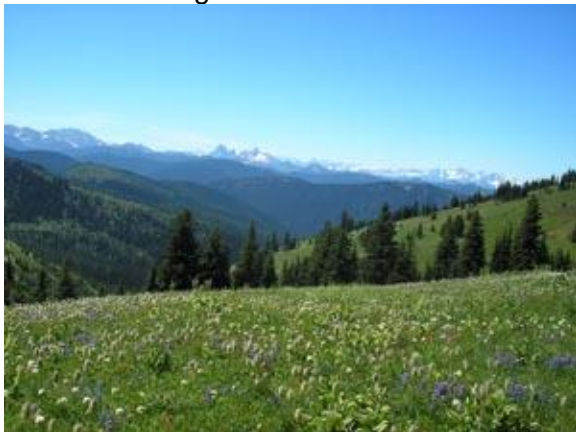
Leg 4 Heather 40 km/25 miles

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.

Heather Trail



- Start at intersection of Heather and Bonnevier (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.
- At road fork, keep right to go uphill. (↻)
- Cross Skaist River on big logs.

Cayuse Flats (Aid Station)

- **Cayuse Flats aid station will be here.** Relay exchange.
- You reach intersection of Skagit Bluffs Trail marked with a **sign** near Hwy 3. Hwy 3 is below on your left side.



Skagit Bluffs Trail

- Keep **right** and run parallel to Hwy 3. (↻)
- Undulating trail, some viewpoints.
- You reach Cascade Rec Area, parking lot. Turn right (↻) to get to aid station area (outhouses, sign, lots of parking).

Cascade (Aid Station)

- Relay exchange.



Cascade sign

Course Information

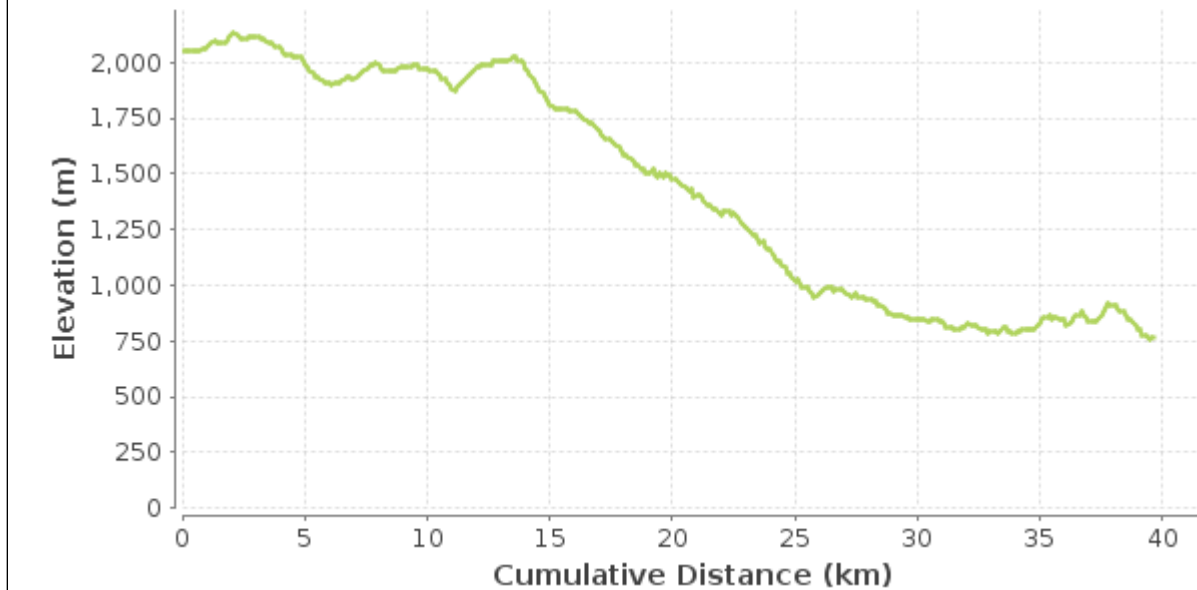
Elevation Gain: 929.1 m

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