

The map and course description are included to provide additional insight on the sections of the MST Trail the 12-mile run is covering. The MST trail is marked with white blazes, which should be easily identified, and followed throughout the course.

START (Bayleaf Church Rd)

- 0.0 mi – START near the Yorkshire Center, a NC Parks and Recreation facility. Circle parking lot and enter the Falls Lake MST trail.
- 0.3 – After an early downhill, cross a **creek** bed on a low footbridge.
- 0.4 – Cross a **creek** on a footbridge at the end of a cove.
- 1.0 – Enter an area of profuse laurel and holly and cross a narrow, old roadbed.
- 1.3 – Trail takes a sharp R by a lake promontory.
- 1.6 – Cross a small **creek** on a footbridge as you enter a wildlife clearing.
- 2.1 – The trail touches a wide roadbed and passes by the remains of a rusted car - leave the wildlife clearing
- 2.3 – Enter more open woodlands.
- 2.4 – Midway through an area of young pine growth (Trail is marked by several carsonite posts), cross a wide roadbed.
- 2.8 – Arrive at Possom Track Rd, turn L and cross the causeway.

Hydration Station 1 (Possom Track Rd – 3.0 miles)

- 3.0 – At end of guardrail, Turn L and run down a concrete culvert to continue on the trail
- 3.5 – Cross a footbridge by a large drainage pipe. Possom Track Rd is directly above you.
- 3.7 – Cross a small **creek** on a footbridge.
- 4.2 – Cross an old roadbed and soon a footbridge.
- 4.6 – Cross a footbridge over a small **creek**.
- 4.8 – Move into a wildlife clearing and run on a short footbridge. Run through this for the next 0.6 mi.
- 5.2 – Cross a low footbridge over a creekbed.
- 5.4 – Cross some former logging roads and move out of the wildlife clearing.
- 5.7 – Cross a paved access road.
- 5.8 – Cross a low-lying footbridge and soon, another one.

Hydration Station 2 (Possom Track Rd (Dead End) – 6.0 miles)

- 6.0 – Junction with Possom Track Rd, by a dead end, and cross this to continue on the trail.
- 6.1 – Run along Red Fox Run, a private, gravel road - reenter woods at end of road.

- 6.4 – Cross a low footbridge over a dry creekbed.
- 6.7 – On stepping stones, cross a small creek.
- 7.0 – Turn R to stay on the trail (L leads to the lake).
- 7.1 – Pass a pond, R.
- 7.3 – Cross an old roadbed. To the L is a path to a former homesite on the lakeshore.
- 7.4 – Cross a footbridge above a small creek.
- 8.2 – Skirting a cove, cross a small footbridge.
- 8.6 – When you reach Raven Ridge Rd, turn L to cross the causeway and to continue on the trail.

Hydration Station 3 (Raven Ridge Rd – 8.6 miles)

- 8.8 – At end of guardrail, turn L to head back into the woods.
- 9.5 – cross a creek on a footbridge and turn L to Run beside it. Eventually returning to a lake view after a nice hillside climb.
- 9.9 – Use a footbridge to cross another small creek and soon, another one, at a low point passing around a cove.
- 10.2 – Cross a small creek on a footbridge.
- 10.7 – Walk across a wide utility easement.
- 11.0 – Reach an open footpath and turn R, then quick L, to stay on the trail.
- 11.1 – Cross a small plank bridge over a feeder creek
- 11.3 – Reach a junction, the Falls Lake Trail stays LEFT. An alternate blue blaze trail goes R
- 11.4 – Cross a paved service road by the lake.
- 11.7 – Turn R onto a gravel footpath. In about 100 yd turn L off this path to continue on the Falls Lake Trail. Cross a paved road near the Management Center
- 11.8 – Enter an area of young pine growth (Restrooms, a public telephone and water fountain are within view). Reach section of the access road and turn L, then quick R enter trail.
- 11.9 – Turn R on to gravel path to dam access road. Turn L on dam access road
- 12.0 - Continue on shoulder of dam access road and turn R down gravel service path towards the FINISH LINE.