

The maps and following course descriptions are included to provide additional insight on the sections of the MST Trail the 12M and 50K runs will cover. The MST trail is marked with white blazes, which should be easily identified, and followed throughout the course for the 12-mile and most of the 50K.

12-Mile START (End of 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 Left and cross the causeway.

Aid Station 1 (Possom Track Rd – 3.0 miles)

- 3.0 – At end of guardrail, Turn Left 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.

Aid 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 Right to stay on the trail (Left leads to the lake).
- 7.1 – Pass a pond, on Right
- 7.3 – Cross an old roadbed. To the Left 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 Left to cross the causeway and to continue on the trail.

Aid Station 3 (Raven Ridge Rd – 8.6 miles)

- 8.8 – At end of guardrail, turn Left to head back into the woods.
- 9.5 – cross a **creek** on a footbridge and turn Left 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 Right, then quick Left, 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 Right
- 11.4 – Cross a paved service road by the lake.
- 11.7 – Turn Right off the stairs onto a gravel footpath. In about 100 yd turn Left 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 Left, then quick Right to enter trail.
- 11.9 – Turn Right on to gravel path to dam access road. Turn Left on dam access road
- 12.0 - Continue on shoulder of dam access road and turn down gravel service path and then straight towards the FINISH LINE!

50K START (Blue Jay Point County Park)

- 0.0 mi – START on open field and descend left onto paved trail, along small ball field, eventual finish, on right
- 0.2 - Enter Right onto the single-track Falls Lake MST Trail next to sign board and small parking lot on left
- 0.3 – Reach a wide blue-blazed path and turn Right with this path for approx 100 yd turning Right again to stay on narrower Falls Lake MST Trail
- 0.5 – Turn Left at a junction with a yellow-blazed trail (Right) as trail runs concurrently on a wide footpath before
- 0.6 – Stay straight as the yellow blazed trail veers right
- 0.7 – Stay straight at a junction with a red-blazed trail goes Right
- 0.8 – Turn Left at a junction with a small footbridge and red-blazed trail that goes Right (Red-blazed trail turns Right to ascend some steps and head uphill to a playground under construction and **restrooms**).
- 0.9 - Cross a graveled, blue-blazed trail (Left leads to park's namesake, Blue Jay Point).
- 1.0 – Descend on some steps to cross a footbridge.
- 1.2 – Cross a wide footpath.
- 1.3 – Cross several footbridges in this area
- 1.8 – After crossing a small plank walkway, descend to cross a footbridge over a small **creek**.
- 1.9 – At a graveled pull-off along Six Forks Rd, turn Left, following the guardrail, along the grass shoulder
- 2.2 mi – Take a hard Left at end of the guardrail causeway and run down the rock-lined drainage.
- 2.4 – Cross another small **creek** on a footbridge.
- 2.7 – By the lake, cross a small **creek** on a footbridge.
- 2.9 – Cross a **creek** bed on a footbridge.

3.3 – Cross a **creek** bed on a small footbridge.

3.5 – Take a right when you reach the paved road (Bayleaf Church Rd: 12-mile Start) and reenter woods next to the signboard.

Aid Station 1/9 (Bayleaf Church Rd – 3.5 and 27.5 miles)

3.8 – After an early downhill, cross a **creek** bed on a low footbridge.

3.9 – Cross a **creek** on a footbridge at the end of a cove.

4.5 – Enter an area of profuse laurel and holly and cross a narrow, old roadbed.

4.8 – Trail takes a sharp R by a lake promontory.

5.1 – Cross a small **creek** on a footbridge as you enter a wildlife clearing.

5.6 – The trail touches a wide roadbed and passes by the remains of a rusted car - leave the wildlife clearing

5.8 – Enter more open woodlands.

5.9 – Midway through an area of young pine growth (Trail is marked by several carsonite posts), cross a wide roadbed.

6.3 – Arrive at Possom Track Rd, turn Left and cross the causeway.

Aid Station 2/8 (Possom Track Rd – 6.5 and 24.5 miles)

6.5 – At end of guardrail, Turn Left and run down a concrete culvert to continue on the trail

7.0 – Cross a footbridge by a large drainage pipe. Possom Track Rd is directly above you.

7.2 – Cross a small **creek** on a footbridge.

7.7 – Cross an old roadbed and soon a footbridge.

8.1 – Cross a footbridge over a small **creek**.

8.3 – Move into a wildlife clearing and run on a short footbridge. Run through this for the next 0.6 mi.

8.7 – Cross a low footbridge over a creekbed.

8.9 – Cross some former logging roads and move out of the wildlife clearing.

9.2 – Cross a paved access road.

9.3 – Cross a low-lying footbridge and soon, another one.

Aid Station 3/7 (Possom Track Rd (Dead End) – 9.5 and 21.5 miles)

9.5 – Junction with Possom Track Rd, by a dead end, and cross this to continue on the trail.

9.6 – Run along Red Fox Run, a private, gravel road - reenter woods at end of road.

9.9 – Cross a low footbridge over a dry creekbed.

10.2 – On stepping stones, cross a small **creek**.

10.5 – Turn Right to stay on the trail (Left leads to the lake).

10.6 – Pass a **pond**, on Right.

10.8 – Cross an old roadbed. To the Left is a path to a former homesite on the lakeshore.

10.9 – Cross a footbridge above a small **creek**.

11.7 – Skirting a cove, cross a small footbridge.

12.1 – When you reach Raven Ridge Rd, turn Left to cross the causeway and to continue on the trail.

Aid Station 4/6 (Raven Ridge Rd – 12.1 and 18.5 miles)

- 12.3 – At end of guardrail, turn Left to head back into the woods.
- 13.0 – cross a **creek** on a footbridge and turn Left to run beside it.
Eventually returning to a lake view after a nice hillside climb.
- 13.4 – Use a footbridge to cross another small **creek** and soon,
another one, at a low point passing around a cove.
- 13.7 – Cross a small **creek** on a footbridge.
- 14.2 – Walk across a wide utility easement.
- 14.5 – Reach an open footpath and turn Right, then quick Left, to stay on
the trail.
- 14.6 – Cross a small plank bridge over a feeder **creek**
- 14.8 – Reach a junction, the Falls Lake Trail stays LEFT.
An alternate blue blaze trail goes Right (Return route)
- 14.9 – Cross a paved service road by the lake.
- 15.2 – Turn Right off the stairs onto a gravel footpath. In about 100 yd turn Left off this path to continue on the Falls
Lake Trail. Cross a paved road near the Management Center
- 15.3 – 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 Left, then
quick Right to enter trail.
- 15.4 – Turn Right on to gravel path to dam access road.
Turn Left on dam access road
- 15.5 - Continue on shoulder of dam access road and
turn Right down gravel service path towards the 12-Mile Finish.

Aid Station 5 (12-mile finish area – 15.5 miles)

Return Route – small loop from 12-mile finish to the Falls Lake Trail along the WHITE and then BLUE BLAZES

- 15.5 - Turn Right down the hill along the wide footpath towards the lower parking area and large boulders, just below
the Falls Dam.
- 15.7 - Turn Right onto the wide open path which starts across from the **restrooms** (on your left), at the gate on right.
Follow Falls Lake MST Trail white blazes.
- 16.0 – By a trail post, turn Left onto single-track path – following Falls Lake MST white blazes.
- 16.1-16.8 – Stay Left to follow the BLUE-BLAZED trail that will take you around the outer part of the Falls Visitor
Center, back across the entry road into park and then eventually re-connecting you to the Falls Lake MST Trail
- 16.8 – 31 – Return along the same Fall Lake MST trail, in the opposite direction, back to Blue Jay Point County Park
and the finish.
- 31 – Reach the Falls Lake MST signboard, by the small parking area, and turn left onto small paved trail and then left
down into the small ball field and the FINISH LINE!