

- 1) Start at south end of Signal Knob parking lot, cross bridge, then **RIGHT** on Massanutten Trail (orange blaze) towards Signal Knob
- 2) **LEFT** on Meneka Peak Trail (white blaze)
- 3) **LEFT** on Tuscarora Trail (blue blaze)
- 4) First Aid - at junction of Sidewinder Trail with Tuscarora Trail
- 5) **RIGHT** on Sidewinder Trail (pink blaze)
- 6) **RIGHT** on Mudhole Gap Fire road/Trail (purple blaze)
- 7) **LEFT** on Signal Knob FR 66/Massanutten Trail (orange blaze)
- 8) **RIGHT** on Massanutten Trail from FR 66 (orange blaze)
- 9) **RIGHT** on Tuscarora Trail (blue blaze) on western ridge of Massanutten Mountain (Three Top Mountain) – **BE ALERT HERE!**
- 10) **LEFT** on Massanutten Trail/Signal Knob Fire Road 66 (orange blaze) up and over Signal Knob
- 11) **RIGHT** on Meneka Peak Trail (white blaze)
- 12) **LEFT** on Tuscarora Trail (blue blaze) - this time taking it all the way down across Rt 678 to Elizabeths Furnace Parking Lot
- 13) Second Aid Station in outer Elizabeths Furnace Parking Lot
- 14) Continue over bridge and through the length of the Elizabeths Furnace parking lots (paved; unblazed; stay left)
- 15) Pick up the Botts Trail (white blaze) at left rear edge of southern-most parking area next to wooden kiosk/sign.
- 16) **LEFT** on Sherman Gap Trail (pink blaze)
- 19) **LEFT** on combination Massanutten Trail/Tuscarora Trail (orange & blue blazes) on eastern ridge of Massanutten Mountain
- 20) **LEFT** at Shawl Gap, continuing on Massanutten/Tuscarora trails (orange & blue blazes) to Elizabeth's Furnace parking area.
- 21) Continue on Massanutten/Tuscarora (orange & blue blazes) across Rt 678
- 22) **RIGHT** on Massanutten Trail (orange blaze, when it splits from Tuscarora Trail) towards Signal Knob parking and the finish.

Turn	Dir.	Trail Name	Blaze	Description	Leg Dist.	Total Dist.
S	(NW)	MMT	ORANGE	Signal Knob Parking Lot to Meneka Trail	3.4	3.4
L	(S)	MENEKA	WHITE	Massanutten Mountain Trail to Tuscarora Trail	1.2	4.6
L	(E)	TT	BLUE	Meneka Trail to Sidewinder Trail (AID)	1.8	6.4
R	(S)	SIDEWINDER	PINK	Tuscarora Trail to Mudhole Gap Trail	0.8	7.2
R	(SW)	MUDHOLE	PURPLE	Sidewinder to FR 66/Massanutten Trail	3.3	10.5
S	(S)	MMT	ORANGE	Mudhole Gap to Powells South gate	0.4	10.9
R	(W)	MMT	ORANGE	Powells South gate to Tuscarora Trail	0.5	11.4
R	(N)	TT	BLUE	3 Top Mountain to FR 66/Massanutten Trail	3.5	14.9
L	(N)	MMT	ORANGE	Tuscarora Trail to Signal Knob Overlook	1.2	16.1
S	(SE)	MMT	ORANGE	Signal Knob Overlook to Meneka Trail	1.1	17.2
R	(S)	MENEKA	WHITE	Massanutten Trail to Tuscarora Trail (again)	1.2	18.4
L	(E)	TT	BLUE	Meneka to Signal Knob Parking Spur trail	3.5	21.9
R	(SE)	MMT/TT	ORANGE /BLUE	Signal Knob Spur to Elizabeth Furnace AID	0.3	22.2
L	(SE)	BOTTS	WHITE	Elizabeths Furnace to Sherman Gap Trail	0.9	23.1
L	(SE)	SHERMAN	PINK	Botts Trail to MT/Tuscarora Trail	2.6	25.7
L	(N)	MMT/TT	ORG/BLU	Sherman Gap to Shawl Gap	2.3	28
L	(W)	MMT/TT	ORG/BLU	Shawl Gap to Signal Knob Lot/Spur Trail	2.5	30.5
R	(NE)	MMT	ORANGE	Signal Knob Spur to Signal Knob Parking lot	0.5	31