

## Staying Found

## Route 5 Grand Ridge

**Trail waypoints:** East Fork TH – N on East Fork Trail to Grand Ridge Drive – NE at Grand Ridge Drive — E on Sam Dog Creek Trail—N on Flowing Fir Loop – E Spruce Coaster Trail – S on Len’s Trail – SW on Sam Dog Creek Trail – SW on East Fork Trail – East Fork TH.

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### Map Review Questions

1. What is our elevation at the trailhead?
2. What is the total mileage of the hike?
3. What is the total elevation gain and loss?
4. What is the peak elevation of the hike?
5. At a pace of 1.5 miles per hour, how long will it take us to do this hike?
6. If our pace was slower than estimated, what are ways to shorten the hike?
7. What direction will we be walking to get to the Sam Dog Creek trail?

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### 1-Sam Dog Creek Trail

8. Without reading signs, how can we tell we're at the intersection with the Sam Dog Creek Trail?
9. What is the elevation of the intersection of East Fork Trail and Sam Dog Creek Trail?
10. What is the distance along Sam Dog Creek Trail to the intersection with Flowing Fir Loop?  
How long will it take at 1.5 mph pace?
11. What is the terrain like?
12. Note the time at the beginning and end of the trail. Was your estimated hiking time accurate?

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### 2-Flowing Fir Loop TRAIL

13. What is the starting elevation at the intersection of Sam Dog Creek, Flowing Fir Loop and Len’s Trail?
14. What will the terrain be like?
15. At 1.5 mph pace, how long will it take to get to the next intersection?

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### **3-Spruce Coaster Trail**

16. Using compass and visual cues, how do we know which trail is the Spruce Coaster Trail and which isn't?
17. Check the time. Are we progressing according to our estimate? Should we do a shortcut?
18. How many intersections will we walk through until we meet the Len's Trail?

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### **4- Len's Trail**

19. Take a bearing in the direction of the Len's Trail. What direction is it going?
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### **FINAL REVIEW:**

1. How well did your plan from the map match your expectations for each section?
2. When you were off, what was the typical reason?
3. What were the most useful pieces of information you found from the map and terrain?
4. What are your most important 2-3 take-aways from this exercise that you will use on your next hike?