



# Cougar Mountain Regional Wildland Park

**Habitat Conservation Area**  
 Park development and trails have been excluded to protect threatened wildlife. Please help nature's recovery by staying out of this section of the park.

- RIGHT on Wilderness
- LEFT on Long View Pe
- ===== AID STATION
- RIGHT on Deceiver Tr
- LEFT on Shy Bear Tra
- Keep LEFT on Far Co
- RIGHT on Indian Trail
- LEFT on De Leo Wall T
- ===== AID STATION
- ONTO Marshall's Hill T
- LEFT on Wildside Trail
- RIGHT to Bagley Sear
- LEFT on Bagley Seam
- RIGHT on Red Town T
- RIGHT on Indian Trail
- LEFT on Quarry Trail
- LEFT on Fred's Railro
- ONTO Klondike Swam
- RIGHT on Lost Beagle
- LEFT on Tibbett's Mars
- RIGHT on Shangri La
- LEFT on Surprise Cree
- RIGHT on No Name Tr
- LEFT on Shangri La Tr
- RIGHT on Bear Ridge
- RIGHT on W. Tibbett's
- ONTO Tibbett's Marsh
- LEFT on Anti-Aircraft P
- LEFT on Cougar Pass
- RIGHT on Clay Pit Ro
- ===== AID STATION
- LEFT on Mine Shaft Tr
- ONTO East Fork Trail
- RIGHT on Fred's Railr
- LEFT on By Pass Trail
- RIGHT on Cave Hole T
- LEFT on Old Man's Tra

**26 mi 1st lap**  
**Aid**

**Aid Station**

**26 mi 2nd lap**  
**3 x 5k Rt.**

**26 mi 1st lap**  
**S**

**Nikolay**

**Aid Station**

**Dustin/Kati**

**26-mile Turn-around**

**U-turn + cone**

**Cougar Mountain Park boundary**

*No trail access at boundary*

**2 x 14 St.**  
**1 x 26 only**  
**2 x 26 Hard Lf.**  
**1 x 26 Soft Lf.**

Other map labels include: Ring Rd., Wilderness Peak, Shy Bear Marsh, Long View Peak, Doughty Falls, Mine Shaft, Mine Shaft Trail, East Fork Trail, Shy Bear Trail, Wilderness Peak Trail, Cliffs Trail, Squak Mtn. Connector Trail, Ring Rd. SE, and various trail directions (R, L, S).