

ON the

TRAILS with



MARIN HEADLANDS
TENNESSEE VALLEY
GOLDEN GATE
NATIONAL
RECREATION AREA
CALIFORNIA



EMERALD LAKE
ROCKY MOUNTAIN
NATIONAL PARK
COLORADO



SAVE THE TRAILS WITH NATURE VALLEY

Our National Park trails are treasures that millions of visitors enjoy every year. But they need to be preserved and maintained. Nature Valley, an Official Corporate Supporter of the National Park Foundation, is proud of their ongoing commitment to trail restoration in America's National Parks.

As a runner, you can join Nature Valley in protecting National Park trails for future generations. Just choose a trail run from this page—or experience them all. Add them to your life list and encourage others to explore and protect them.

By visiting the National Park trails, you'll send a powerful message that these lands deserve attention. So what are you waiting for? Lace up your shoes and start running!



TEAR ONE OUT. HAPPY TRAILS.

EMERALD LAKE
 ROCKY MOUNTAIN
 NATIONAL PARK
 COLORADO

3.2 Miles
 Difficulty: Easy to
 Moderate
www.nps.gov/romo

If you've ever wondered what it feels like to run through postcard-perfect scenery, the mystery's over. Follow Dream Lake Trail out-and-back as it tours three alpine gems: Nymph Lake, Dream Lake, and Emerald Lake. Go early in the day—with only 625 feet of elevation gain, this trail tends to attract tourists. The crowds thin out in the fall, just in time to see the blazing yellow aspens.

Runner's High: Emerald Lake didn't get its name by accident. Pause to enjoy the brilliant color and reflections of 12,000-foot peaks on the surface.

To Trailhead: From the Beaver Meadows Park Entrance, follow US 36 West and turn left at the Bear Lake sign. Follow this road 9.5 miles to the end at Bear Lake Trailhead.


NATUREVALLEY.COM
**MARIN HEADLANDS
 TENNESSEE VALLEY**
 GOLDEN GATE
 NATIONAL
 RECREATION AREA
 CALIFORNIA

4.6 Miles One Way
9.2 Miles Roundtrip
 Difficulty: Moderate to
 Challenging
www.nps.gov/goga

Forget rice. Marin Headlands is the real San Francisco treat. On a clear day, nothing beats the panoramic views of the Bay, Alcatraz, Sausalito, and the Pacific Ocean. Multiple trail junctions can make navigation tricky, so watch the signs. Follow the route out-and-back or shuttle a car to the endpoint at Tennessee Valley Road.

Runner's High: At Five Corners, look up at Mt. Tamalpais and down at Richardson Bay.

To Trailhead: Park in the lot on Conzelman Road near the northwest portal to the Golden Gate Bridge (Hwy 101). The trail begins at the northwest corner of the parking lot, across the road.


NATUREVALLEY.COM
**LITTLE RIVER TRAIL
 CUCUMBER GAP LOOP**
 GREAT SMOKY
 MOUNTAINS
 NATIONAL PARK
 TENNESSEE

5.5 Miles
 Difficulty: Moderate
www.nps.gov/grsm

A quiet run, Little River climbs a logging road past old cabins (where locals lived, pre-park) and descends on the narrower Cucumber Gap Trail. The trail is thick with rhododendron, wildflowers, and songbirds. To close the loop, follow Jakes Creek Trail back to the road.

Runner's High: Huskey Branch Falls, near the intersection of the Little River and Cucumber Gap Trails, provides a nice soundtrack for your descent.

To Trailhead: From Sugarlands Visitor Center, go west on Little River Road. Turn left at the sign for Elkmont Campground. Just before the entrance to the campground, turn left, and travel 0.6 miles to the trailhead, marked by a gate.


NATUREVALLEY.COM
HEART LAKE
 YELLOWSTONE
 NATIONAL PARK
 WYOMING

Up to 16 Miles
 Difficulty: Challenging
www.nps.gov/yell

Enjoy everything Yellowstone is famous for: Wildlife (especially elk and moose), active thermal pools, and a pristine lake. It's eight miles from the trailhead to the lakeshore, but you can turn around at any point to shorten the run. You'll begin to see the lake about two miles down the trail. Notice the born-again green landscape where wildfires once burned. The downed trees also open up wider views of the valley.

Runner's High: At the lakeshore, say hello to the ranger living in the Patrol Cabin, dip your feet in the cool water, and gaze at Mt. Sheridan above.

To Trailhead: From the South Entrance, drive north on South Entrance Road about 15 miles. Heart Lake Trailhead is 1/2 mile north of Lewis Lake.


NATUREVALLEY.COM
THE NATIONAL PARK FOUNDATION

Nature Valley is an Official
 Corporate Supporter of the
 National Park Foundation,
 contributing \$150,000 annually
 to aid in trail restoration.

The National Park Foundation works with the National Park Service and supporters such as Nature Valley to ensure that the experiences found in our nation's most stunning settings are preserved for the enjoyment of generations to come.

Use these trail runs as a guide to exploring a park near you.

TO LEARN MORE VISIT
WWW.NATIONALPARKS.ORG
WWW.NATUREVALLEY.COM

GREAT ISLAND
 CAPE COD
 NATIONAL
 SEASHORE
 MASSACHUSETTS

5 to 7 Miles
 Depending on Tides
 Difficulty: Easy
www.nps.gov/caco

A run that's literally for the birds: This narrow peninsula and salt marsh are a haven for sandpipers and great blue herons. The trail extends to Great Beach Hill and beyond, but chances are Jeremy Point will be underwater (check tide tables). If so, loop back around Great Beach Hill. Watch for fiddler crabs at your feet.

Runner's High: Side trail leading to the old tavern site, a reminder of a time when whalers gathered here.

To Trailhead: From US 6, follow signs for the Wellfleet Center. Turn left on Commercial Street. At the town pier turn right onto Kendrick Avenue. Stay left onto Chequesset Neck Road and follow signs to Great Island.


NATUREVALLEY.COM