

Lifeline 30 All Trail - Emergency: 911 - SAG: 410-440-0279

Dist	Type	Note	Next
0.0		Start of route	0.0
0.0		Follow marked path through park	0.4
0.4		R	0.5
0.8		R onto path	0.6
1.5		R toward B&A Trail	0.0
1.5		R onto B&A Trail	6.3
7.8		Rest Stop - Arnold Station and turnaround	11.2
19.1		Cross Crain Hwy and Central Ave to stay on B&A Trail	0.5
19.6		L to stay on trail	1.0
20.7		Cross cul de sac to stay on trail	0.0
20.7		Cross Stewart Ave and R to stay on trail	0.2

20.7 miles. +507/-577 feet

Dist	Type	Note	Next
20.9		Sharp L after overpass to stay on trail	1.3
22.2		Rest stop - Dixon Observation Area (open 10a-4p) and around	0.0
22.3		Note: To extend the ride to 40 miles, follow the BWI trail loop signs clockwise and rejoin the route at Stewart Ave continuing straight over the overpass (mile 23.6 on this sheet)	1.3
23.6		Hard R to stay on trail along Stewart Ave to go over overpass	0.2
23.8		L and cross Stewart Ave to stay on trail	0.0

3.1 miles. +82/-105 feet

Dist	Type	Note	Next
23.8		Cross cul de sac to stay on trail	1.0
24.9		R onto B&A Trail	0.5
25.4		Cross Central Ave and Crain Hwy to stay on B&A Trail	4.9
30.3		Hard R after bridge off the trail	0.0
30.4		L to stay on trail	0.6
31.0		L onto Kinder Farm Park Trail and follow signs to finish	0.5
31.5		L	0.4
31.9		End of route	0.0

8.1 miles. +292/-216 feet

Rest stop support ends at published times. All SAG support ends at 5:30pm.