

| #  | Name                    | Dist | Nav Dif | Dir     | Dir      |  | Twist | Tech | Dest | Short | Tour | EZ Nav | ADV Lvl  | New |
|----|-------------------------|------|---------|---------|----------|--|-------|------|------|-------|------|--------|----------|-----|
| 01 | River RunsThru It       | 196  | Average | NW,N,NE | CW       |  |       |      |      |       | x    |        |          |     |
| 02 | Smoke Hole to the Knob  | 178  | Average | S,SE    | CW       |  | x     | x    | x    |       | x    |        |          |     |
| 03 | Five Rivers Tour        | 94   | Average | N,NW    | CW       |  | X     |      |      | X     |      |        |          |     |
| 04 | Glady Fork Dry Fork     | 41   | Average | S,SW    | CW       |  |       |      |      | X     |      |        |          |     |
| 05 | Lonely Road             | 254  | Average | E,NE    | CW       |  |       |      | X    |       | X    |        |          |     |
| 06 | Hacker Valley Challenge | 217  | Simple  | W,SW    | CW       |  |       |      | X    |       | X    | X      |          |     |
| 07 | Potomac River Ramble    | 239  | Average | N,NE    | CW       |  |       |      |      |       | X    |        |          |     |
| 08 | Whistle Punk            | 308  | Average | W,SW    | CW       |  | X     |      | X    |       |      |        |          |     |
| 09 | Chris's Favorite        | 261  | Average | SW,SE   | CCW      |  | X     |      | X    |       |      |        |          |     |
| 10 | Lost River-Trough       | 197  | Average | E,NE    | CCW      |  | X     | X    | X    |       |      |        |          |     |
| 11 | Crazy 8's               | 254  | Simple  | S,SW    | CW & CCW |  | X     |      | X    |       | X    | X      |          |     |
| 12 | Long and Easy           | 191  | Simple  | NE,SW   | CW       |  |       |      | X    |       | X    | X      |          |     |
| 13 | Paved Adventure         | 199  | Average | NW,SW   | CW       |  | X     | X    | X    |       |      |        | EZ Paved |     |
| 14 | Thrilla Over            | 178  | Simple  | SE      | Out&Back |  | X     |      | X    |       | X    | X      |          |     |
| 20 | Crazy 4-8's             | 145  | S       | S,SW    | CCW      |  | X     |      | X    |       | X    | X      |          |     |

## Adventure Routes

|    |                 |         |         |        |     |  |   |   |   |  |  |          |  |
|----|-----------------|---------|---------|--------|-----|--|---|---|---|--|--|----------|--|
| 13 | Paved Adventure | 199     | Average | NW,SW  | CW  |  | X | X | X |  |  | EZ Paved |  |
| 15 | Beginners ADV   | 114     |         | E,NE   | CCW |  |   |   |   |  |  | EZ       |  |
| 16 | iMAT ADV Loop 1 | 184     |         | E,S,SW | CW  |  |   |   |   |  |  | Int      |  |
| 17 | iMAT ADV Loop 2 | 222     |         | SW     | CCW |  |   |   |   |  |  | Int      |  |
| 18 | iMAT ADV Loop 3 | 128-158 |         | E,NE   | CCW |  |   |   |   |  |  | Int      |  |
| 19 | iMAR ADV Loop 1 | 215     |         | W,SW   | CCW |  |   |   |   |  |  | EZ       |  |
| 21 | Honestly ADV    | 125     |         | NW     | CW  |  |   |   |   |  |  | EZ       |  |