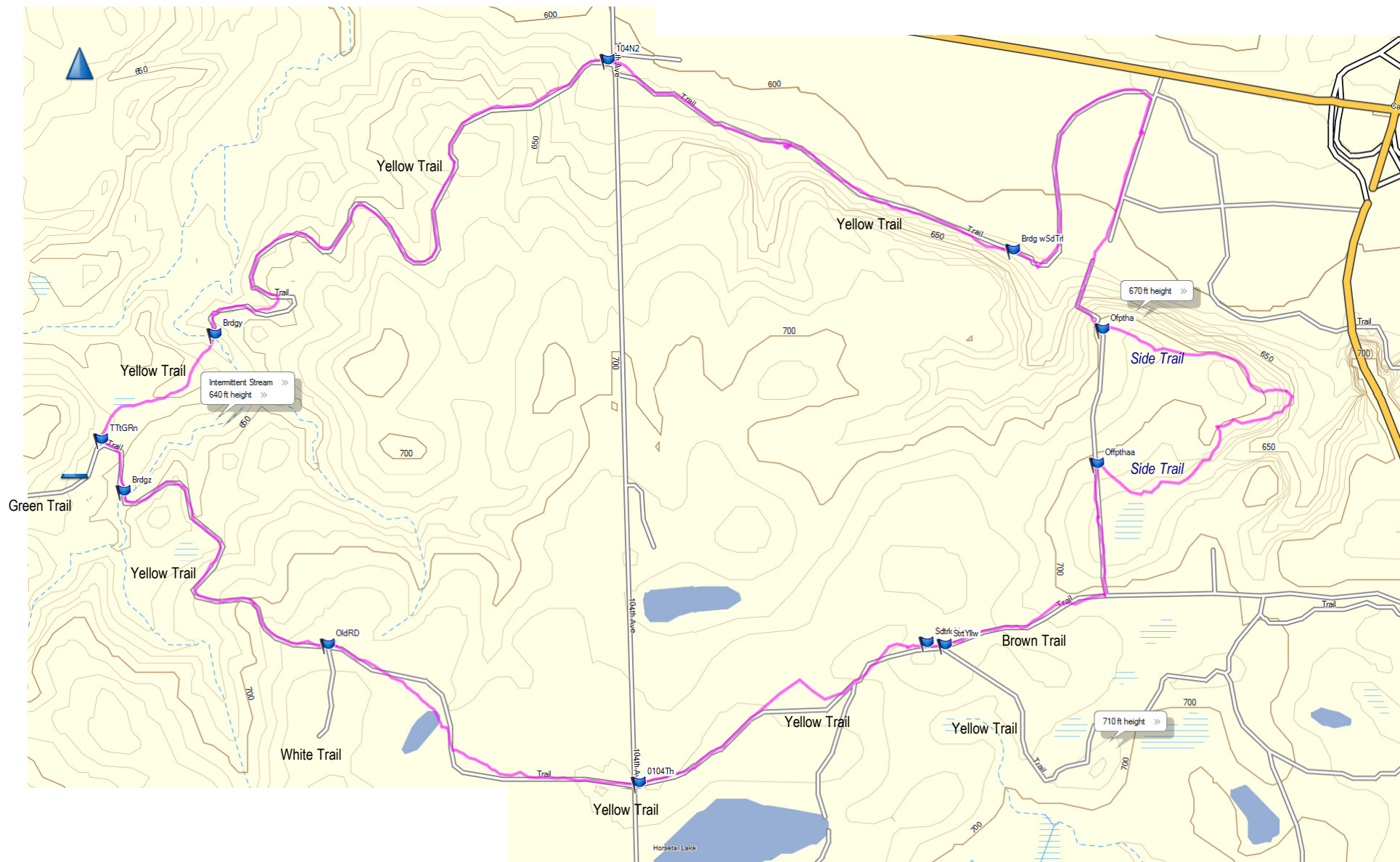






Start in the parking lot of Swallow Cliffs. Head up the stairs, then follow the path to the left when you are at the top of the stairs. Shortly after the path turns right, watch on your left for the **Off-Trail-Path**. This is a nice hiking-only section of the trail, and is necessary to take in order to make the noted distance. This off-trail section is about 0.6 miles long, the ascent is 96ft and the decent is 71ft (in a mostly southward direction).

When exiting the off-trail section, turn left back on to the main trail. If you are not sure to go when on the off-trail section, refer to the map, and keep in mind your general direction while on this section of trail.

This route is almost exactly 5 miles.

