







Location	Distance (leg)	Gain (leg)	Loss (leg)	Distance (overall)	Gain (overall)	Loss (overall)	Day	Start Time	Duration	Clock Time	sunrise / sunset
Car via TR688/North South to Laurelly Branch	7.42	234	-835	7.42	234	-835	Tuesday	11:00:00 AM	3:42:36	2:42:36 PM	7:36 AM
North South to Birchlog Trail Int	0.95	12	-152	8.37	12	-152	Tuesday	2:42:36 PM	0:28:30	3:11:06 PM	
Birchlog to Camp 1	0.75	0	-207	9.12	234	-1,042	Tuesday	3:11:06 PM	0:22:30	3:33:36 PM	5:08 PM
<b>Day &amp; Overall Mileage Sub-Total:</b>	<b>9.12</b>	<b>246</b>	<b>-1,194</b>	<b>9.12</b>	<b>234</b>	<b>-1,042</b>			<b>4:33:36</b>		
Birchlog to North Fork Tr Int	1.38	0	-451	10.50	234	-1,493	Wed	8:00:00 AM	0:41:24	8:41:24 AM	7:36 AM
Left/East on North Fork to Parking Lot at PR102	2.17	153	-86	12.67	387	-1,579	Wed	8:41:24 AM	1:05:06	9:46:30 AM	
North Fork to Camp 2	3.63	456	-17	16.30	843	-1,596	Wed	9:46:30 AM	1:48:54	11:35:24 AM	5:08 PM
<b>Day &amp; Overall Mileage Sub-Total:</b>	<b>7.18</b>	<b>609</b>	<b>-554</b>	<b>16.30</b>	<b>843</b>	<b>-1,596</b>			<b>3:35:24</b>		
North Fork to North-South Tr Int	3.07	925	-27	19.37	1,768	-1,623	Thursday	8:00:00 AM	1:32:06	9:32:06 AM	7:36 AM
Right/East on North-South Tr to Car	0.37	21	0	19.74	1,789	-1,623	Thursday	9:32:06 AM	0:11:06	9:43:12 AM	5:09 PM
<b>Day &amp; Overall Mileage Sub-Total:</b>	<b>3.44</b>	<b>946</b>	<b>-27</b>	<b>19.74</b>	<b>1,801</b>	<b>-1,775</b>			<b>1:43:12</b>		
<b>Grand Totals:</b>	<b>19.74</b>	<b>1,801</b>	<b>-1,775</b>					<b>9:52:12</b>		<b>Pace: 2.0</b>	