

Cuyamaca Course notes.

Four levels of course with the following stats.

	Expert	Advanced	Intermediate	Beginner
#controls	16	12	12	11
distance	6.9 km	4.9 km	3.6 km	2.2 km
elevation	260 m	205 m	145m	75 m

Beginner is shorter, and the controls are closer to major trails. Although we do encourage you to take non path short cuts if appropriate. Harder course will rarely use obvious trails.

Grass! Foxtail stickers are prevalent, they will stick to socks and shoes. So don't wear your favourite socks, it will take a long time to remove them. Wear gaiters if possible, too.

Parking Fee You will need to pay the \$10 day use fee if you do not have an annual State Park permit. There are three ways to pay.

- 1) You can pay at the entrance to the Paso Picacho campground (our car pool rendezvous lot for the single drivers among you). They have an electronic machine that takes a credit card and issues a day permit.
- 2) You can pay with a credit card at the Stonewall Mine HQ area using a QR code they provide.
- 3) You can use the honesty box at Stonewall Mine HQ if you prefer to use cash.

Invasive Species. The Park Rangers are very concerned about foreign seeds entering the park. Please wipe/brush your shoes at the start using the equipment we provide. Also repeat at the finish to avoid seeds leaving the park.

Poison Oak. There are several large patches in the park, mostly on the advanced and expert course. Some areas are marked on the map, but this was not an exhaustive survey. Keep your eyes open!

