Elevation Profiles

Distance (mi)

0 1 2 3 4 5 6 7

Elevation (ft)

1,200 1,250 1,300 1,350

Legend

- Yin and Yang Trail (3.0 mi)
- Up Nort Trail (4.6 mi)
- White Knuckle Trail (7.6 mi)

- Easiest
- Intermediate
- Hardest

Total Elevation Gain

- 132'
- 245'
- 517'

START/FINISH

Nine Mile Forest Recreation Area