

Mammoth Rock Run

Distance: 5.2 mi

Elevation Gain/Loss: 580 ascent / 580 descent

Location: Mammoth Lakes

Time Of Year: April to Nov

Directions From Bishop: Take Highway 395 north about 45 miles to the Mammoth Jct and head into town. Turn left at the light (Old Mammoth Road) proceed 3/4 of a mile to the Sherwin Creek Road (a dirt road where Old Mammoth Road makes a hard right) turn left, about 3/4 mile on the right is a parking area; the trail starts here.

Route Description: Follow the trail 2.6 miles where it ends at Old Mammoth Rd., turn around and come back down.

Odds & Ends:

- 1) Nice views of Town and the mountain.
- 2) You'll run under Mammoth Rock near the top of the course.
- 3) If you don't want to run down the trail, you can run down Old Mammoth road back to the parking area (this is the course for the Mammoth Rock 10K). Be careful, the first mile is very steep.

