Name of hiker: Date of hike:

Step	From	То	Via	Turn	Compass	Mileage Run/Bal	Mileage Increment	Elevation Increment
10	West Side Trailhead on We	est Princeton Rd, Westminster, MA (Cook	dinates: 42.493224, -71.905636)			0.00		
20	West Side Trailhead	Semuhenna (2of2)	Travel North and East on West Side Trail , climbing a couple of steep rock falls, crossing a paved access road and on to the intersection with Semuhenna at the picnic table. Turn left here to pick up the rest of Semuhenna, not finished on hike #1.	Left	North	0.69	0.69	322
30	West Side Trail	Summit access road	Follow S emuhenna down to access road (turn around after reaching the road)	180	South	0.95	0.26	-81
40	Summit access road	Harrington Trail	Follow Semuhenna all the way back past the picnic table, crossing the paved access road, along the bog and through the wet areas to the Harrington Trail	Right	Southwest	1.76	0.81	59
50	Semuhenna (2of2)	West Road (dirt)	Follow Harrington across Administration Rd (unpaved) to West Road (dirt). Turn left here.	Left	Southeast	2.20	0.44	-211
60	Harrington Trail (1of2)	Administration Road (unpaved)	Follow West Rd to Administration Rd	Right	South	2.39	0.19	7
70	West Rd	Jack Frost Trailhead	Follow Administration Rd downhill a short distance to the Jack Frost Trailhead on your left	Left	North	2.42	0.03	-7
80	Jack Frost Trailhead	Lower Link	Follow Jack Frost to Link, bear left onto Lower Link	Left	North	2.54	0.12	24
90	Jack Frost Tral	Harrington Trail (1 of 2)	Follow Lower Link to Harrington and then turn right	Right	Northeast	2.81	0.27	74
100	Lower Link	Link (upper)	Follow Harrington past Semuhenna, up a short jumble of rocks to the intersection with Link. Bear right here for a short out and back.	Right	Southeast	3.01	0.20	169
110	Harrington Trail (1of2)	Mountain House	Follow Link to Mountain House and turn around	180	Southwest	3.12	0.11	73
120	Mountain House	Harrington Trail (1 of 2)	After turning around, travel back to Harrington on Link and continue up hill	Right	North	3.23	0.11	-73
130	Link	Summit	Finish following Harrington past the paved access road to the summit fire tower			3.47	0.24	293
140	Summit	West Side Trail	From the summit look North for the Old Indian Trailhead. It goes downhill towards the summit ski lift and disappears into the woods. Follow Old Indian to West Side Trail on your left	Left	West	3.90	0.43	-257

Step	From	То	Via	Turn	Compass	Mileage Run/Bal	Increment	Increment
150	Old Indian	West Princeton Road	Travel on West Side Trail past the picnic table, continue straight on the trail, cross the paved access road, then follow the trail back to the start at W Princeton Rd.	End	End	4.81	0.91	-392

On this hike you have completed 3 new trails, partially completed 2 and finished 1 previously started trail

Complete: West Side Trail Lower Link Link (upper)

Partial: Harrington (part 1 of 2)

Semuhenna (part 2 of 2) (completed as of this hike)

Jack Frost (part 1 of 2)

Headings:

The "From" column is the trail you just left. The "To" column is where you're headed. The "Via" is how you're going to get to the "To" location.

The "Turn" column tells you which way to turn while facing the "travel" forward direction (performed after you get to the "To" location).

The "Compass" column tells you, generally, which direction you'll be travelling after you make the turn. It's a way of confirming your turn.

The "Mileage Run/Bal" tell you how far you've traveled cumulatively along the Redline when at the "To" location for the step.

The "Mileage Increment" column gives you the incremental distance between the start and end of the step.

The "Elevation Increment" column tells you whether you're going up or down and by how much.

*The elevation data is generally crude and inaccurate. It's interpolated from map data by the GPS program as are distances.