Name of hiker: $\qquad$ Date of hike: $\qquad$

| Step | From | To | Via | Turn | Compass | Mileage <br> Run/Bal | Mileage Increment | Elevation Increment |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 10 | Mountain House Trailhead, 254 Mountain Road, Princeton, MA (Coordinates: 42.480170, -71.881300) |  |  |  |  | 0.00 |  |  |
| 20 | Mountain House Trailhead | Bicentennial Trail | Follow Mountain House, North to intersection with Bicentennial | Left | Southwest | 0.09 | 0.09 | 55 |
| 30 | Mountain House Trail | High Meadow Trail | Bicentenial, follow to High Meadow Trail and bench (then turn around) | 180 | East | 0.32 | 0.23 | 127 |
| 40 | High Meadow Trail (bench) | Mountain House Trail | Follow Bicentennial back to Mountain House | Left | Northwest | 0.55 | 0.23 | -127 |
| 50 | Bicentennial Trail | Summit | Follow Mountain House past Loop on the right, Jack Frost and Link on the left; past the paved summit road (watch for traffic). Follow trail arriving at lower parking lot; follow paved sidewalk; footpath along North side of pond; up embankment near the stone lookout and then to the summit fire tower. | -- | --- | 1.37 | 0.82 | 706 |
| 60 | Summit | Loop | Follow Mountain House back down reversing previous steps and stopping at Loop | Left | East | 1.71 | 0.34 | -238 |
| 70 | Mountain House Trail | Bicentennial Trail | Loop | Left | North | 2.10 | 0.39 | -326 |
| 80 | Loop | Pine Hill Trail | Bicentennial | 180 | South | 2.24 | 0.14 | 40 |
| 90 | Pine Hill Trail | Mountain House Trail | Follow Bicentennial past Loop to Mountain House | Left | East | 2.79 | 0.55 | -184 |
| 100 | Bicentennial Trail | Mountain House Trailhead | Follow Mountain House back to its trailhead | End | End | 2.88 | 0.09 | -53 |

## On this hike you have completed 2 new trails and finished 1 previously started trail

Complete: Mountain House
Loop
Partial: Bicentennial (part 2 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. (It's not an elevation gain.)
*The elevation data is generally crude and inaccurate. It's interpolated from map data by the GPS program as are distances.

