

| Trail Section | Distance Miles | Time (Hours) @ Speed | Time (MM) | Station Time (4 x 5Min) | Total Trail Time (Min) | Total Hours |
|---------------------------------------|----------------|----------------------|---------------|-------------------------|------------------------|-------------|
| Short (Blue) | | 2.5 | | | | |
| Parking Lot | 0.20 | | | | | |
| Wild Iris | 0.60 | | | | | |
| Parking Lot | 0.20 | | | | | |
| Bluebird Meadow | 0.40 | | | | | |
| Homestead | 0.20 | | | | | |
| Bearberry West to East (to Mtn Muhly) | 0.40 | | | | | |
| Bearberry East to West (return) | 0.40 | | | | | |
| Homestead | 0.10 | | | | | |
| Homestead North Meadow | 0.30 | | | | | |
| Ponderosa | 0.15 | | | | | |
| Connector to finish | 0.20 | | | | | |
| Total | 2.95 | 1.18 | 70.80 | 20.00 | 90.80 | 1.51 |
| Medium (Green) | | | | | | |
| Wild Iris | 0.60 | | | | | |
| Ranch View (Out) | 0.40 | | | | | |
| Ranch View (Return) | 0.40 | | | | | |
| Bluebird Meadow | 0.40 | | | | | |
| Homestead | 0.10 | | | | | |
| Mountain Muhly | 0.60 | | | | | |
| Coneflower | 0.20 | | | | | |
| Mountain Muhly | 0.30 | | | | | |
| Bearberry | 0.70 | | | | | |
| Sisters | 0.10 | | | | | |
| Sisters | 0.20 | | | | | |
| Ponderosa | 0.30 | | | | | |
| Homestead | 0.40 | | | | | |
| Connector | 0.15 | | | | | |
| Connector to finish | 0.20 | | | | | |
| Total | 5.05 | 2.02 | 121.20 | 20.00 | 141.20 | 2.35 |
| Long (Add Red) | | | | | | |
| Bluebird Meadow | 0.40 | | | | | |
| Homestead | 0.10 | | | | | |
| Mountain Muhly | 0.60 | | | | | |
| Coneflower | 0.20 | | | | | |
| Mountain Muhly | 0.30 | | | | | |
| Bearberry | 0.40 | | | | | |
| Homestead | 0.10 | | | | | |
| Homestead (North) | 0.30 | | | | | |
| Connector | 0.15 | | | | | |
| Connector to finish | 0.20 | | | | | |
| Mountain Muhly (Blair) | 1.50 | | | | | |
| Mountain Muhly | 0.30 | | | | | |
| Bearberry | 0.70 | | | | | |
| Sisters | 0.20 | | | | | |
| Ponderosa | 0.30 | | | | | |
| Total | 5.75 | 2.30 | 138.00 | 20.00 | 158.00 | 2.63 |
| | | | | | | |