The Route (www.strava.com/segments/24621974)

The Start: On Covington Way, about 50m east of Camino Caseta, you will see a trailhead going into the park. Take this south to where it hits a rutted asphalt road. This intersection is the start.

The Finish: After you round the SW corner of the dam and head north again, look for this short stone wall on the left. The finish is where it begins.

Directions:

• 0mi: START. Run south and then east on the asphalt road that goes around the dam
• 0.6 mi: Left onto N. La Patera Lane
• 0.8mi - Left onto Covington Way
• 1.4mi - Right onto Los Carneros
• 1.5mi - Right onto Cathedral Oaks Rd
• 2.4mi - Right onto the trail (WARNING, EASY TO MISS ... TURN RIGHT AT BLUE POST WHICH IS ALMOST IMMEDIATELY AFTER THE CREEK)
• 2.5mi - Left onto Stow Canyon Road
• 3.1mi - Left onto Fairview
• 3.2mi - Left onto Cathedral Oaks
• 4.8mi - Left onto Los Carneros
• 4.9mi - Left onto Covington Way
• 5.4mi - Right onto N. La Patera Lane
• 5.7mi - Right onto the asphalt road that goes around the dam
• 6.2mi - FINISH at the stone wall (see picture above right)

Aside: Lake Los Carneros was originally a duck pond (“la Patera” in Spanish). It was enlarged to serve as a water source for the Stow family’s lemon orchards. Among other uses today, it provides water for firefighting helicopters. https://www.independent.com/2008/05/03/lake-los-carneros/