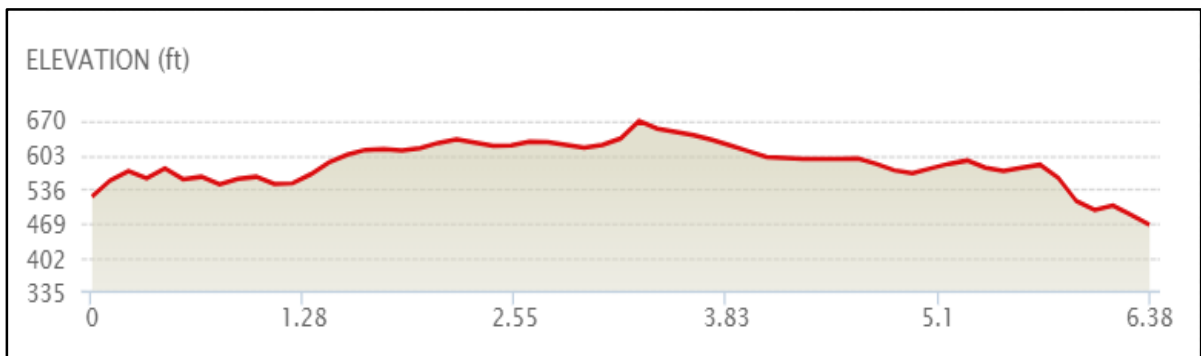
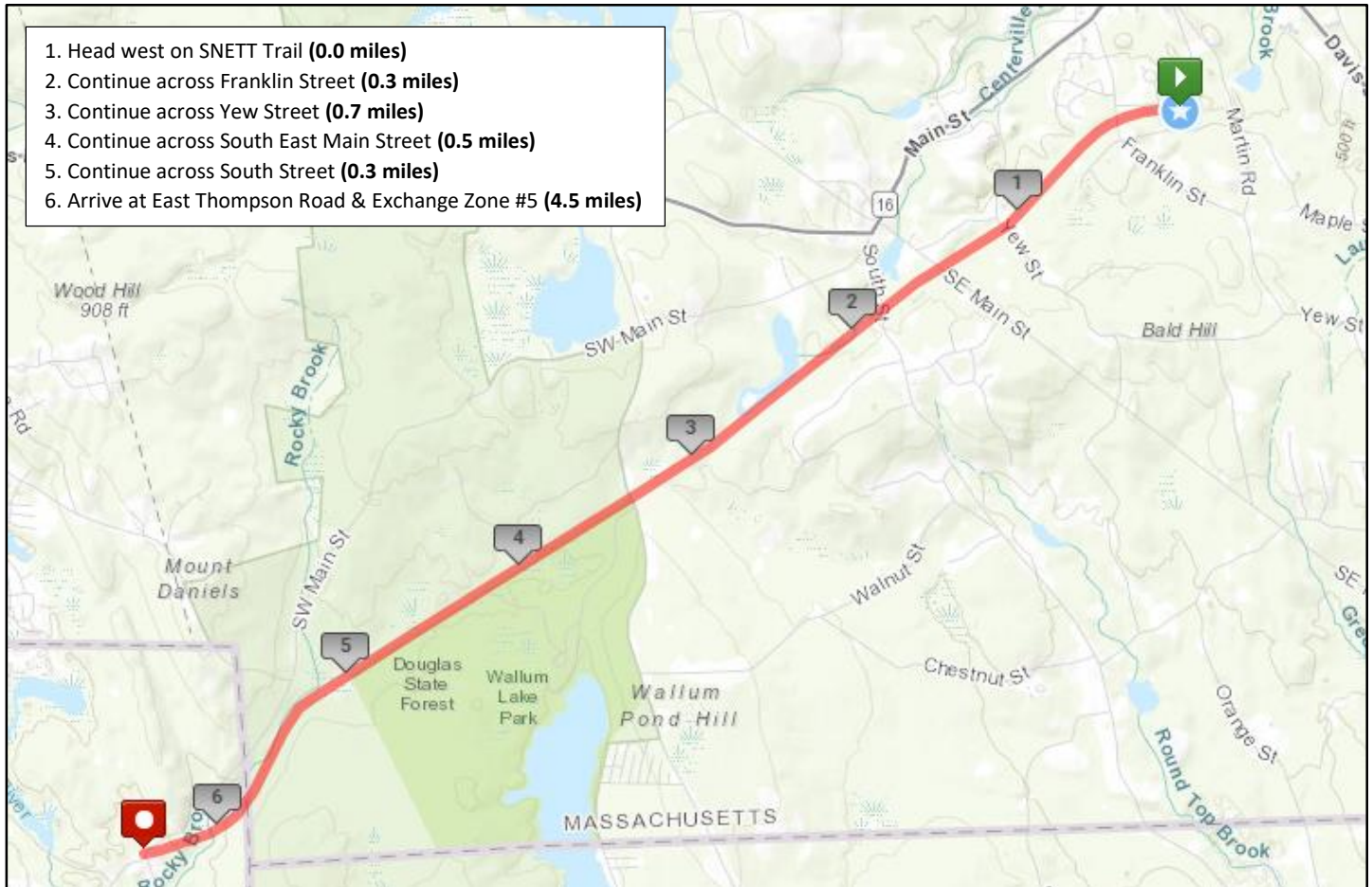


Running Details

Start: SNETT Trail Parking, Depot Street, Douglas, MA **Finish:** Airline Trail @ East Thompson Road, Thompson, CT

| DISTANCE | START ELEVATION | MAX ELEVATION | ELEVATION GAIN | DIFFICULTY | TERRAIN |
|------------------|-----------------|-----------------|----------------|-----------------|---------------------|
| 6.3 MILES | 522 FEET | 672 FEET | 224 FT | MODERATE | CINDER TRAIL |



Safety Notes:

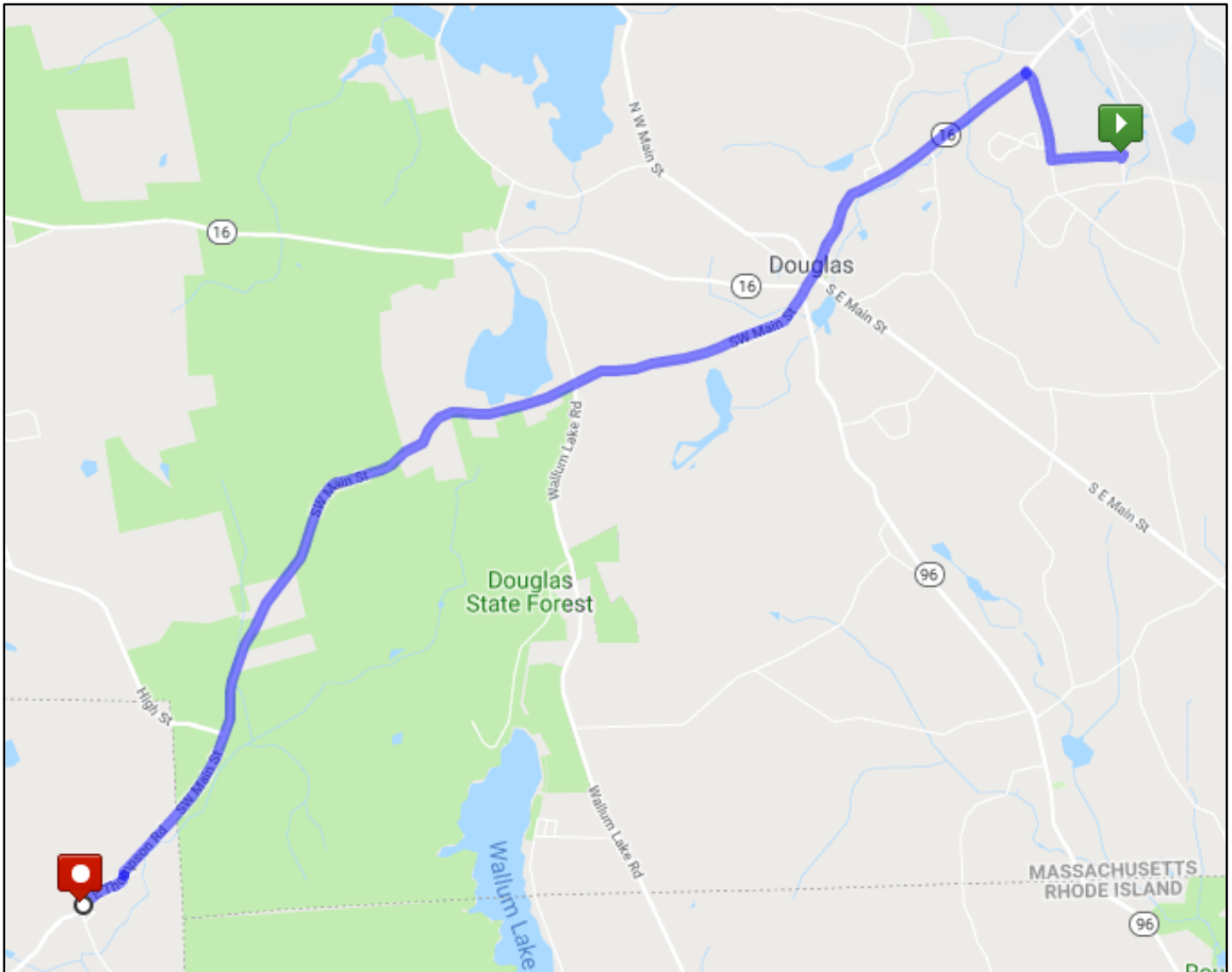
- Stay on sidewalk / bikeway / trail where applicable
- Use caution crossing streets
- Follow directional signs

Driving Details

Driving Directions to Exchange Zone #5 Parking: Airline Trail State Park Trail, East Thompson Road, Thompson, CT 06277

Driving Distance: 7.5 miles

Estimated Drive Time: 14 minutes



1. Exit parking lot and head north (left) on Depot Street towards Railroad Avenue
2. Turn left on Railroad Avenue
3. Turn right on Franklin Street
4. Turn left on MA-16 W (Main Street)
5. Continue onto SW Main Street
6. Continue onto E Thompson Road
7. Destination will be on your right

Parking Notes: Exchange Zone is located at the intersection of the Air Line Trail and East Thompson Road, parking at trail is very limited.

Additional on street parking is available on New Road, which runs perpendicular to the trail, please park along the west side, do not park along East Thompson Road.