

Lodge Pavillion
Start, Rest Stop,
& Finish

Metro DC Xtreme Hike

Total Mileage: 23.77 Miles

Leg 1: 9.7 mi

Leg 2: 8.8 mi

Leg 3: 5.27 mi

Alternative Routes:

18.5 or 14.07 Miles

Rest Stops: Available at the
beginning of each leg

*Route subject to change

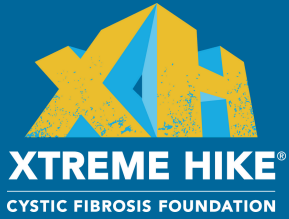


XTREME HIKE®

CYSTIC FIBROSIS FOUNDATION

Metro DC Xtreme Hike

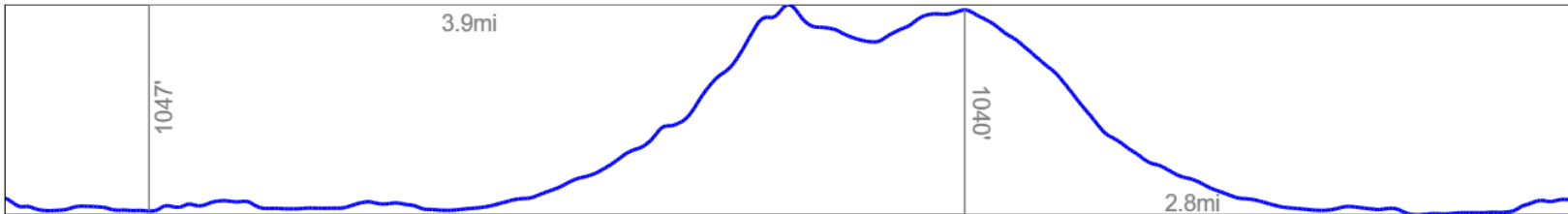
Elevation Profiles



*Route subject to change

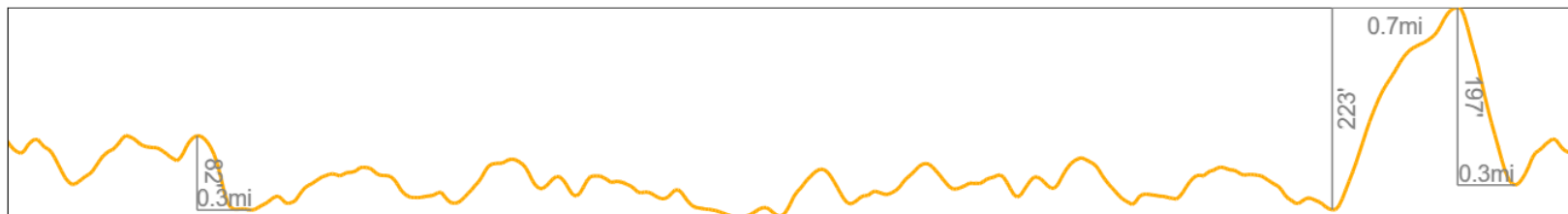
Leg 1

distance: **9.7mi** range: 3231' to 4298' gross: **+1473' -1480'** sampling interval 100' w/ 6.4x vertical exaggeration
cursor:



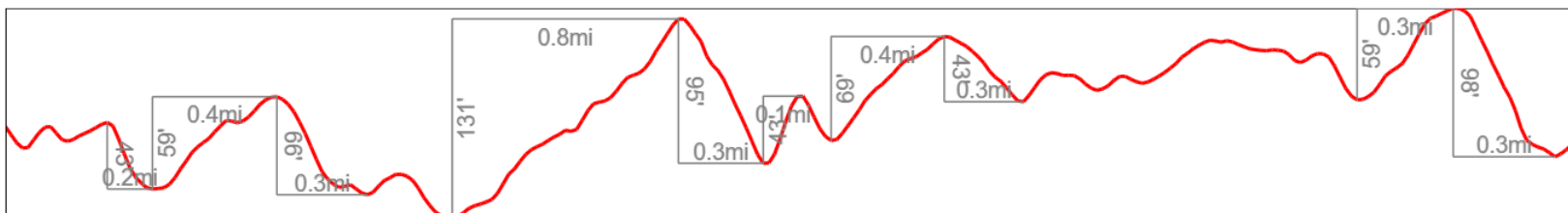
Leg 2

distance: **8.8mi** range: 3231' to 3463' gross: **+776' -781'** sampling interval 100' w/ 26.8x vertical exaggeration
cursor:



Leg 3

distance: **5.27mi** range: 3256' to 3394' gross: **+484' -492'** sampling interval 100' w/ 26.8x vertical exaggeration
cursor:



The Metro DC Xtreme Hike is a fully supported hike that is structured to be 3 legs that start & end in the same place. If the need arises, hikers may stop hiking at any rest stop. Hikers may choose between different route lengths based on comfort & skill level. Training hikes are led by our Volunteer Leadership Team monthly. For any questions, please email Lexie Hill, lhill@cff.org.