

# TULLY TRAIL CHALLENGE

## Participant Information & Safety Guide

### Event Date

Saturday, June 13, 2026

### Rain Date

Sunday, June 14, 2026

(Only if severe weather or unsafe trail conditions make postponement necessary.)

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## Start Location

Tully Lake Recreation Area

Check-In:

5:00–6:00 AM

Rolling Start:

5:30–6:00 AM

Please arrive early enough to:

- Check in
  - Submit your signed waiver
  - Review maps and trail information
  - Use restrooms if needed
  - Organize gear and supplies
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## **Alternate Finish Option: Tully Mountain**

Participants who would prefer a shorter route may choose to end their hike at the Tully Mountain Trailhead Parking Area rather than continue the final road walk back to Tully Lake.

This option:

- Reduces total mileage slightly
- Eliminates the final approximately 2-mile road walk
- Still includes nearly all of the major trail features and highlights of the challenge

If you think there is a possibility you may choose this option, consider leaving a vehicle at the Tully Mountain Trailhead Parking Area prior to the start of the event.

Participants choosing to finish at Tully Mountain must:

- Sign out at the Tully Mountain Checkpoint
- Notify Heidi or Caitie by text or phone

Finishing at Tully Mountain is considered a successful completion of the challenge.

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## **A Realistic Look at the Trail**

The Tully Trail is beautiful, but it is also challenging.

This is not simply a 22-mile walk in the woods.

Expect:

- Steep ascents and descents
- Rocky and technical terrain
- Uneven footing
- Stream crossings
- Road crossings
- Limited cell service in some areas
- Long periods between checkpoints

Completing any significant portion of this trail is an accomplishment.

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## Choosing Your Goal

Please base your goal on your training—not on what you hope to accomplish.

If you have consistently completed the long hikes in the training plan and recovered well, the full 22-mile loop may be an appropriate goal.

If you have fallen behind on training, struggled with longer mileage, are recovering from an injury, or are uncertain about completing the full distance within daylight hours, please consider a shorter goal.

Possible successful outcomes include:

- Completing the full 22-mile loop
- Finishing at Tully Mountain
- Hiking to Royalston Falls
- Completing another meaningful portion of the trail

Every mile on the Tully Trail is earned.

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## Royalston Falls: Primary Decision Point

Royalston Falls serves as the primary decision point on the course.

Take a few minutes to evaluate:

- Current pace
- Energy level
- Remaining daylight
- Hydration and nutrition status
- Confidence in completing the remaining miles

For some participants, Royalston Falls may be the perfect place to celebrate a successful day and end their hike.

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## Hike With Others

Participants are strongly encouraged to hike with others who move at a similar pace.

While solo hiking is permitted, hiking with a partner or small group is often:

- Safer
  - More enjoyable
  - Less mentally demanding
  - Helpful in remote sections of trail
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## Have an Exit Plan

Before arriving on challenge day, please consider what you will do if you decide to end your hike early.

I strongly recommend arranging for:

- A family member
- A friend
- A fellow participant

to be available by phone should you need transportation from a checkpoint.

Transportation cannot be guaranteed.

## If You Leave the Course Early

If you choose to end your hike before the official finish:

1. Sign out at the nearest checkpoint.
2. Notify Heidi or Caitie by text or phone.
3. Arrange transportation.

Please do not leave the course without notifying event staff.

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## Hiking After Dark

For safety reasons, participants will not be permitted to continue hiking after dark.

Please make smart decisions throughout the day and be realistic about your pace and remaining daylight.

The goal is to finish safely—not necessarily to finish every mile.

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## Recommended Gear

Please come prepared to be largely self-sufficient throughout the day.

Recommended items:

- Fully charged cell phone
- Downloaded trail map
- Portable battery bank
- At least 2 large refillable water bottles or hydration reservoir
- Lunch
- Trail snacks
- Electrolytes
- Bug spray
- Sunscreen
- Weather-appropriate clothing
- Basic first aid supplies
- Blister care supplies
- Trekking poles or walking sticks

**While checkpoints may have water and limited supplies available, participants should carry the food and hydration they expect to need throughout the day.**

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# Basic First Aid Tips

## Blisters

Address hot spots early.

If you feel rubbing or friction:

- Stop
- Adjust footwear
- Apply blister prevention or protection

Waiting often makes things worse.

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## Muscle Cramps

If cramping occurs:

- Slow your pace
  - Hydrate
  - Consume electrolytes
  - Eat a snack
  - Stretch gently if needed
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## Signs You Should Stop and Reassess

- Dizziness
- Confusion
- Nausea
- Excessive fatigue
- Loss of coordination
- Severe pain

Do not ignore symptoms that feel unusual or unsafe.

## Navigation Reminders

The Tully Trail is marked with yellow rectangular blazes.

Always be looking ahead for the next blaze.

If you haven't seen a blaze for several minutes:

1. Stop.
2. Look ahead and behind you.
3. Check your map.
4. Verify your location before continuing.

A few minutes spent checking your route can save a lot of backtracking.

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## Cell Service

Cell service may be limited or unavailable in portions of the course.

Please:

- Download maps before arriving
  - Carry a battery bank
  - Do not rely solely on cell service for navigation
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## Leave No Trace & Trail Stewardship

The Tully Trail Challenge is made possible through the work of volunteers, conservation organizations, and land stewards who maintain and protect these beautiful trails.

Please help preserve these spaces by:

- Staying on marked trails
- Packing out all trash
- Respecting wildlife
- Leaving natural features as you found them
- Being considerate of other trail users

Thank you for helping us leave the trail just as beautiful as we found it.

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# Important Phone Numbers

Emergency: 911

Heidi Shortis  
774-279-3540

Caitie Dwyer-Huppert  
508-753-9121

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## Most Important Reminder

Challenge yourself.

Be prepared.

Make smart decisions.

Enjoy the experience.

No matter how many miles you hike, take a moment to appreciate how far you've come since the beginning of your training journey.

# TULLY TRAIL CHALLENGE

## Map Legend

- ★ Start / Finish
  - Checkpoint
  - ✘ Alternate Route / Bypass
  - ⚠ Caution / Important Trail Information
  - Direction of Travel
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## Trail Notes

### ★ Start / Finish

#### Tully Lake Recreation Area

Check-In: 5:00–6:00 AM

Rolling Start: 5:30–6:00 AM

Parking, restrooms, participant check-in, maps, and event information.

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### 1. ⚠ Spirit Falls

One of the most challenging sections of the course.

Expect:

- Steep terrain
- Rocky footing
- Technical ascent
- Waterfall views and scenic overlook

Take your time and use caution. Trekking poles are highly recommended.

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## 2. ✘ Spirit Falls Bypass

Optional route that avoids the steepest and most technical section of trail.

This bypass:

- Reduces mileage slightly
- Avoids Spirit Falls and the overlook
- Provides an easier route through this section

Follow the route marked on the map.

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## 3. ● Warwick Road Checkpoint

The first staffed checkpoint on the course.

Located where the Tully Trail crosses Warwick Road immediately before the short road walk.

Participants will be checked through this location as they continue along the route.

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## 4. ● Royalston Falls Checkpoint

### Primary Decision Point

This is a good place to evaluate:

- Your pace
- Energy level
- Remaining daylight
- Confidence in completing the remainder of the course

Participants choosing to end their hike here must:

- Sign out
- Notify Heidi or Caitie
- Arrange transportation

Completing your hike at Royalston Falls is considered a successful outcome and a significant accomplishment.

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## 5. ⚠️ Watch for Blazes

Pay close attention for an abrupt left turn where the trail leaves a cart road and re-enters the woods.

This is an easy spot to miss if you are not actively looking for yellow blazes.

Remember:

- Single blaze = continue straight
  - Double blaze = turn
  - Top blaze right = right turn
  - Top blaze left = left turn
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## 6. ● Bliss Hill Road Crossing Checkpoint

A water checkpoint located after a more remote section of trail.

This is a good opportunity to check in with how you're feeling before continuing.

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## 7. ⚠️ Limited Cell Service Area

Cell service may be limited or unavailable for much of the next 5–7 miles.

Please:

- Download maps before arriving
- Carry a battery bank
- Do not rely solely on cell service for navigation

If hiking with others, this is a good section to stay together.

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## 8. ● Butterworth Road / Tully Road Junction

A staffed checkpoint located before a road walk with an alternate trail re-route in the woods/field.

Pay close attention to signage, maps, and trail blazes in this area.

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## 9. ✘ ⚠ Road Walk & Trail Re-Entry

After leaving the Butterworth Road and turning onto Tully Rd, there are a couple of options.

### Option 1

Follow and stay on Tully Rd 1.4 miles, over the bridge, and then turning left into the wooded trail to the summit of Tully Mountain

### Option 2

Turning to the left, shortly after turning onto Tully Rd, into the wooded trail that was created as an option to bypass most of the road walking, watch for blazes carefully

**Using either option: Pay close attention during this section.**

Important:

- Trail blazes may be less frequent than in the woods.
- Watch carefully for the turn back into the woods after crossing the bridge.
- If using the alternate road reroute, be aware that some blazes are faded and can be difficult to see.
- Continue checking your map and looking ahead for yellow blazes.

This is one of the areas where hikers are most likely to miss a turn if they are not paying attention.

When in doubt, stop, check your map, and look for the next blaze before continuing.

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## 10. ⚠ Watch for Trail Re-Entry

After leaving Tully Road, back into the woods, the route follows a cart path for approximately 0.75 miles.

This section has relatively few yellow blazes.

Important:

- Continue following the cart path.
- Watch carefully for yellow blazes on the right side of the path.
- The trail re-enters the woods near a drainage pipe.
- This turn marks the beginning of the wooded trail leading to the summit of Tully Mountain.

If you continue on the cart path for a mile or more without seeing the turn, stop and check your map before continuing.

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## 11. • Tully Mountain Checkpoint & Alternate Finish

Official participant sign-out checkpoint.

Participants may choose to end their hike at the Tully Mountain Trailhead Parking Area by leaving a vehicle there prior to the event.

Choosing this option:

- Eliminates the final approximately 2-mile road walk back to Tully Lake
- Reduces total mileage slightly
- Still includes nearly all major trail features

Participants choosing to finish here must:

- Sign out
- Notify Heidi or Caitie by text or phone

Participants continuing to Tully Lake should text Heidi or Caitie upon arrival at the Lake so all hikers can be accounted for.

# Trail Blaze Guide

The Tully Trail is marked with yellow rectangular blazes painted on trees and posts.

## Single Blaze

A single yellow blaze indicates the trail continues straight ahead.

## Right Turn

Two blazes indicate a turn.

If the upper blaze is offset to the right of the lower blaze, the trail turns right.

## Left Turn

Two blazes indicate a turn.

If the upper blaze is offset to the left of the lower blaze, the trail turns left.

## Always Be Looking Ahead

One of the most common causes of getting off trail is simply missing a blaze.

- Always look ahead for the next blaze.
- Do not assume the most obvious path is the correct path.
- Deer trails, cart roads, and old woods roads can look like the trail.
- If you haven't seen a blaze for several minutes, stop and verify your location before continuing.

A few moments spent confirming your route can save a lot of backtracking.

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