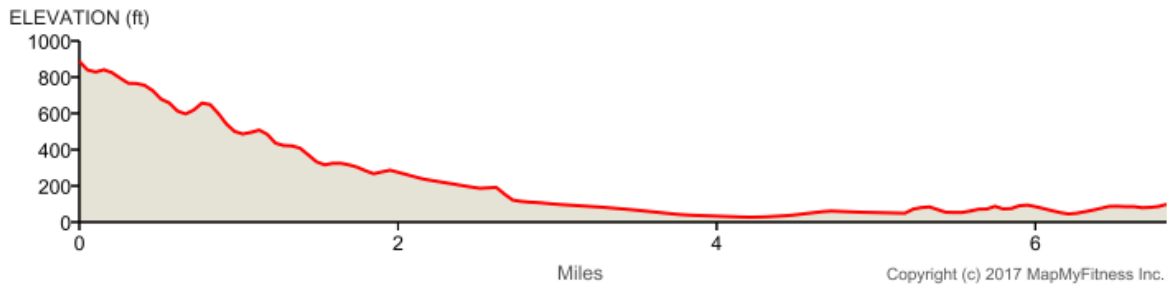
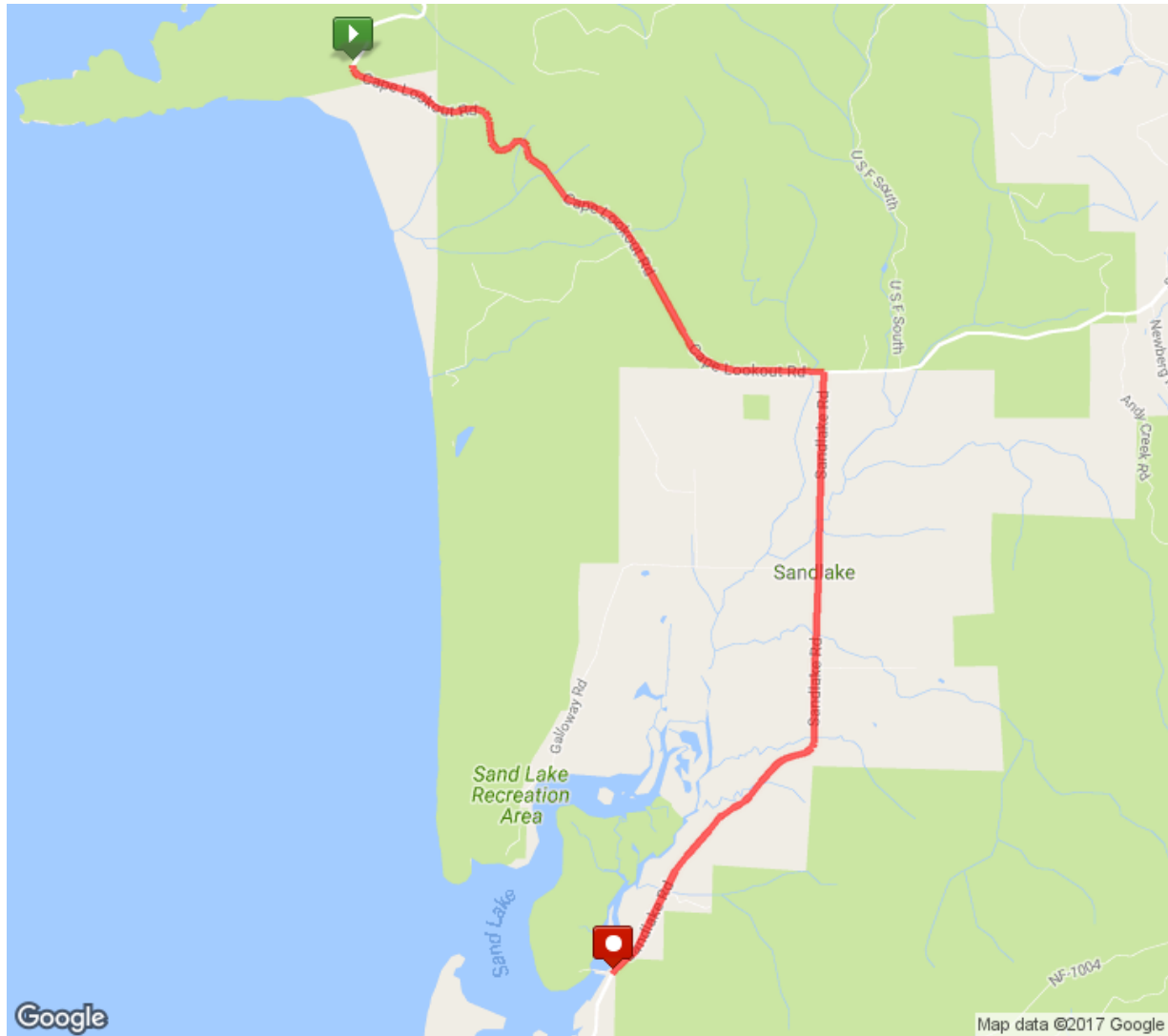


### 4th leg, 3 Capes Relay

Distance: 6.82 mi  
Elevation Gain: 126 ft  
Elevation Max: 887 ft

### Notes



**0.00 mi** Head south on Cape Lookout Rd toward Cape Lookout Trailhead

**0.02 mi** Head southeast on Cape Lookout Rd toward Camp Meriwether Back Rd/NF-11

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- 3.28 mi** Turn right onto Sandlake Rd  
Destination will be on the right

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  - 3.82 mi** Head south on Sandlake Rd toward Galloway Rd  
Destination will be on the right

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  - 6.82 mi** Destination

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