

## ***Big Frog Trail List***

<b>Trail No.</b>	<b>Trail Name</b>	<b>Length (miles)</b>	<b>Rating</b>
2	Benton MacKaye*	288.00	
64	Big Frog	5.50	moderate
65	Licklog Ridge	5.40	moderate
66	Wolf Ridge	2.40	moderate
67	Grassy Gap	4.50	moderate
68	Big Creek	4.10	moderate
69	Fork Ridge	1.90	moderate
70	Rough Creek	2.90	moderate
73	Yellow Stand Lead	2.30	moderate
145	Hemp Top	5.00	difficult
303	West Fork	2.20	moderate

\*The Benton MacKaye Trail often follows existing trails. In the Big Frog area it runs along parts or all of trails 64, 69, 70, 145 and 303. The Benton MacKaye is blazed with a white diamond outside of wilderness; it is not blazed at all in Big Frog Wilderness.