

# Continental Divide Trail 2022 NOBO Thru hike planning spreadsheet



Guthook's State Route Mile		Cumulative Hiking Miles	Location	Between Miles	Hiking Pace	Hiking Days	Nero	Arrive Day #	Arrive	Zero(s)	Depart	Resupply	Notes
0		0	Mexico Border / Crazy Cook					6	Sunday 17-Apr		12-Apr		10th CHA to TUS, Flight TBD, Courtyard by Marriott - 11th Greyhound to Lordsburg Econol
83.7		83.7	Lordsburg	83.7	15	5.6	0.4	6	Sunday 17-Apr		18-Apr	b	On trail, p.169, Lodging, Grocery, NM39B
157.8		157.8	Silver City	74.1	15	4.9	0.1	11	Friday 22-Apr	1	24-Apr	b	On trail, p.168, Lodging, Grocery, Choice of routes north, Gila River or Black Range, NM37
207	NM	207	Doc Campbell's	49.2	17	2.9	0.1	15	Tuesday 26-Apr		27-Apr	b	USPS c/o Doc Campbell's Post, HC 68, Box 80, Silver City, NM 88061, Small C-Store
278.1		Route	278.1	Gila River Alternate N. End	71.1	18	4.0	0.0	19	Saturday 30-Apr		01-May	
336.7	Miles	336.7	Quemado / Pietown	58.6	18	3.3	0.7	23	Wednesday 04-May		05-May	m	Hitch 7.6 mi. W or 13.1mi. E on Hwy 12, Top of World 3 mi. W of Pietown, Toaster House
416.7	664.1	416.7	Grants	80	20	4.0	0.0	27	Sunday 08-May	1	10-May	b	On trail - Ley 20. Lodging, Grocery, Trail Angels, Transport, Water Caches
518.3		518.3	Cuba	101.6	20	5.0	0.0	33	Saturday 14-May	1	16-May	b	On Trail, Lodging, Small Grocery (Saveway), Family Dollar, NM11
574.5		574.5	Ghost Ranch	56.2	20	2.8	0.2	37	Wednesday 18-May		19-May	m	c/o Ghost Ranch Conference Center, HC 77, Box11, Abiquiu, NM 87510. (505) 685-4333
588.7		588.7	Ghost Ranch Alternate N. End	14.2	20	0.7	0.3	38	Thursday 19-May		20-May		
2.8	CO	666.9	Cumbres Pass (CO17)	78.2	18	4.3	0.7	43	Tuesday 24-May	1	26-May	b/m	Chama, Lodging, Grocery, NM 12 mi. S/W, CO46 Maildrop from home for snow gear
70.5		Route	734.6	Wolf Creek Pass (CO160)	67.7	18	3.8	0.2	48	Sunday 29-May		30-May	b
152.7	Miles	816.8	Stony Pass	82.2	18	4.6	0.4	53	Friday 03-Jun		04-Jun		May be a local Trail Angel (will probably just keep moving north to Spring Creek Pass)
185.4		849.5	Spring Creek Pass (CO149)	32.7	18	1.8	0.2	55	Sunday 05-Jun	1	07-Jun	b	Creede 34 mi. SE, or Lake City 17 mi. NW (Raven's Rest Hostel), CO35
284.4	CO	948.5	Monarch Pass (CO50)	99	18	5.5	0.5	62	Sunday 12-Jun		13-Jun	b	Monarch Crest Store, Monarch Mtn. Inn, 5.7 mi. NE, Salida (better option), 21 mi., NE, CO27
325.0		Route	989.1	Cottonwood Pass Road (CO306)	40.6	18	2.3	0.7	65	Wednesday 15-Jun	1	17-Jun	b
365.6	Miles	1,029.7	Twin Lakes (CO82)	40.6	18	2.3	0.7	69	Sunday 19-Jun		20-Jun		Twin Lakes 1 mi. W. Could take short cut at mi. 6.4., CO22
398.7	738.4	1,062.8	Tennessee Pass (CO24)	33.1	18	1.8	0.2	71	Tuesday 21-Jun	1	23-Jun	b	Leadville 12 mi. S, (cheaper Option), Lodging, Grocery or Vail 25 mi., N, CO20
421.6			1,085.7	Copper Mountain (CO91)	22.9	18	1.3	0.7	74	Friday 24-Jun		25-Jun	
436.0		1,100.1	Gold Hill Trailhead (CO9)	14.4	18	0.8	0.2	75	Saturday 25-Jun		26-Jun	b	Frisco N, Breckenridge 5 mi. S, CO15d
510.2		1,174.3	Berthoud Pass (CO40)	74.2	18	4.0	0.0	79	Wednesday 29-Jun	1	01-Jul	b	Winter Park, Fraser 14-18 mi. N, CO14
564.0		1,228.1	Grand Lake	53.8	18	3.0	0.0	83	Sunday 03-Jul		04-Jul	b	On trail, RMNP Loop From Here, Shadowcliff Hostel, CO10a
661.5		1,325.6	Rabbit Ears Trailhead	97.5	18	5.4	0.6	89	Saturday 09-Jul		10-Jul	b	Steamboat Springs 20 mi. W, Lodging, Grocery, Muddy Pass better hitch point, CO5
21.1	WY	1,423.6	Battle Pass TH (WY70)	98	22	4.5	0.5	88	Thursday 14-Jul		15-Jul	b	Encampment, Riverside, 15 mi. E, WY42
103.5		Route	1,506.0	Rawlins	82.4	22	3.7	0.3	98	Monday 18-Jul	1	20-Jul	b
217.0	Miles	1,619.5	Atlantic City	113.5	22	5.2	0.8	105	Monday 25-Jul		26-Jul		Atlantic City, 1 mi. N, WY23
221.8	WY	1,624.3	South Pass City	4.8	18	0.3	0.7	106	Tuesday 26-Jul		27-Jul	m ??	On Trail, WY23, Camping, No services, No resupply here, Souvenir shop accepts maildrops
224.6		Route	1,627.1	WY28	2.8	18	0.2	0.8	107	Wednesday 27-Jul		28-Jul	b
302.8	Miles	1,705.3	Pole Creek Trail	78.2	18	4.3	0.7	112	Monday 01-Aug		02-Aug		Pinedale Access, WY16, Lodging, Grocery, Figure out YNP Permit
307.5	507.0	1,710.0	Seneca Lake Trail	4.7	18	0.3	0.7	113	Tuesday 02-Aug	1	04-Aug	b	Pinedale Access, WY16, Lodging, Grocery, Figure out YNP Permit
353.2			1,755.7	Union Pass	45.7	18	2.5	0.5	117	Saturday 06-Aug		07-Aug	
389.7		1,792.2	WY26-287	36.5	18	2.0	0.0	119	Monday 08-Aug		09-Aug	b	Dubois 28 mi. E, Togwotee Lodge 13mi. W, WY09
466.1		1,868.6	Heart Lake TH (WY287) YNP	76.4	18	4.2	0.8	124	Saturday 13-Aug	1	15-Aug	b	Grant Village 7 mi. N on South Entrance Road. P.64, WY03. Camping, PO, Store
490.1		1,892.6	Howard Eaton TH YNP	24	18	1.3	0.7	127	Tuesday 16-Aug		17-Aug	b	Old Faithful Village. P.67, WY01. No Camp, PO, Store
36.1	ID	1,945.6	Targhee Pass	53	20	2.7	0.4	130	Friday 19-Aug	1	21-Aug	b	West Yellowstone US20, M7, MT70c
132.2	S. MT	2,041.7	I-15	96.1	20	4.8	0.2	136	Thursday 25-Aug		26-Aug	b	Lima Access, MT66, Hiker Shuttle 406-276-3525 The Mountain View Motel
235.0		Route	2,144.5	Bannock Pass (ID29)	102.8	20	5.0	0.0	141	Tuesday 30-Aug		31-Aug	m
261.9	Miles	2,171.4	Lemhi Pass	26.9	20	1.3	0.7	143	Thursday 01-Sep		02-Sep	b	Tendoy Access, MT55, Small C-Store
357.2	406.6	2,266.7	Chief Joseph Pass (MT43)	95.3	20	4.8	0.2	148	Tuesday 06-Sep		07-Sep	b	Sula 13 mi., Darby 30 mi., North Fork 25 mi., Salmon 46 mi., Wisdom 26 mi. Access, MT43
51.5			2,367.6	Anaconda, MT	100.9	20	5.0	0.0	153	Sunday 11-Sep		12-Sep	b
131.1	N. MT	2,447.2	MacDonald Pass (MT12)	79.6	20	4.0	0.0	157	Thursday 15-Sep	1	17-Sep	b	Helena 15mi. (best option for services is Helena) E, Elliston 7 mi. W, MT27
174.7		Route	2,490.8	Stemple Pass	43.6	20	2.2	0.8	161	Monday 19-Sep		20-Sep	b
186.8	Miles	2,502.9	Flesher Pass MT279	12.1	20	0.6	0.4	162	Tuesday 20-Sep		21-Sep	b	Lincoln Access, MT23 Water Cache
200.2	480.1	2,516.3	Rogers Pass (MT200)	13.4	20	0.7	0.3	163	Wednesday 21-Sep		22-Sep	b	Lincoln 20 mi. S, MT22, Figure out GNP Permit
258.8		Route	2,574.9	Beachmark TH	58.6	20	2.9	0.1	166	Saturday 24-Sep		25-Sep	m ??
379.0	Miles	2,695.1	East Glacier Park	120.2	20	6.0	0.0	172	Friday 30-Sep	1	02-Oct	b	On Trail, MT08
389.7		2,705.8	Two Medicine CG	10.7	20	0.5	0.5	174	Sunday 02-Oct		03-Oct	b	Campstore, Campground, MT07
430.3		2,746.4	Going To The Sun Road	40.6	20	2.0	0.0	176	Tuesday 04-Oct		05-Oct	b	Rising Sun 8 mi. E, MT04
444.4		2,760.5	Many Glacier	14.1	20	0.7	0.3	177	Wednesday 05-Oct		06-Oct	b	Campstore, Campground, Waterton/Chief Mountain diverge here, MT03
480.1		2,796.2	USA / Canada 🏰🏰🏰	35.7	20	1.8	0.2	179	Friday 07-Oct				
									<b>Total:</b>	<b>14</b>			

Average Pace per Hiking Day: 16.9 Miles

Days Hiking: 165

Total Trip Days: 179

\* Trail Days - Silver City, NM, April 22nd - 24th 2022 ??

\* ALDHA-West Gathering, Possibly Late Sept. or Early Oct., ??

\*\* Current Alternate Routes Above

NM - Gila River, Pie Town, Cebolla, Mt. Taylor & Ghost Ranch  
N. MT - Anaconda

Combining TBD  
Locations / Resupply Stops

Data Input Cells  
CDT Alternate Route

m Mail Resupply  
b Resupply In Town





# The Continental Divide National Scenic Trail



In 1978, Congress designated the Continental Divide Scenic Trail (CDT) and made a monumental decision to secure the future of one of the most significant scenic, wild and remote landscapes in the United States. Stretching 3,100 miles from Canada to Mexico, the CDT provides a scenic, high-quality, primitive hiking and horseback riding experience along the backbone of the Rocky Mountains.

-  Continental Divide Trail
-  Continental Divide
-  Federal Wilderness
-  National Park Service
-  U.S. Forest Service
-  Bureau of Land Management

