TrailGenic™ Protocol Trail Library

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"Universal health can be earned through discipline."

The full dataset contains 100 curated trails across multiple U.S. regions, categorized by distance, elevation gain, accessibility class, and stimulus vectors such as climb load, duration load, altitude exposure, mechanical terrain complexity, and thermal exposure.

Table 1: TrailGenic™ Curated Trail Dataset

Trail ID	Trail Name	Location	Region	Class	Dist	Elev	Level	Name	Stimulus Vectors
tg_a001	Griffith Park - Mt Hollywood Loop	Los Angeles, CA	SoCal	Urban-Local	5.3	1000	Protocol 1	Foundation	Exposure/Thermal, Climb Load (Low)
tg_a002	Runyon Canyon Loop	Los Angeles, CA	SoCal	Urban-Local	3.3	700	Protocol 1	Activation	Exposure/Thermal, Climb Load (Low)
tg_a003	Elysian Park - Chavez Ridge Loop	Los Angeles, CA	SoCal	Urban-Local	2.5	500	Protocol 1	Foundation	Exposure/Thermal, Climb Load (Low)
tg_a004	Temescal Canyon Loop	Los Angeles, CA	SoCal	Urban-Local	3.8	900	Protocol 2	Activation	Exposure/Thermal, Climb Load (Low)
tg_a005	Los Leones Trail	Los Angeles, CA	SoCal	Urban-Local	4.4	1200	Protocol 2	Activation	Climb Load (Moderate), Exposure/Thermal
tg_a006	Culver City Stairs + Baldwin Hills	Los Angeles, CA	SoCal	Urban-Local	2.5	400	Protocol 1	Foundation	Climb Load (Low), Exposure/Thermal
tg_a007	Eaton Canyon Falls	Pasadena, CA	SoCal	Urban-Regional	3.5	350	Protocol 2	Activation	Mechanical Complexity, Climb Load
tg_a008	Millard Canyon Falls	Pasadena, CA	SoCal	Urban-Regional	2.6	540	Protocol 2	Activation	Mechanical Complexity, Climb Load
tg_a009	Echo Mountain via Sam Merrill	Altadena, CA	SoCal	Urban-Regional	5.4	1400	Protocol 3	Adaptation	Climb Load (High), Duration Load
tg_a010	Mt Lowe via Sam Merrill	Altadena, CA	SoCal	Urban-Regional	10.5	2800	Protocol 4	Consolidation	Climb Load (High), Duration Load
tg_a011	San Gabriel Peak	Angeles NF, CA	SoCal	Regional	4.1	1200	Protocol 2	Activation	Climb Load (Moderate), Exposure/Thermal
tg_a012	Strawberry Peak	Angeles NF, CA	SoCal	Regional	7.2	1800	Protocol 3	Adaptation	Climb Load (High), Technical Surface
tg_a013	Mt Wilson via Starveout	Angeles NF, CA	SoCal	Regional	7.8	2100	Protocol 3	Adaptation	Climb Load (High), Duration Load
tg_a014	Mt Wilson via Chantry Flats	Angeles NF, CA	SoCal	Regional	14.2	4500	Protocol 4	Consolidation	Duration Load, Mech. Complexity
tg_a015	Baden-Powell via Vincent Gap	Angeles NF, CA	SoCal	Regional	8.0	2800	Protocol 4	Consolidation	Altitude Load, Mechanical Complexity
tg_a016	Mt Islip via Crystal Lake	Angeles NF, CA	SoCal	Regional	7.2	2200	Protocol 4	Consolidation	Altitude Load (High), Climb Load
tg_a017	Mt Baldy via Ski Hut (out/back)	Mt San Antonio	SoCal	Regional	8.4	3900	Protocol 5	TrailGenic	Altitude Load, Technical Surface
tg_a018	Mt Baldy via Register Ridge	Mt San Antonio	SoCal	Regional	7.0	4700	Protocol 5	TrailGenic	Altitude Load, Climb Load (Very High)
tg_a019	Telegraph Peak via Thunder Mtn	San Gabriel Mts	SoCal	Regional	12.0	3500	Protocol 4	Consolidation	Altitude Load, Duration Load
tg_a020	Cucamonga Peak via Icehouse	San Gabriel Mts	SoCal	Regional	11.6	4400	Protocol 4	Consolidation	Altitude Load (High), Technical Surface

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tg_a021	Ontario Peak via Icehouse	San Gabriel Mts	SoCal	Regional	13.0	4200	Protocol 4	Consolidation	Altitude Load, Climb Load (High)
tg_a022	Devil's Chair (via Icehouse)	San Gabriel Mts	SoCal	Regional	8.6	2800	Protocol 4	Consolidation	Altitude Load (High), Exposure/Thermal
tg_a023	Tahquitz Peak via Devils Slide	Idyllwild, CA	SoCal	Regional	8.1	2400	Protocol 4	Consolidation	Altitude Load (High), Technical Surface
tg_a024	San Jacinto Peak via Marion Mtn	Idyllwild, CA	SoCal	Regional	11.4	4500	Protocol 5	TrailGenic	Altitude Load (Very High), Climb Load
tg_a025	San Gorgonio via Vivian Creek	San Bernardino	SoCal	Regional	17.3	5500	Protocol 5	TrailGenic	Altitude Load, Duration Load (Extreme)
tg_a026	Crystal Cove - Moro Canyon	Newport Coast	SoCal	Urban-Regional	8.5	1000	Protocol 2	Activation	Exposure/Thermal, Climb Load
tg_a027	Laguna Coast - Bommer Ridge	Irvine, CA	SoCal	Urban-Regional	9.0	900	Protocol 2	Activation	Exposure/Thermal, Duration Load
tg_a028	Torrey Pines Reserve - Loop	San Diego, CA	SoCal	Urban-Local	2.3	400	Protocol 1	Foundation	Exposure/Thermal, Climb Load
tg_a029	Iron Mountain - Poway	San Diego, CA	SoCal	Regional	5.8	1100	Protocol 2	Activation	Exposure/Thermal, Mech. Complexity
tg_a030	Potato Chip Rock (Mt Woodson)	San Diego, CA	SoCal	Regional	7.3	2100	Protocol 3	Adaptation	Climb Load (High), Exposure/Thermal
tg_a031	Sandstone Peak	Malibu, CA	SoCal	Regional	6.1	1600	Protocol 2	Activation	Exposure/Thermal, Climb Load
tg_a032	Mishe Mokwa - Backbone Loop	Malibu, CA	SoCal	Regional	5.5	1400	Protocol 2	Activation	Mechanical Complexity, Climb Load
tg_a033	Santa Anita Canyon - Sturtevant	Arcadia, CA	SoCal	Urban-Regional	9.4	2200	Protocol 3	Adaptation	Duration Load, Mech. Complexity
tg_a034	Santa Anita Canyon - Hermit	Arcadia, CA	SoCal	Urban-Regional	3.4	800	Protocol 2	Activation	Mechanical Complexity, Climb Load
tg_a035	Verdugo Mountains - Brand Park	Glendale, CA	SoCal	Urban-Regional	7.6	2200	Protocol 3	Adaptation	Climb Load (High), Exposure/Thermal
tg_a040	Mission Peak	Fremont, CA	Bay Area	Metro-Regional	6.0	2100	Protocol 3	Adaptation	Climb Load (High), Exposure/Thermal
tg_a041	Mt Diablo Summit Trail	Contra Costa, CA	Bay Area	Regional	13.0	3700	Protocol 4	Consolidation	Duration Load, Climb Load (Extreme)
tg_a042	Dipsea Trail (Classic Segment)	Marin County, CA	Bay Area	Regional	7.0	2200	Protocol 3	Adaptation	Mech. Complexity, Climb Load (High)
tg_a043	Mt Tamalpais - Steep Ravine	Marin County, CA	Bay Area	Regional	7.5	1800	Protocol 3	Adaptation	Mechanical Complexity, Duration Load
tg_a044	Alamere Falls Trail	Point Reyes, CA	Bay Area	Regional	13.0	1600	Protocol 2	Activation	Duration Load (Moderate), Complexity
tg_a046	Mount Si	North Bend, WA	Seattle	Regional	8.0	3200	Protocol 3	Adaptation	Climb Load (High), Mechanical Complexity
tg_a047	Mailbox Peak	North Bend, WA	Seattle	Regional	9.4	4000	Protocol 4	Consolidation	Climb Load (Very High), Duration Load
tg_a048	Tiger Mountain - West Tiger 3	Issaquah, WA	Seattle	Metro-Regional	5.0	2000	Protocol 3	Adaptation	Climb Load (High), Exposure/Thermal
tg_a049	Rattlesnake Ledge	North Bend, WA	Seattle	Metro-Regional	4.0	1160	Protocol 2	Activation	Climb Load (Moderate), Complexity
tg_a050	Forest Park - Wildwood Segment	Portland, OR	Portland	Metro-Regional	5.4	600	Protocol 2	Activation	Duration Load (Low), Mech. Complexity
tg_a051	Dog Mountain Trail	Columbia Gorge	Portland	Regional	6.0	2800	Protocol 4	Consolidation	Climb Load (High), Exposure/Thermal
tg_a052	Angel's Rest	Columbia Gorge	Portland	Regional	4.8	1500	Protocol 2	Activation	Climb Load (Moderate), Complexity
tg_a055	Chautauqua First/Second Flatiron	Boulder, CO	Denver-Boulder	Regional	2.7	1400	Protocol 3	Adaptation	Climb Load (High), Mech. Complexity
tg_a056	Royal Arch Trail	Boulder, CO	Denver-Boulder	Regional	3.4	1400	Protocol 3	Adaptation	Climb Load (High), Altitude Load

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tg_a057	Mt Falcon - Castle Trail Loop	Morrison, CO	Denver	Metro-Regional	7.0	1300	Protocol 2	Activation	Climb Load (Moderate), Altitude Load
tg_a058	Green Mountain (Lakewood)	Lakewood, CO	Denver	Metro-Local	4.5	900	Protocol 2	Activation	Climb Load (Moderate), Exposure/Thermal
tg_a059	Bear Peak (via Shadow Canyon)	Boulder, CO	Denver-Boulder	Regional	8.0	2800	Protocol 4	Consolidation	Climb Load (High), Technical Surface
tg_a060	Camelback Mountain - Echo Canyon	Phoenix, AZ	Phoenix	Metro-Local	2.4	1200	Protocol 3	Adaptation	Climb Load (High), Exposure/Thermal
tg_a061	Piestewa Peak Summit Trail	Phoenix, AZ	Phoenix	Metro-Local	2.1	1200	Protocol 3	Adaptation	Climb Load (High), Exposure/Thermal
tg_a062	South Mountain - National Seg.	Phoenix, AZ	Phoenix	Metro-Regional	6.0	1100	Protocol 3	Adaptation	Duration Load, Mech. Complexity
tg_a063	Tom's Thumb Trail	Scottsdale, AZ	Phoenix	Metro-Regional	4.0	1300	Protocol 2	Activation	Climb Load (Moderate), Exposure/Thermal
tg_a064	Turtlehead Peak	Las Vegas, NV	Las Vegas	Metro-Regional	5.0	2000	Protocol 3	Adaptation	Climb Load (High), Exposure/Thermal
tg_a065	Calico Tanks Trail	Las Vegas, NV	Las Vegas	Metro-Regional	2.5	450	Protocol 1	Foundation	Exposure/Thermal, Mech. Complexity
tg_a066	Mt Charleston - South Loop	Las Vegas, NV	Las Vegas	Regional	8.5	4000	Protocol 5	TrailGenic	Altitude Load (Very High), Climb Load
tg_a068	Breakneck Ridge	Hudson Valley, NY	NYC	Metro-Regional	3.0	1250	Protocol 3	Adaptation	Technical Surface, Climb Load
tg_a069	Bear Mountain Loop	Bear Mtn, NY	NYC	Metro-Regional	3.8	1200	Protocol 2	Activation	Climb Load (Moderate), Mech. Complexity
tg_a070	Central Park - Section A	Manhattan, NY	NYC	Urban-Local	4.5	200	Protocol 1	Foundation	Duration Load (Low), Mech. Complexity
tg_a071	Great Falls River Trail	McLean, VA	DC	Metro-Regional	4.8	300	Protocol 2	Activation	Mechanical Complexity, Exposure/Thermal
tg_a072	Blue Hills Skyline Trail	Milton, MA	Boston	Metro-Regional	15.0	3000	Protocol 4	Consolidation	Duration Load (High), Mech. Complexity
tg_a073	Mount Monadnock (White Dot)	Jaffrey, NH	Boston	Regional	4.2	1600	Protocol 4	Consolidation	Exposure/Thermal, Climb Load (High)
tg_a074	Mount Washington (Tuckerman)	Pinkham Notch, NH	Regional	Regional	7.4	4300	Protocol 5	TrailGenic	Exposure/Thermal, Climb Load (Extreme)
tg_a075	Stone Mountain Walk-Up	Atlanta, GA	Atlanta	Metro-Local	2.0	700	Protocol 1	Foundation	Climb Load (Low), Exposure/Thermal
tg_a076	Kennesaw Mountain Summit	Kennesaw, GA	Atlanta	Metro-Local	2.2	500	Protocol 2	Activation	Climb Load (Moderate), Exposure/Thermal
tg_a077	Palo Duro Canyon - Lighthouse	Amarillo, TX	Dallas-Regional	Regional	5.7	450	Protocol 2	Activation	Exposure/Thermal, Duration Load
tg_a078	Cedar Ridge Preserve	Dallas, TX	Dallas	Metro-Local	4.0	500	Protocol 1	Foundation	Duration Load (Low-Moderate)
tg_a079	Barton Creek Greenbelt	Austin, TX	Austin	Metro-Local	8.0	400	Protocol 1	Foundation	Mechanical Complexity, Duration Load
tg_a080	Mount Bonnell / Lake Austin	Austin, TX	Austin	Metro-Local	0.5	200	Protocol 1	Foundation	Climb Load (Low), Exposure/Thermal
tg_a081	Starved Rock State Park	Oglesby, IL	Chicago	Regional	4.0	300	Protocol 1	Foundation	Mechanical Complexity, Duration Load
tg_a082	Swallow Cliff Stairs	Palos Hills, IL	Chicago	Metro-Local	1.0	130	Protocol 1	Foundation	Climb Load (Low), Mech. Complexity
tg_a084	Mount Mansfield (Day Routes)	Vermont	Regional	Regional	7.0	2700	Protocol 4	Consolidation	Exposure/Thermal, Climb Load (High)
tg_a085	Hawk Mountain (Appalachian)	Kempton, PA	Philadelphia	Regional	5.0	1800	Protocol 2	Activation	Climb Load (High), Mech. Complexity
tg_a088	Cuyahoga Valley - Ledges Trail	Ohio	Cleveland	Metro-Regional	2.4	200	Protocol 1	Foundation	Mechanical Complexity
tg_a089	Camel's Back / Boise Foothills	Boise, ID	Boise	Metro-Local	4.0	450	Protocol 1	Foundation	Exposure/Thermal, Duration Load

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tg_a090	Mount Timpanogos (Day Hike)	Utah County, UT	Salt Lake City	Regional	14.5	4400	Protocol 5	TrailGenic	Altitude Load (Very High), Duration Load
tg_a095	Palos Verdes - Portuguese Bend	Los Angeles, CA	SoCal	Urban-Regional	5.2	1100	Protocol 1	Foundation	Exposure/Thermal, Duration Load
tg_a096	Griffith Park - Western Canyon	Los Angeles, CA	SoCal	Urban-Local	3.3	500	Protocol 1	Foundation	Duration Load (Low), Mech. Complexity
tg_a100	Manoa Falls Trail	Honolulu, HI	Honolulu	Urban-Local	1.6	800	Protocol 1	Foundation	Climb Load (Moderate), Exposure/Thermal