Grizzle Ocean Trail extends 5.6 miles from the Putnam Pond Campground Trailhead South to the Pharaoh Lake Loop Trail. The trail ascends 110 feet in the first 0.75 mile and then descends 135 feet in 0.25 mile. The trail rises and falls gently for 0.4 mile before ascending 190 feet in 1.5 miles to the high point of the trail between Grizzle Ocean Mountain and Thunderbolt Mountain. The trail descends 330 feet from the high point for 1.4 miles and then gently rises and falls until it reaches the shores of Pharaoh Lake. A day use fee is required to park a vehicle at the Putnam Pond Campground when the campground is open.

Grizzle Ocean Loop Trail leaves the Grizzle Ocean Trail approximately 1.8 miles from the Putnam Pond Trailhead and loops 1.1 miles around Grizzle Ocean before returning to the Grizzle Ocean Trail 0.3 mile west.