

## Dirty Duo 16 km Loop from Jaycee House

### Getting There

Take Lillooet Road north, park near 1251 Lillooet Road. (Watch for Inter River Park Drive on left. Can park down by soccer field.)

### Trailhead

- Start at Jaycee House.

### Sea to Sky Trail

- Down Inter River Park Dr on sidewalk, turn left at first road, turn right after lacrosse pitch through small parking lot, veer right.
- Path heads down on left to T-Junction near trestle bridge.
- Turn **RIGHT** to follow wide trail.
- Turn **LEFT** on Sea to Sky trail that follows creek.
- Up Sea to Sky trail to Baden-Powell post.

### Baden-Powell and Suspension Bridge Trails

- At post, turn left onto Baden-Powell.
- Down steep switchback.
- Keep right through marsh on Baden-Powell, go past Twin Falls turnoff and Suspension Bridge turnoff.
- Up rise, stay on main trail to arrive at LSCR gazebo.
- Take sidewalk on right side of gazebo, go through to main parking lot. Go through chute by construction.

### Homestead

- Turn **LEFT**, go through gate and head down Homestead.
- At bottom, turn right onto Fisherman's.

### Fisherman's to Bridle Path

- Cross bridge and follow Fisherman's to **second** post marker, Bridle Path.

### Bridle Path

- Go **LEFT** up Bridle Path switchback.
- At top, go **LEFT** to get to Hyannis Connector.
- Left up slight hill.
- Watch for post. Turn **RIGHT** at post. *Regroup*

### Bridle Path to Cardiac

- Continue on Bridle Path for about 1 km, cross a bridge and you come to the intersection of Baden-Powell and Bridle Path (photo).

**Refuel every 45 min with your water:** gels, bars, Fig Newtons, potatoes, Fruit Source, Sharkies (really important). Carbs: 0.5 g per pound body weight per hour.



### Intersection of Baden-Powell and Bridle Path

- Turn **left** to cross the rock.
- At T-junction, turn right to continue on Bridle Path heading toward Mt Seymour Rd.
- Watch for left turn at a marked junction.
- After a gradual climb, you come to a **large burned out stump** on your right and a stream straight ahead. Do **NOT** cross stream. Look for Cardiac Bypass trail on your immediate left (near post). *Regroup*

### Cardiac Bypass to Bridle

- Turn left onto Cardiac (find old wooden sign on a tree).
- You quickly return to Bridle Path.

### Bridle Path to Baden-Powell

- Turn **RIGHT** onto Bridle.
- At intersection of Baden-Powell (Seymour Grind) and post, turn **LEFT**.
- Cross big rock. Go straight on Baden-Powell.
- At Hyannis Drive, cross road. *Regroup*
- Continue on Baden-Powell.
- At Fisherman's, keep left to come to Riverside junction.
- Continue on B-P, cross bridge. (View of canyon!)
- Climb stairs and arrive at flat section.
- Cross Lillooet Road. Continue on B-P.

### Diamond Trail

- Watch for first **LEFT** turn! (If you arrive at a post marker, you have gone too far.) Follow diamond markers.
- At T-junction near Lillooet Road, turn **RIGHT**.
- At Lillooet Road, turn right, go through cemetery.
- Take path back to Jaycee House. *Stretch, do drills!!!!*

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