

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!!!!*

Sponsors

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 Moveo Sport and Rehab #101-135 East 15th St North Vancouver, 604-984-8731 <http://moveo.ca/>
 Accelerade Protein-enhanced sports drink www.accelerade.com/
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