

## Grouse to LSCR (gazebo) 12 km

### Getting There

Take Lillooet Road north past Capilano College into **Lower Seymour Conservation Reserve (LSCR)** to far end of road, park in lot on right. Carpool to the top of Capilano Road. (Tip: from LSCR, go back down Lillooet Road to lights at Mt Seymour Pkwy (Holiday Inn on right), turn right to veer onto Hwy #1, follow to Capilano Road, turn right. Follow to top of road, park in a parking lot at the base of Grouse Mtn on right side.

### Trailhead

- Grouse Mtn gravel parking lot, at end furthest away from the Grind entrance.

### Skyline

- The Skyline trail climbs gradually for two miles, skirting the base of Grouse. Continue up the paved switchback for approx. 600 m until the road gives way to trail again (on your **right**).

### Baden-Powell to Mountain Highway

- Find the B-P marker on the right. Trail drops very steeply.
- It is 0.34 km to Mosquito Creek.

### Mosquito Creek

- Cross the footbridge at Mosquito Creek.
- Turn **left** just over the bridge. *Regroup*
- Follow B-P markers.

### Bench (St. Georges Trail) and Viewpoint

- At the bench, check the view of Burrard Inlet.
- Watch for marker indicating **left** fork. *Regroup*
- Start descent to Mountain Hwy.
- Cross steel and wooden footbridge.

### Tip -Eat Before and After!!

Have breakfast (easily digested foods) before a Saturday run. This will give you "fuel" for about an hour. After that, start refuelling with high-carb foods like gels on your run.

After the run, eat foods rich in carbs and protein.

Carbohydrates=energy.

Protein=recovery.

Accelerade provides carbs and protein.

### Mountain Highway to Lynn Headwaters

- Follow hikers marker. Come out on gravel road at the top of Mountain Highway. *Regroup*
- Cross road and follow B-P marker toward Lynn Valley Road.
- Trail leads to stairs (get your core to do the work on stairs).
- Come out on Lynn Valley Road less than 0.5 km from main parking lot. Turn **left** to go to Lynn Headwaters bridge (just past picnic area). (Washrooms before bridge.)

### Lynn Headwaters

- Cross Lynn Headwaters bridge, regroup at hiker sign-in and park map. *Regroup*
- Turn right and take Lynn Headwaters Connector trail leading to LSCR and gazebo (Lynn Creek is on your right).

### Rice Lake

- Take first left turn into Rice Lake at gate.
- Follow Rice Lake trail fully around the lake and come back out at Headwaters Connector T-junction.
- Turn left to get back to gazebo.

### LSCR

- You come out at Learning Lodge, keep right to reach gazebo. Washrooms.  
*Note: Gazebo is about half way in Iron Knee race.*
- Walk back to parking lot.
- Stretch.

### Carry Water!

**Every 2% loss in hydration leads to 10% loss in performance.**

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