

Route Descriptions for The Phantom Run November 17, 2007

Start/Finish

Lower Seymour Conservation Reserve near Learning Lodge

12 km Route

1. Short jog toward Rice Lake, turn into first gate, turn left at first trail, turn left again to get back out at second gate. Left to return in front of Learning Lodge.
2. Suspension Bridge trail to Baden-Powell trail to Lillooet Road, cross Lillooet Road, follow B-P on other side to Riverside, **Aid Station**.
3. **Fisherman's to Bridle Path, up switchback, continue to Powerline**, then left over Mystery Creek bridge, right into bottom of Ned's Atomic Dust Bin (over some planks). Come to T-junction at Ned's (ramps on your right). Go left to follow Ned's. Arrive at T-junction for Bottle Top. Right onto Bottle Top.
4. First left up Bottle Top. At top at fork, keep right where huge log is close to new marked post. Go straight to follow Bottle Top. Curves downhill (some gravelly sections) and you come out at Fisherman's Trail.
5. Turn right onto Fisherman's trail, cross Twin Bridge, keep right on Fisherman's to Homestead gate (marked with post). Through gate and straight on Fisherman's.
6. About 1 km along, find Circuit 8 trail on left (ribbon on tree). Climb Circuit 8. At fork, turn right, go around loop, take next left. You return to top of Circuit 8. Turn right. Stay on main trail, pass by John Thompson trail. You come out on old road (watch for trucks). Cross road, continue on same trail on opposite side. You next come out on new road at post marked with Circuit 8 sign.
7. Turn left onto road, follow road for about 1 km and arrive back at Learning Lodge. **Aid station**.

19 km Route (12 km plus short Lynn Loop)

1. Short jog toward Rice Lake, turn into first gate, turn left at first trail, turn left again to get back out at second gate. Left to return in front of Learning Lodge.
2. Suspension Bridge trail to Baden-Powell trail to Lillooet Road, cross Lillooet Road, follow B-P on other side to Riverside, **Aid Station**.
3. **Fisherman's to Bridle Path, up switchback, continue to Powerline**, then left over Mystery Creek bridge, right into bottom of Ned's Atomic Dust Bin (over some planks). Come to T-junction at Ned's (ramps on your right). Go left to follow Ned's. Arrive at T-junction for Bottle Top. Right onto Bottle Top.
4. First left up Bottle Top. At top at fork, keep right where huge log is close to new marked post. Go straight to follow Bottle Top. Curves downhill (some gravelly sections) and you come out at Fisherman's Trail.
5. Turn right onto Fisherman's trail, cross Twin Bridge, keep right on Fisherman's to Homestead gate (marked with post). Through gate and straight on Fisherman's.
6. About 1 km along, find Circuit 8 trail on left (ribbon on tree). Climb Circuit 8. At fork, turn right, go around loop, take next left. You return to top of Circuit 8. Turn right. Stay on main trail, pass by John Thompson trail. You come out on old road (watch for trucks). Cross road, continue on same trail on opposite side. You next come out on new road at post parked with Circuit 8 sign.
7. Turn left onto road, follow road for about 1 km and arrive back at Learning Lodge. **Aid station**.
8. Head to gazebo, go down to Varley Trail, follow to Lynn Headwaters, go right, cross bridge. Aid stn.
9. Go straight onto Lynn Loop Trail. About 1.7 km along at marked post, turn right to go up Lynn Loop switchback.
10. At top, turn right and follow Lynn Loop Trail back down to Headwaters Connector.
11. Turn left on Headwaters Connector toward gazebo.
12. Go straight and you arrive back at finish in front of Learning Lodge.

24 km Route (12 km plus Headwaters Trail)

1. Short jog toward Rice Lake, turn into first gate, turn left at first trail, turn left again to get back out at second gate. Left to return in front of Learning Lodge.
2. Suspension Bridge trail to Baden-Powell trail to Lillooet Road, cross Lillooet Road, follow B-P on other side to Riverside, **Aid Station**.
3. **Fisherman's to Bridle Path, up switchback, continue to Powerline**, then left over Mystery Creek bridge, right into bottom of Ned's Atomic Dust Bin (over some planks). Come to T-junction at Ned's (ramps on your right). Go left to follow Ned's. Arrive at T-junction for Bottle Top. Right onto Bottle Top.

4. First left up Bottle Top. At top at fork, keep right where huge log is close to new marked post. Go straight to follow Bottle Top. Curves downhill (some gravelly sections) and you come out at Fisherman's Trail.
5. Turn right onto Fisherman's trail, cross Twin Bridge, keep right on Fisherman's to Homestead gate (marked with post). Through gate and straight on Fisherman's.
6. About 1 km along, find Circuit 8 trail on left (ribbon on tree). Climb Circuit 8. At fork, turn right, go around loop, take next left. You return to top of Circuit 8. Turn right. Stay on main trail, pass by John Thompson trail. You come out on old road (watch for trucks). Cross road, continue on same trail on opposite side. You next come out on new road at post parked with Circuit 8 sign.
7. Turn left onto road, follow road for about 1 km and arrive back at Learning Lodge. **Aid station.**
8. Head to gazebo, go down to Varley Trail, follow to Lynn Headwaters, go right, cross bridge. Aid stn.
9. Go straight onto Lynn Loop Trail.
10. Keep straight onto Cedars Mill Trail. Come to Third Debris Chute (wide opening with large cylinder and trails on the right).
11. Go right to find **marked** posts. Turn **RIGHT** toward Lynn Loop onto Headwaters Trail (do not go left to Norvan Falls). Stay on Headwaters Trail and you eventually veer left onto Lynn Loop Trail (marked).
12. Follow Lynn Loop Trail down to Headwaters Connector.
13. Turn **left** on Headwaters Connector toward gazebo.
14. Go straight and you arrive back at finish in front of Learning Lodge.

Walkers Route (Fundraising) 3 to 6 km

1. From Learning Lodge area, head out on road toward dam.
2. Go to 1.5 or 3 km mark and turn around, return to finish.