

Iron Knee Race Route for 2015

Start

North Vancouver's Cleveland Park just north of Cleveland Dam on the right side of Capilano Road.

Cleveland Park to Grouse

- Loop around Cleveland Park. Head north on Nancy Greene Way staying off the road.
- Just past the Grouse Mountain sign, take first **RIGHT** and follow the gravel maintenance road towards the Skyline/Powerline trailhead and gate.

Skyline

- On Powerline Trail, continue towards Skyline Drive, stay on pavement through the S-curve, then keep right.
- Go straight about 100 m to Baden-Powell Trail.

Baden-Powell (B-P) Trail

- Turn **RIGHT** onto B-P and head down toward Mosquito Creek. Cross the bridge (**Aid station**).
- Take first **LEFT** (water tower is on your right).
- **You reach bench (St. Georges Trail) and viewpoint. Watch for flagging indicating LEFT fork.**
- Start descent to Mountain Hwy.
- Cross steel and wooden footbridge.
- Follow **hikers** marker. Come out on gravel road at the top of Mountain Highway. (**Aid station**)
- Cross road and follow B-P marker toward Lynn Valley Road. Trail leads to stairs.
- Come out on Lynn Valley Road less than 0.5 km from main parking lot. Turn **LEFT** to go to Lynn Headwaters bridge (washrooms in picnic area).

Lynn Headwaters Connector to Gazebo

- Cross Lynn Headwaters bridge.
- Turn **RIGHT** to take Lynn Headwaters Connector trail about 1.6 km to gazebo. (**Aid station**)

Suspension Bridge Trail to Lillooet Road

- Head into Suspension Bridge Trail.
- Take left fork at Y-junction to get to Lillooet Road.

Lillooet Road Berm

- Cross Lillooet Road.
- Turn **RIGHT** onto the berm and follow it 900 m to turnoff to Richard Juryn Trail at post.

Richard Juryn Trail (West).

- Ascend RJ to post and turn **RIGHT**. Keep right at rock face.

- Follow RJ down to Baden-Powell.

Baden-Powell

- Turn **LEFT** onto Baden-Powell and follow it down to Riverside junction.

Fisherman's Trail

- Veer **LEFT** and follow Fisherman's to Mystery Creek post.

Mystery Creek Switchback

- Turn **RIGHT** and head up to Powerline.

Powerline to Mushroom

- Turn **RIGHT** along Powerline.
- Cross the Mystery Creek Bridge, go straight up.
- High point is at **Historic Mushroom Parking Lot Trail** intersection (marked). (**Aid station**)

Mushroom

- At the Powerline **POST**, turn **RIGHT** to continue on Mushroom and it merges with Baden-Powell.

Baden-Powell

- Keep straight toward Old Buck.
- At the intersection of Old Buck, turn **LEFT** and then almost immediately **RIGHT** to get back onto Baden-Powell. (Do NOT go down Old Buck.)
- Cross Mount Seymour Road and enter the trail on the other side. (Washroom here on the right.)
- Start gradual descent with some uphill sections.
- You come out on Indian River Road; **cross the road** and find **new** B-P trail on the right side of road, turn left onto trail.
- About 500 m later, you reach junction marked as 2.6 km to Deep Cove. (**Aid station**)

This next section of the trail is busy. Please respect all trail users and share the trail in a friendly way (chat with hikers).

- Follow the B-P markers. Some steep ascents and descents and bridges.
- Come out between two houses on Panorama Drive (2501 Panorama Drive).
- Turn **RIGHT** and cross road.
- Turn **LEFT** down paved path to picnic area near the water.

Soak your legs in the ocean.