

LSCR, Lynn Canyon, Seymour River 12 km Loop (The Phantom Run)

Getting There

Take Lillooet Road north past Capilano University and cemetery up into the park. At end of 3 km road, find parking lot marked as Public Parking on your right. Or you can park at Lynn Headwaters and walk over.

Trailhead

- Find the Learning Lodge to the right of the gazebo.

Rice Lake

- Start along Headwaters Connector toward Rice Lake.
- Take first gate into Rice Lake, follow trail to first left turn. Turn left, and take next left again to exit at second gate.
- Turn left to go back to Learning Lodge, pass gazebo.

Suspension Bridge to Pipeline Bridge

- Head into Suspension Bridge Trail (post).
- Take second right turn toward Suspension Bridge. At bottom, keep straight toward Twin Falls. You are now on Baden-Powell.
- Follow boardwalk that runs through marsh. Power hike to fork at the top of the climb, turn **LEFT** to stay on B-P. **Marker** indicates 0.5 km to Lillooet Road.
- Cross Lillooet Road and go left a few meters and find the Baden-Powell trail across the road. *Regroup*
- Stay **straight** on Baden-Powell (cross service road) and cross Pipeline Bridge, go down steep stairs.

Riverside Drive

- Continue on B-P till you come to a 3-way junction at Riverside Drive.
- Go left through the gate.
- At the marked junction, turn **left** to follow Fisherman's Trail.

Bridle Path to Powerline

- Follow Fisherman's to Bridle Path. Go up switchback. Keep left at top.
- Stay on Bridle Path to fork at Hyannis Connector, take left up short rise.
- Straight to Powerline.

Powerline to Bottle Top

- Turn **LEFT** onto Powerline, cross the bridge and find **FIRST** trail immediately on your **RIGHT**.
- Go left and follow to Ned's Atomic Dust Bin intersection (when you get there, you can see bike ramps on your right).
- Turn **LEFT** to stay on Ned's as it curves right and follow it to **T-junction** at Bottle Top. *Regroup*
- Turn **RIGHT** on Bottle Top.
- **WATCH FOR FIRST LEFT**. Take first left to continue on Bottle Top.
- **At fork with really big log and Nuggies marker, keep right.** *Regroup*
- Follow Bottle Top spectacular trail till you come out at Fisherman's Trail at Seymour River. (You will be able to hear the river as it gets closer.) Be careful on **rocky** sections.

Fisherman's to Homestead

- Turn right on Fisherman's Trail, and cross Twin Bridge.
- Turn right after the bridge and stay on Fisherman's until you reach the **gate** at Homestead. *Regroup*

Homestead to Learning Lodge

- Power hike up Homestead.
- At the gate, cross Twin Bridges Trail.
- Go through the parking lot and find the zero km marker beside the gazebo.
- Turn right onto the road for a few meters then turn left to go in front of the Learning Lodge.
- The finish line will be in front of the Learning Lodge.

Sponsors

North Shore Athletics 1200 Lonsdale Avenue, North Vancouver. 604-990-6888 www.northshoreathletics.com

Moveo Sport and Rehab #101-135 East 15th St North Vancouver, 604-984-8731 <http://moveo.ca/>

Drymax socks <http://www.drymaxsocks.com/index.php>