



The Phantom Run – 19.5 km and 22 km Route

(Revised October 30, 2023)

Note: The 19.5 km and 22 km routes follow the 12 km course for the “1st loop” and then continue onto the “2nd loop”.

Start/Finish

Lower Seymour Conservation Reserve: take Lillooet Road north 3 km past Capilano University. Park in Lynn Canyon Park parking lot on left across from the filtration plant.

Baden-Powell

- Head south on Suspension Bridge Trail.
- Stay on trail heading downhill to Suspension Bridge.
- Keep straight at Suspension Bridge (now on Baden-Powell) and keep left at Twin Falls bridge.
- Go through marsh and up the long set of stairs.
- At top of stairs, turn LEFT to stay on Baden-Powell.
- Cross Lillooet Rd and stay straight on Baden-Powell down the hill to Fisherman’s Trail.

Fisherman’s and Bridle Path

- After crossing foot bridge, turn LEFT onto Fisherman’s Trail.
- Take second RIGHT onto Bridle Path and begin climb.
- Keep left on trail (turns into Hyannis) all the way to Powerline.

To Bottle Top

- Turn LEFT at Powerline and cross Mystery Creek bridge.
- Take first RIGHT heading towards Ned’s Atomic Dustbin.
- Stay STRAIGHT at intersection (now on Greenland).
- Trail curves then dips into a gully. Cross gully and follow trail up short hill.
- At top, turn RIGHT onto Bottle Top.
- Follow Bottle Top down to Fisherman’s Trail.

Fisherman’s and Homestead

- Turn RIGHT onto Fisherman’s and cross the new Twin Bridge.
- Keep right after bridge onto Fisherman’s beside Seymour River.
- At next T-junction, turn LEFT and climb up Homestead.

To Finish Location

- At top of climb, turn LEFT onto Twin Bridges Trail.
- Turn RIGHT on the next trail leading to the filtration ponds. Veer left at first junction (building on your right).
- At large pond, veer right and **circle around** pond to Lillooet Rd.
- Cross Lillooet Rd and keep right to follow trail to the next junction.
- Keep right and look for parking lot on your right which is where you started out.

Loop 2

Suspension Bridge Trail to Varley

- From start area, follow Suspension Bridge Trail to junction near gazebo.
- Turn LEFT and head down to Pipeline Bridge.
- Cross Pipeline Bridge, turn RIGHT and follow Rice Lake Road to Varley trailhead.
- Continue along Varley to the end of trail.

Lower Lynn Loop

- At T-junction with Lynn Valley Rd, turn RIGHT. (Watch for cars in the parking lot.)
- Continue through Lynn Headwaters Park and across the bridge.
- Veer LEFT onto the Lower Lynn Loop Trail.
- Turn RIGHT at junction with Lynn Loop Connector (Aid Station).
- Climb connector. **(19.5 km route in race)**

Upper Lynn Loop

- Turn RIGHT at top onto Upper Lynn Loop.
- Keep right on Upper Lynn Loop Trail.

Lynn Headwaters Connector

- At T-junction, turn LEFT onto Lynn Headwaters Connector to head toward gazebo.

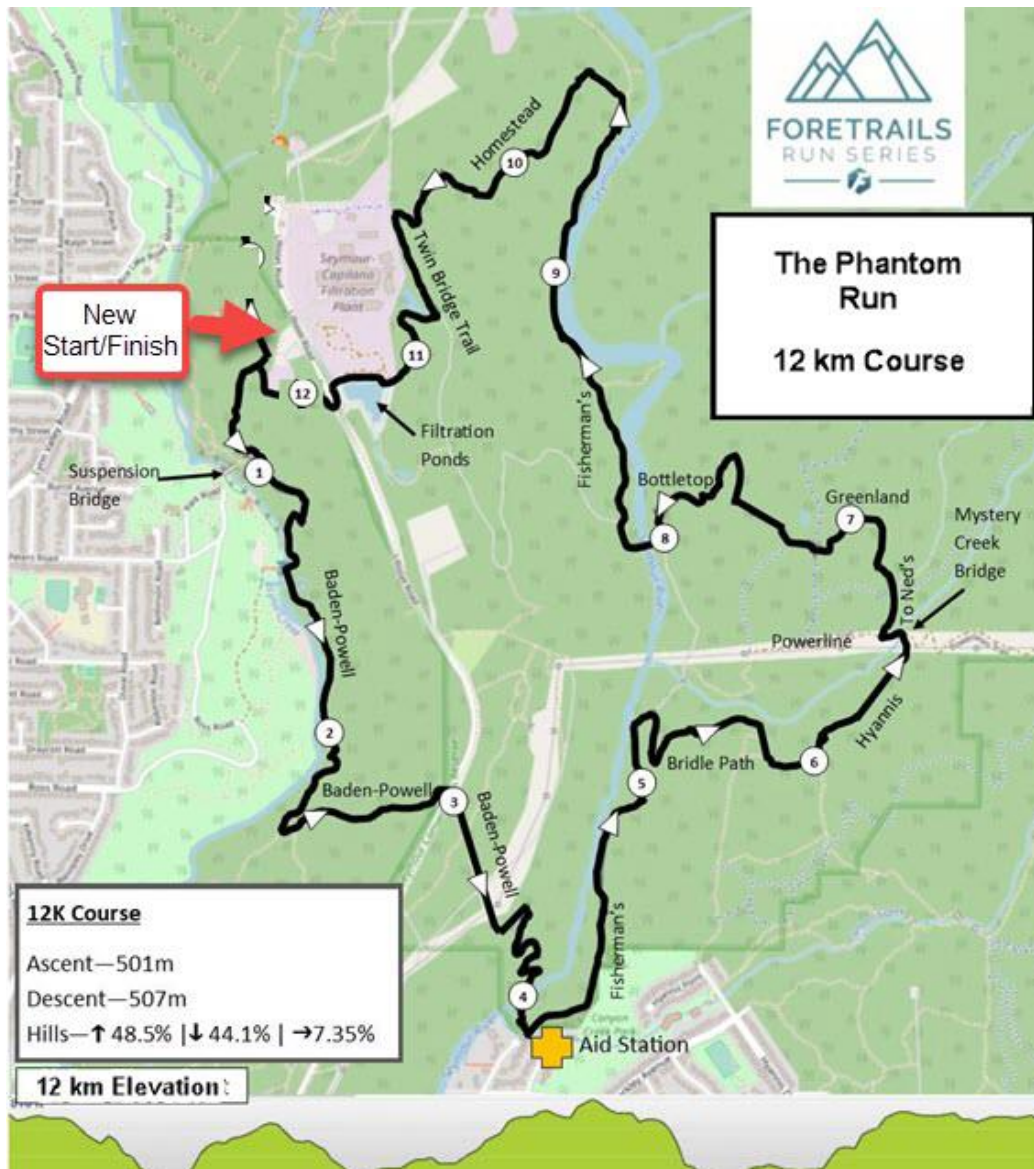
Suspension Bridge Trail

- Pass by gazebo.
- Keep straight onto Suspension Bridge Trail.
- Watch for left to start/finish area.
- STRETCH
- See last page for add on.



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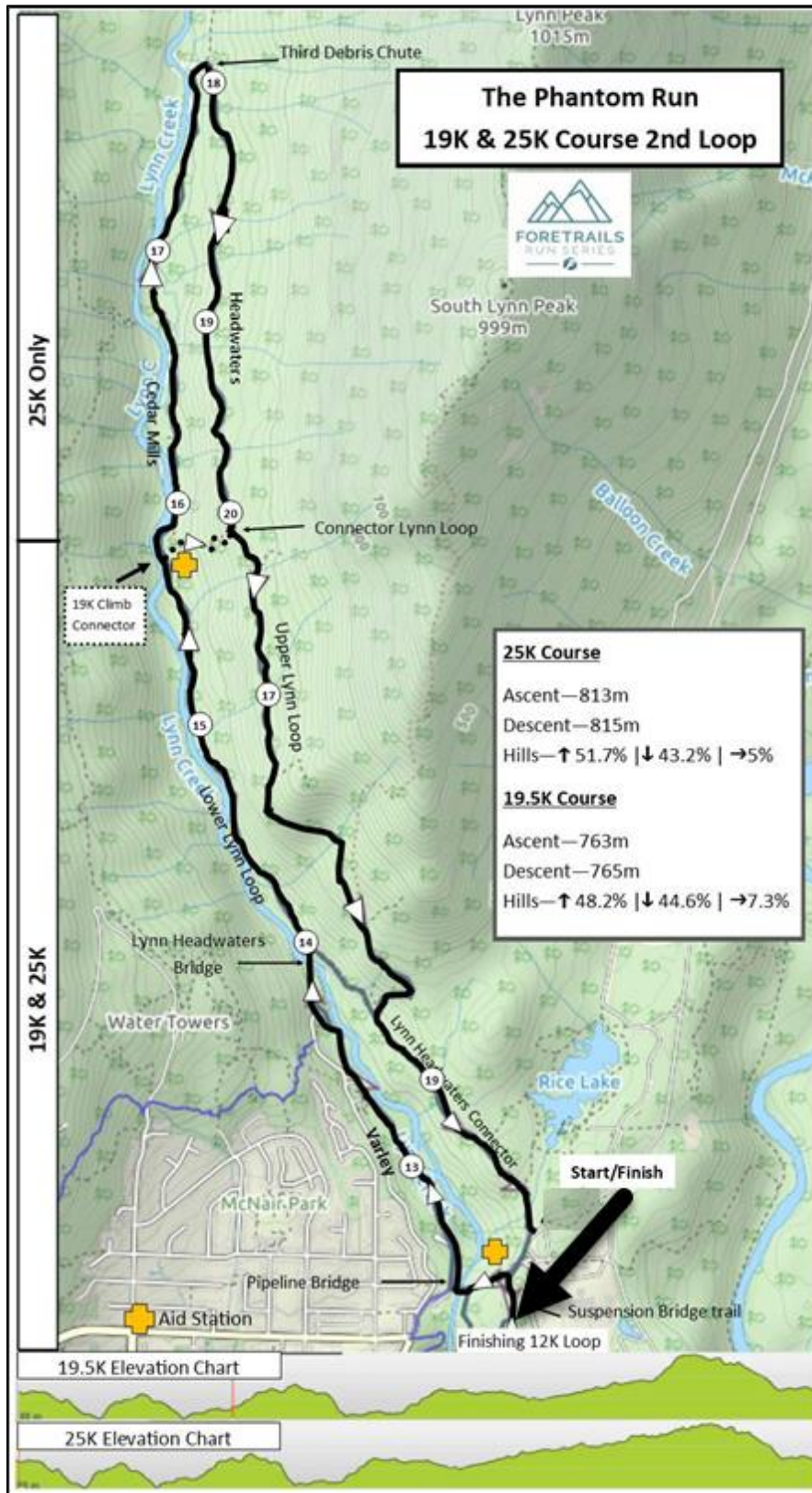
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See next page for 2nd Loop map.

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Orientation Add On

Loop 3

- From the start/finish, head back along Suspension Bridge Trail and do a loop around Rice Lake.
- Return to start area.
- STRETCH.