

The Phantom Run – 9 km and 12 km Routes

(Revised: October 30, 2023)

Start/Finish

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

9 km Route

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

- After crossing foot bridge, turn LEFT onto Fisherman's Trail.
- Keep **straight** on Fisherman's and cross the new Twin Bridge.
- Keep right after bridge following Fisherman's beside the Seymour River.

Homestead

- At next T-junction, turn LEFT and begin climb up Homestead.

Twin Bridges to Lillooet Road

- 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.
- STRETCH



12 km Route

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

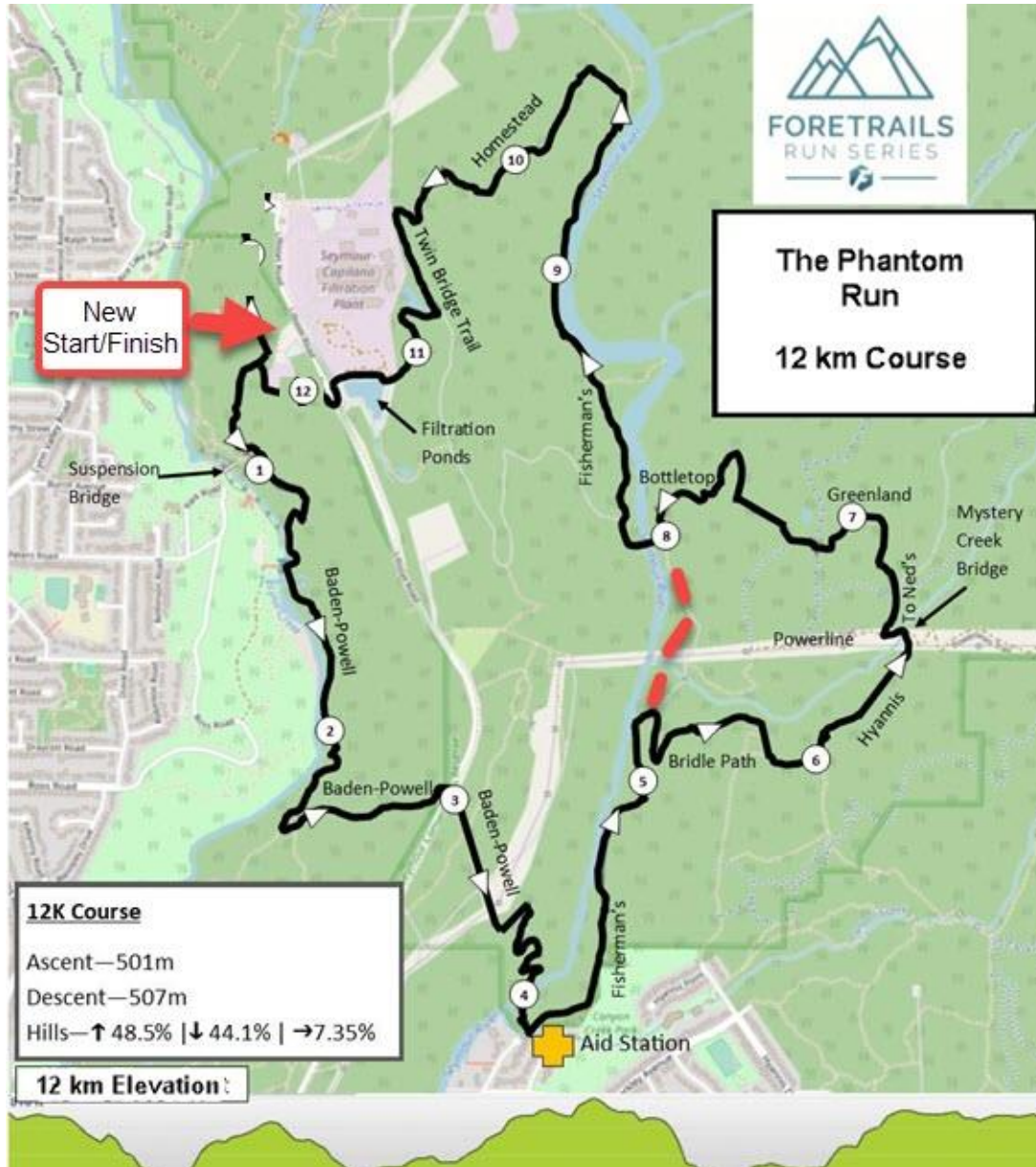
- Turn LEFT at Powerline and cross Mystery Creek bridge.
- Take first RIGHT heading towards Ned's Atomic Dustbin.
- Stay STRAIGHT at intersection (now on Greenland).
- Trail curves then dips into a gully. Cross gully and follow trail up short hill.
- At top, turn RIGHT onto Bottle Top.
- Follow Bottle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

To Finish

- 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.
- STRETCH



Fisherman's Trail Section

9 km route follows red dotted line for clinic run.

12 km route turns up Bridle Path following usual race route.