FORETRAILS RUN SERIES

11 km from Lynn Headwaters Park Varley, Rice Lake, Richard Juryn, 30 Foot Pool

Getting to the Trailhead

Take the Lynn Valley Road exit from the Upper Levels Highway. Follow Lynn Valley Road north to the top and continue into Lynn Headwaters Regional Park. Park in overflow lot closest to small lot at end of road.

Trailhead

• Find Varley Trail from the parking lot by going down the stairs.

Varley Trail

- Turn LEFT and follow Varley Trail.
- Trail ends at Lynn Valley Road.
- Turn RIGHT and cross parking lot (watch for cars).
- Cross bridge.

Lynn Headwaters Connector

- Turn RIGHT onto Lynn Headwaters Connector.
- Watch for FIRST left turn towards Rice Lake.
 REGROUP
- Turn LEFT towards Rice Lake.

Rice Lake to Seymour Valley Trailway

- Loop part way around Rice Lake (keep lake on your right).
- Watch for a left turnoff to Seymour Valley Trailway.





Geocache Diversion

- Go a few metres up, cross the road into the Rice Creek picnic area.
- Look for a bench with a boulder behind it and a plastic container.



Ref: Wk10L 11K from Lynn Headwaters.docx

- How to trade: your leader writes down your trail quiz question in the envelope provided, adds your names and puts the envelope in the container. Your leader then takes out a single quiz paper from the container (no envelope).
- Your challenge is to come up with answers to the quiz you have pulled out before you return to the parking lot.

Rice Lake Continued

- Get back and follow Rice Lake Trail.
- When you come to a gate and T-junction, turn LEFT and head to the Gazebo.
 REGROUP

Suspension Bridge Trail

- Head onto the Suspension Bridge Trail.
- Stay on trail until left turn marked "To Lillooet Rd" (just past parking lot).
- Turn LEFT and cross Lillooet Road.

Berm

- Turn RIGHT onto the Berm.
- Just after the yellow gate, turn LEFT at the post indicating Camp Brick Bypass (photo).
 REGROUP



Richard Juryn East

- Head uphill. At first T-junction, turn LEFT and head downhill.
- At bottom of hill turn RIGHT.
- Keep left on trail, which turns to the right onto a wide gravel path (Richard Juryn East).

Baden-Powell

- At FIRST intersection turn RIGHT onto Baden-Powell.
- Cross Lillooet Road (watch for cars).
- Continue along Baden-Powell until you come to the post at the top of the stairs.
 REGROUP
- Turn RIGHT and head down the stairs (you are still on Baden-Powell).
- Follow trail through marsh and past Twin Falls (stay right, do NOT cross bridge).

Suspension Bridge

- At next junction, turn LEFT toward Suspension Bridge.
- Turn RIGHT before bridge and head down boardwalk.
- At T-junction keep RIGHT towards 30 Foot Pool.

30 Foot Pool REGROUP

- TAKE PHOTO at 30 Foot Pool.
- Climb stairs and keep LEFT AT TOP heading along the fence (on your left).
- At T-junction, turn LEFT and cross Pipeline Bridge.

Varley

- Turn RIGHT after bridge and follow Marion Rd to the Varley Trailhead.
- Head onto Varley Trail.
- Follow trail back to stairs to the parking lot (will be the second set of stairs).
- Climb stairs.

STRETCH

