

#### **Getting to the Trailhead**

Take Lillooet Road north all the way into the park to Lower Seymour Conservation Reserve (LSCR). Turn LEFT just before the filtration plant, marked as Lynn Canyon Park parking lot (about 3 km from Capilano University). Gather behind the kiosk on the grass.

#### **Trailhead**

- Start at Suspension Bridge Trail (at parking lot).

#### **To Varley**

- Turn right onto Suspension Bridge Trail and at the junction (before gazebo), turn LEFT down the gravel path.
- Cross Pipeline Footbridge.
- Turn RIGHT onto Marion Rd towards Varley trailhead. (Varley painted in a cabin here.)
- Head straight onto Varley Trail.
- Follow Varley to the end of the trail.

**REGROUP**

#### **Baden-Powell**

- Turn LEFT onto Lynn Valley Road (watch for cars) and head down road towards Baden-Powell trailhead (on right side of road).
- Turn RIGHT onto Baden-Powell trail.
- Follow B-P for *approximately* 3.5 km.

#### **St. George's Trail**

- At intersection with St. George's...  
**REGROUP**
- Turn RIGHT onto St. George's trail.
- Ascend to T-junction with Mountain Highway.

#### **Mountain Highway**

- Turn RIGHT and descend.
- Watch for third trail on your left.

**REGROUP**

#### **Leopard, Crinkum Crankum and Kirkford**

- Turn LEFT onto Leopard.
- Keep right.
- Stay straight at intersection with path/road and you are now on Crinkum Crankum.
- Keep LEFT from Crinkum Crankum onto Kirkford (do not turn right onto connector).

#### **Cedar Tree Trail**

- At T-junction, turn RIGHT onto Cedar Tree Trail.
- At next junction, keep LEFT onto Upper Griffins.

#### **Upper and Lower Griffins**

- At each trail junction along Griffins **stay LEFT** and you will end up on Lower Griffins.
- At T-junction with Baden-Powell...  
**REGROUP**
- Turn LEFT heading east to Lynn Valley Rd.

#### **Lynn Valley Road and Lynn Headwaters Connector**

- Turn LEFT onto road (watch for cars) and head towards Lynn Headwaters Bridge.
- Cross bridge.
- Turn RIGHT onto Lynn Headwaters Connector.
- Watch for second left turn to Rice Lake.

**REGROUP**

#### **Rice Lake**

- Turn LEFT towards Rice Lake.
- Keep left and follow trail around the lake (lake will be on your right).
- At T-junction, turn LEFT towards Lynn Headwaters Connector.
- At next T-junction, turn LEFT towards Gazebo.

#### **Gazebo**

- Head towards the Gazebo.
- Head into Suspension Bridge Trail.

#### **Suspension Bridge Trail**

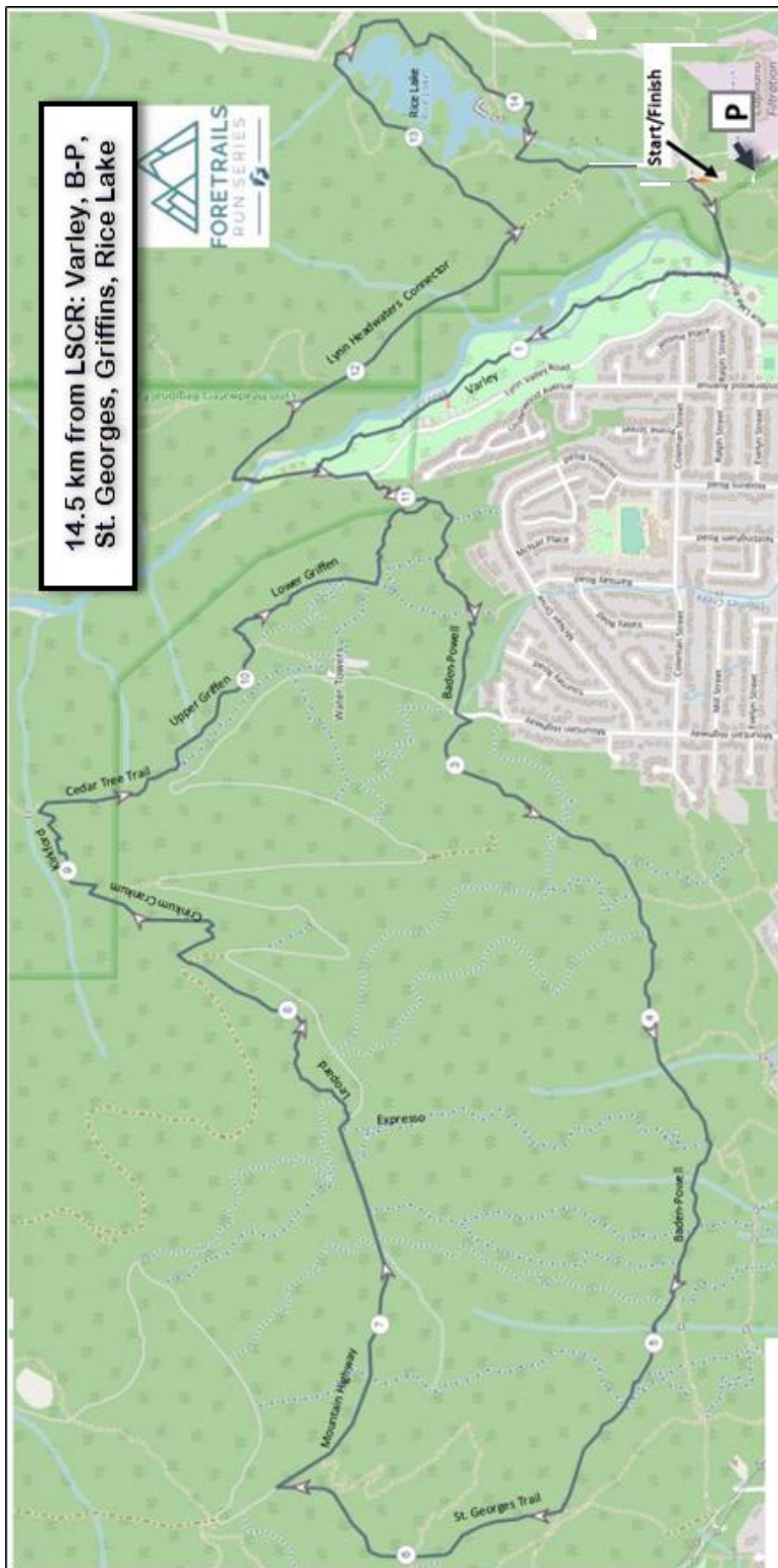
- Follow Suspension Bridge Trail to left turn at parking lot.

**14.5 km FINISHED – STRETCH**

**24 km CONTINUE Next Route over.**



*Stormy Weather  
Georgian Bay II*  
painting by  
FH Varley



#### **Trailhead**

- Start at Suspension Bridge Trail.

#### **Suspension Bridge Trail**

- Turn left onto Suspension Bridge Trail.
- Stay RIGHT and head downhill.
- Keep straight and pass the turnoff to Suspension Bridge (on your right).

#### **Baden-Powell**

- Turn LEFT at Twin Falls (do not cross bridge).
- Follow trail through the marsh and up the stairs.
- At top of stairs, at post, turn RIGHT onto Sea to Sky Trail.

#### **REGROUP**

#### **Sea to Sky and Connector**

- Follow Sea to Sky Trail, heading down a short, steep hill.
- Follow trail watching for the connector trail on your left (can be hard to spot trail as it is a fairly open area). If you reach a gravel service road you have gone too far.
- Turn LEFT and ascend connector trail, keep right.
- Keep RIGHT at all trail junctions until you come to the Diamond Trail (just before Lillooet Rd).

#### **REGROUP**

#### **Diamond Trail and Powerline Service Road**

- Turn LEFT onto Diamond Trail.
- Take first RIGHT toward Lillooet Rd.
- Cross Lillooet Rd and head right onto the Powerline Service Road.

#### **Richard Juryn**

- At intersection with Baden-Powell Trail, turn LEFT.
- #### **REGROUP**
- Take first RIGHT onto Richard Juryn Trail.
  - Keep left on trail.
  - Take first LEFT onto connector towards berm.

#### **Berm and Filtration Ponds**

- Turn RIGHT onto berm.
- Follow berm to filtration ponds on your right.
- Head all the way around the ponds (keep ponds to your right).
- Stay on trail until T-junction.
- At T-junction turn LEFT onto Twin Bridges Trail.

#### **REGROUP**

#### **Twin Bridges Trail**

- Continue to top of Twin Bridges Trail.
- Veer LEFT and follow path to the Gazebo.

#### **Gazebo**

- Head onto Suspension Bridge Trail.

#### **Suspension Bridge Trail**

- Follow Suspension Bridge Trail to the parking lot exit.

### **24 km FINISHED – STRETCH**



