

Getting There

Take Lillooet Road North, just past Capilano University, turn left down Inter River Park Drive. At the bottom, **veer RIGHT and park by the sports fields**. The start is near the bathrooms and the BMX track area.

Trailhead

- Inter River Park by BMX track.

Sea to Sky Trail

- Head north on pathway.
- Turn LEFT at T-junction and continue along path down to gravel service road.
- Turn RIGHT onto service road to dog walk area and then continue north along Sea to Sky Trail.

Baden-Powell

- At Baden-Powell post...

REGROUP

- Turn LEFT down the stairs.
- Go through marsh on Baden-Powell.
- At Twin Falls bridge, keep RIGHT (do not cross bridge).
- At Suspension Bridge trail turnoff, turn LEFT toward bridge.

REGROUP

- At landing before Suspension Bridge, turn RIGHT and head down the stairs.

30 Foot Pool

- **At T-junction**, turn RIGHT to get to 30 Foot Pool.
- Head up the stairs at 30 Foot Pool.
- At top, keep LEFT beside fence until you reach a gravel road.
- At gravel road turn LEFT and cross Pipeline Bridge to reach the aid station location (Pipeline Bridge near Varley Trail).

REGROUP

Varley Trail

- Turn RIGHT on the road and reach Varley Trail straight ahead.
- Follow Varley Trail to the small parking lot at Lynn Headwaters Regional Park. Turn LEFT onto the paved road.

Baden-Powell

- Turn RIGHT and up the stairs of Baden-Powell towards Mountain Highway.

Mountain Highway

- At Mtn Hwy, turn right. Follow to water tower, bathrooms and gate.
- **Go through gate**, continue up.
- At **Cedar Tree Trail sign**...

REGROUP

- Turn right and then take second RIGHT onto **Upper Griffen (sign)**.
- Stay on **Upper Griffen** until you reach junction for Lower Griffen. Follow **Lower Griffen (sign)**.
- Follow to Baden-Powell Trail.

Baden-Powell

- LEFT onto Baden-Powell.
- Go down the set of stairs that you came up.
- Turn LEFT onto the Lynn Headwaters paved road, through parking lot and into picnic area.

REGROUP

Lynn Loop

- Cross bridge over Lynn Creek.
- Keep LEFT and head up river along Lynn Loop Trail.
- Around 2 km at post, turn RIGHT and head uphill. Stay RIGHT at the top.
- Continue along Lynn Loop for another 2 km.
- At T-junction at bottom, turn LEFT onto Lynn Headwaters Connector Trail.

Lynn Headwaters

- Follow Lynn Headwaters Connector Trail to the Gazebo in the LSCR.

Lower Seymour Conservation Reserve

- Reach gazebo (water, bathrooms), find trail to Suspension Bridge.

Suspension Bridge Trail

- Head onto Suspension Bridge Trail.
- Go past turnoff to 30 Foot Pool (do NOT turn).
- Keep RIGHT on trail. It will start heading downhill.

Baden-Powell

- Pass by turnoff to Suspension Bridge (keep straight).
- At Twin Falls bridge, keep LEFT (do not cross bridge). You are now on Baden-Powell trail.
- Take boardwalk that runs through marsh on Baden-Powell.

- Head up the stairs.
REGROUP
- At top of stairs, at post, turn RIGHT.

Sea to Sky Trail

- Follow Sea to Sky down to dog walk area.
- Return the way you came to start area for BMX.

