

22 km from Inter River Park Hallow's Eve Orientation Run



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

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 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.

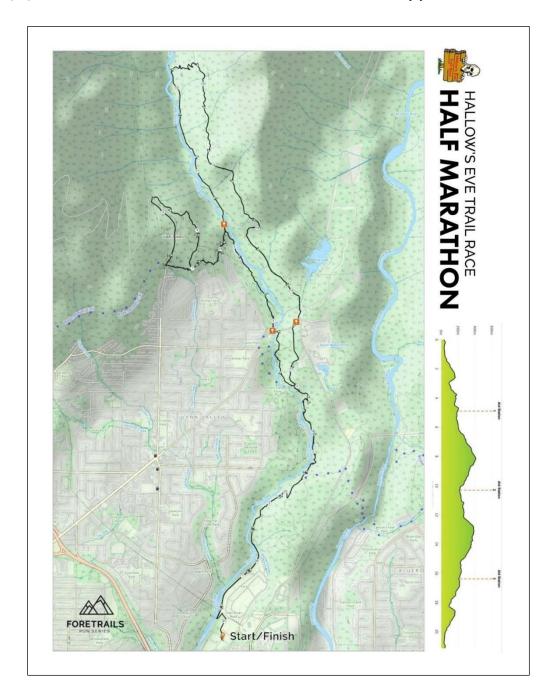
Head up the stairs.

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.



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