

10 km from Old Buck

Old Buck, Baden-Powell, Quarry Rock

Getting to the Trailhead: **Parking is LIMITED**

Park at **Parkgate Park** (see p.2) and hike 10 min to Anne MacDonald Way. May be a few spots on Banff Court near Rec Centre. Trailhead is Mt. Seymour Road at Anne MacDonald Way, Old Buck parking lot. Don't park at mall.

Trailhead

- Old Buck Trail at parking lot.

Old Buck

- Head north along Old Buck.
- Power hike! Chat and sing.
- At Baden-Powell...

REGROUP

Baden-Powell

- Turn RIGHT and follow Baden-Powell.
- Cross Mt Seymour Road.
- Start gradual descent.

Indian River Road

- At Indian River Road, cross the road and look for trailhead on your right. Turn left onto the trail.
- Trail parallels the road to the Baden-Powell junction.

REGROUP

Baden-Powell to Quarry Rock

- On Baden-Powell, watch for the turnoff to Quarry Rock on your left.

REGROUP

Quarry Rock Out and Back

- Turn LEFT to get to Quarry Rock.
- Pause and admire the view.
- Return to Baden-Powell.

Baden-Powell

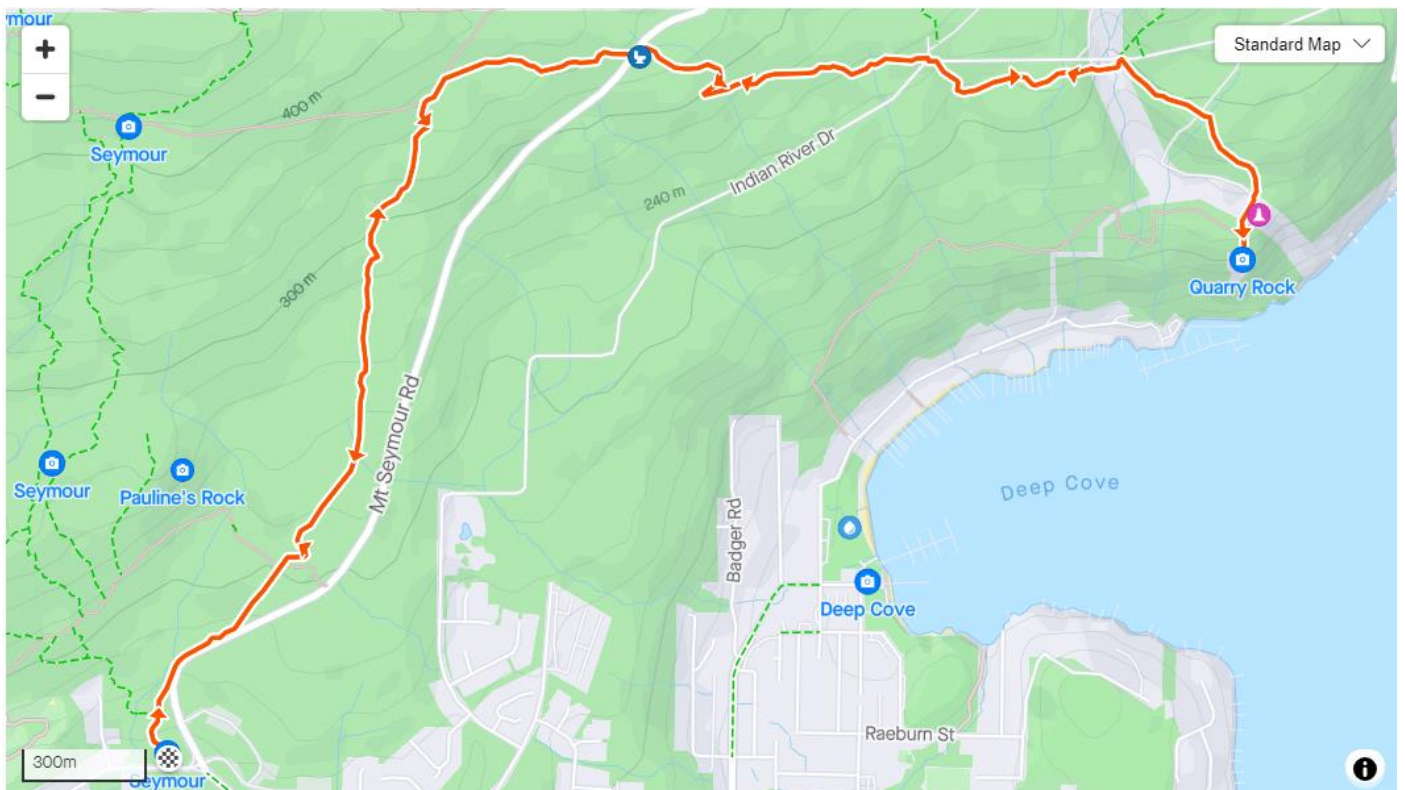
- Turn RIGHT onto Baden-Powell.
- Return to Old Buck.

Old Buck

- Descend to parking lot.
- Take it easy and save your quads.

10 km FINISHED - STRETCH

Option: Add on Short 5.6 km route.



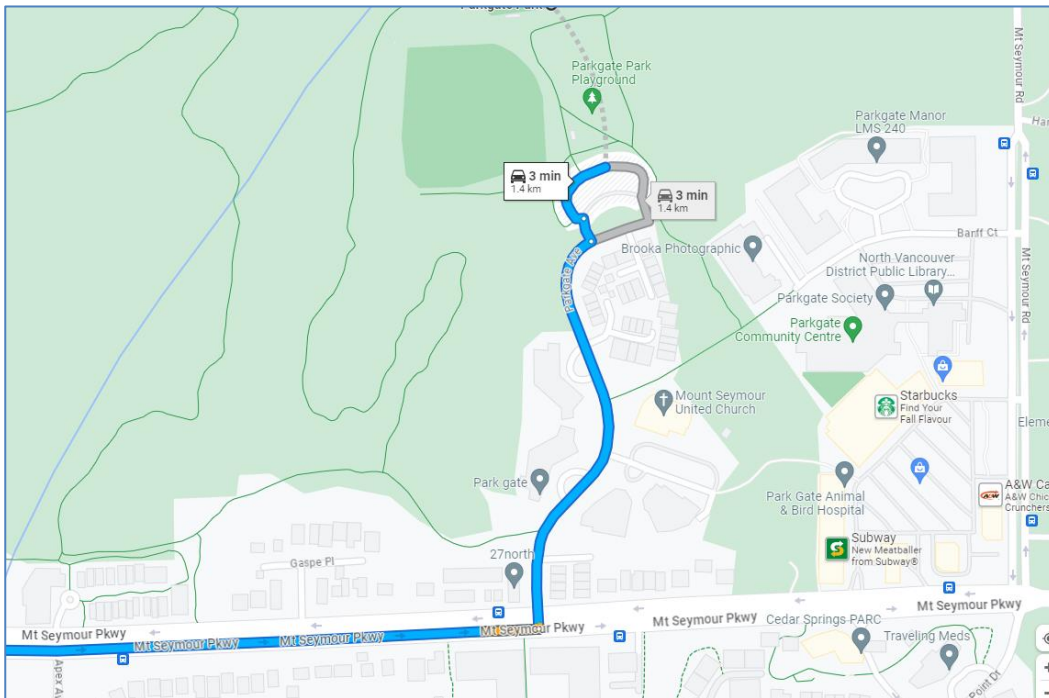
PARKING at Parkgate Park

The turnoff for Parkgate Park is the road before Mt. Seymour Road, called **Parkgate Ave.**

Driving Directions to Parkgate Park

[Mount Seymour Parkway to Parkgate Park](#)

Screenshot of the driving directions to Parkgate Park



This map shows walking directions to Old Buck Parking Lot from Parkgate Park.

