

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).

Trailhead

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

Suspension Bridge Trail to Pipeline

- Head north on Suspension Bridge Trail toward Gazebo.
- At T-junction, turn left down to Pipeline Bridge.

Varley Trail

- Cross Pipeline Bridge.
- Turn RIGHT on Marion Road and go straight to Varley Trailhead.
- Follow Varley Trail up to last parking lot in Lynn Headwaters Park.

REGROUP

- Turn RIGHT, cross through parking lot (WATCH FOR CARS) and head across Lynn Headwaters Bridge.

Lynn Headwaters Connector

- At T-junction, turn RIGHT onto Lynn Headwaters Connector.
- Take the first LEFT towards Rice Lake.

Rice Lake

- At Y-junction, keep LEFT onto Rice Creek Loop Trail and follow trail around the lake. (Lake will be on your right.)

REGROUP

- Run around entire lake until you come to a T-junction.
- Turn LEFT toward gate.
- Turn LEFT at the gate and go to the Gazebo.

Suspension Bridge Trail

- Head south on Suspension Bridge Trail toward parking lot.
- Turn left into parking lot.

5.5 km FINISHED – STRETCH

