

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 (about 3 km from Capilano University). Gather behind the kiosk on the grass.

Trailhead

- Just behind the historic pillars, find the trail to Suspension Bridge Trail.

Suspension Bridge Trail to Lillooet Rd

- Head left on Suspension Bridge Trail and take first left turn at the corner.
- Cross Lillooet Road.

Lillooet Road Berm

- Turn RIGHT onto the berm and follow it 900 m to turnoff to Richard Juryn Trail at post. (Sign shows Camp Brick Bypass.)

Richard Juryn Trail (West).

- Ascend RJ to post.
REGROUP
- Turn RIGHT.
- Keep right at rock face and follow RJ down to Baden-Powell.

Baden-Powell

- Turn LEFT onto Baden-Powell and follow it down to Riverside junction.

Fisherman's Trail

- Veer LEFT and follow Fisherman's to Mystery Creek post.

Mystery Creek Switchback

- Turn RIGHT and head up to Powerline.
REGROUP

Powerline to Greenland

- Turn RIGHT along Powerline.
- Pass by Bottle Top Connector Trail.
- Just before Mystery Creek Bridge, turn left onto Ned's Powerline Connector.
- Cross Ned's onto Greenland Trail.

Greenland

- Follow Greenland to T-junction at bottom.
- Go left to first trail on your right.
- Short climb to Ridge Runner on your left.
REGROUP

Ridge Runner

- Take Ridge Runner to T-junction at Powerline.
- Go right and find Mystery Creek Trail on left.

Mystery Creek Switchback

- Head down to Fisherman's Trail.
- Turn right on Fisherman's and cross the bridge.

REGROUP

Twin Bridges Trail

- Head up to first left turn.
- Follow trail to filtration pond (on your left). Go by parking lot.
- Cross Lillooet Road.

Suspension Bridge Trail

- Keep right and find turnoff into parking lot.

9 km FINISHED – STRETCH

