

Getting to the Trailhead: *Parking is LIMITED*

Old Buck lot is always too busy. Park at **Parkgate Park** (see p.3) and hike 10 min to Anne MacDonald Way. 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 to Powerline

- Head left onto B-P and follow to Mushroom Trail junction.
- Turn right onto Powerline.

Powerline

- Follow Powerline to Old Buck Trail junction.
- Turn right down Old Buck a short ways to get to Baden-Powell again.

Baden-Powell

- Turn left onto 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 road to 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. Take photos.
- Return to Baden-Powell.

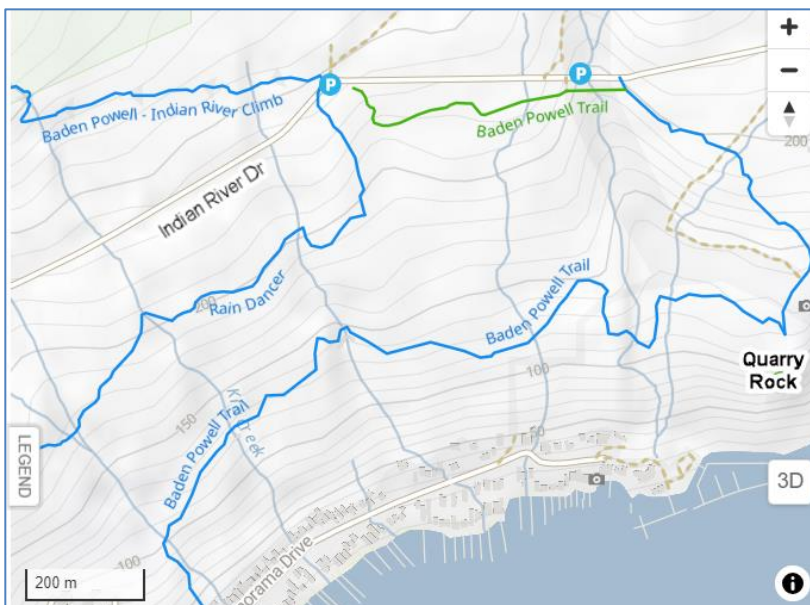
Baden-Powell

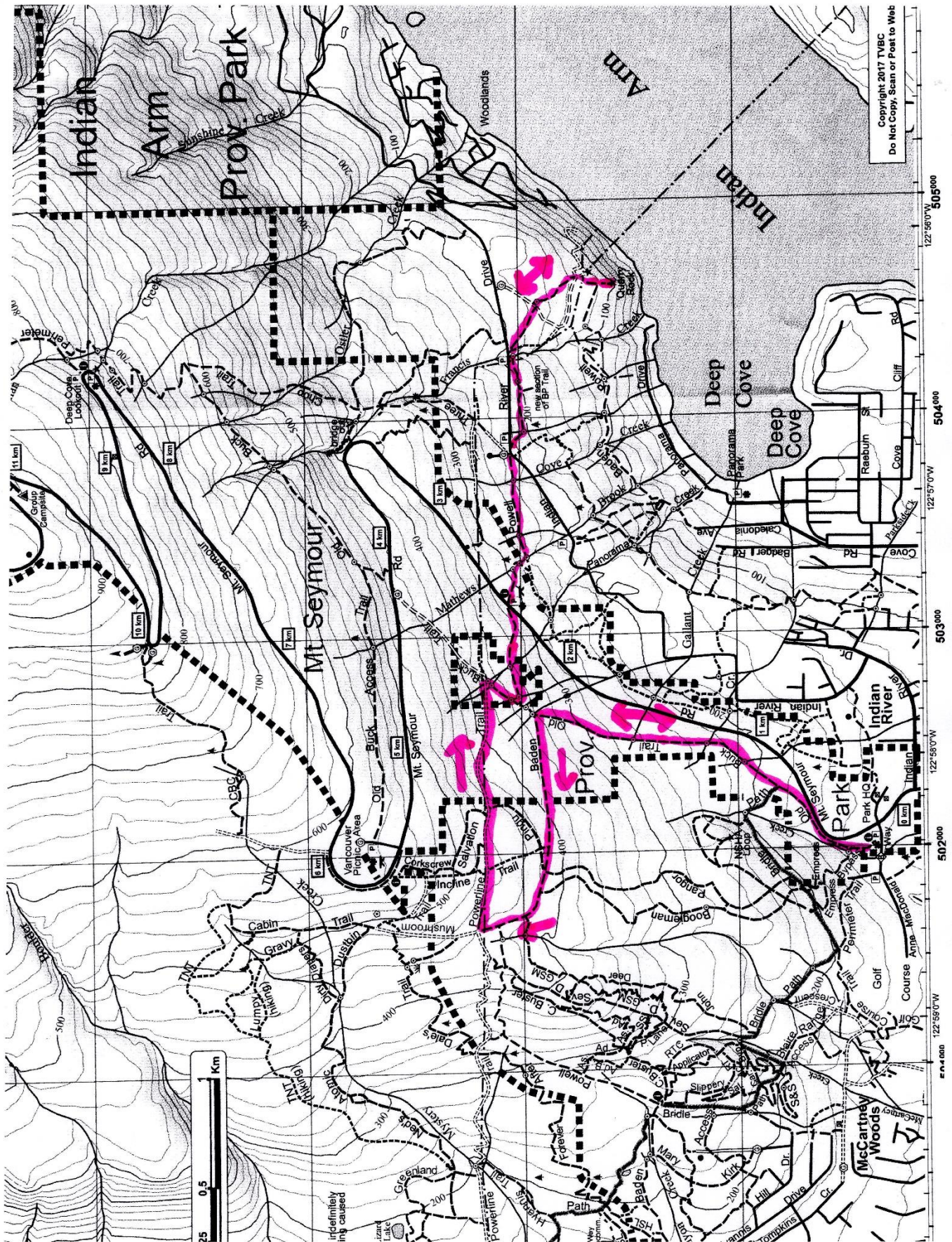
- Turn RIGHT onto Baden-Powell.
- Return to Old Buck.

Old Buck

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

12 km FINISHED - STRETCH





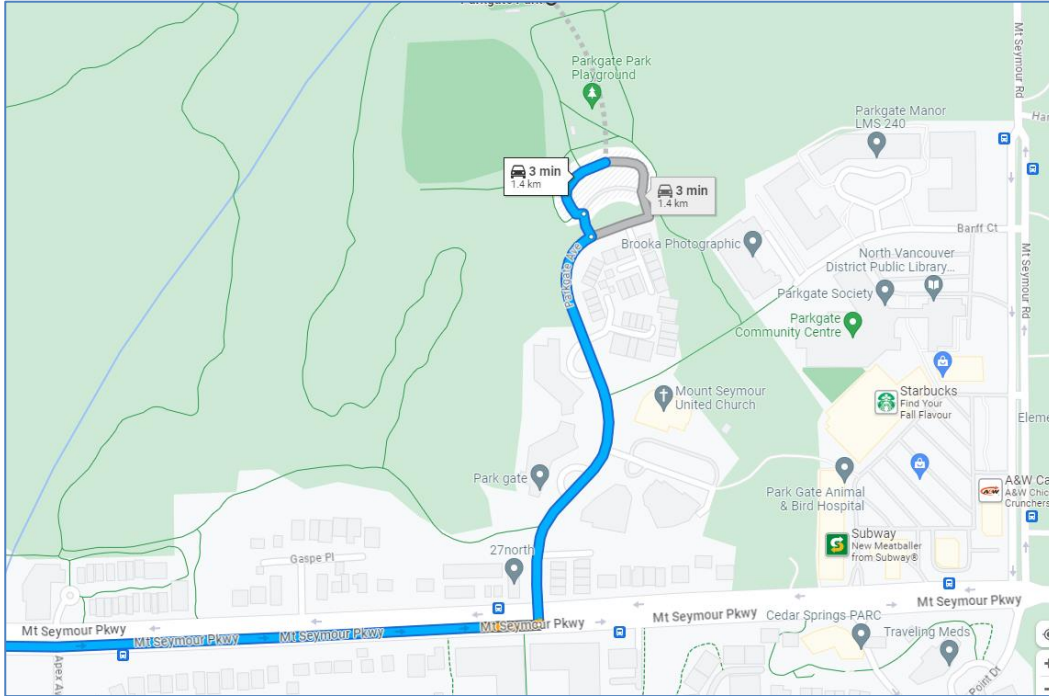
PARKING at Parkgate Park

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.

