

### 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. Go to signpost.



### Suspension Bridge Trail/30 Foot Pool

- Head left into Suspension Bridge Trail.
- It veers right and heads downhill.
- Near the bottom of the hill, turn RIGHT toward Suspension Bridge.
- Just before the bridge, turn RIGHT and head down the stairs towards 30 Foot Pool.
- At 30 Foot Pool, turn RIGHT and head up the stairs. Keep left beside the fence.
- Follow the fence towards Pipeline footbridge.

### Varley Trail

- At T-junction with gravel road, turn LEFT and cross Pipeline footbridge.
- Turn RIGHT on Marion Road and watch for Varley Trailhead.
- At Y-junction, veer RIGHT onto Varley Trail. Follow until last parking lot at Lynn Headwaters Park.

### REGROUP

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

### Lynn Headwaters Connector

- At junction at the map kiosk, turn RIGHT onto Lynn Headwaters Connector.
- Take the first LEFT and ascend Upper Lynn Loop trail.

### Lynn Loop

- Continue along Upper Lynn Loop, keeping left, until you come to the Lynn Loop Connector.
- REGROUP**
- Turn LEFT and descend the connector.
  - At T-junction, turn LEFT and head back towards Lynn Headwaters map kiosk.

### Lynn Headwaters Connector

- At the gate and map kiosk, turn LEFT and follow Lynn Headwaters Connector.
- Take the second LEFT towards Rice Lake.

### REGROUP

### 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.
  - At the gate, turn LEFT toward Gazebo.
  - At Gazebo, head straight into Suspension Bridge Trail.

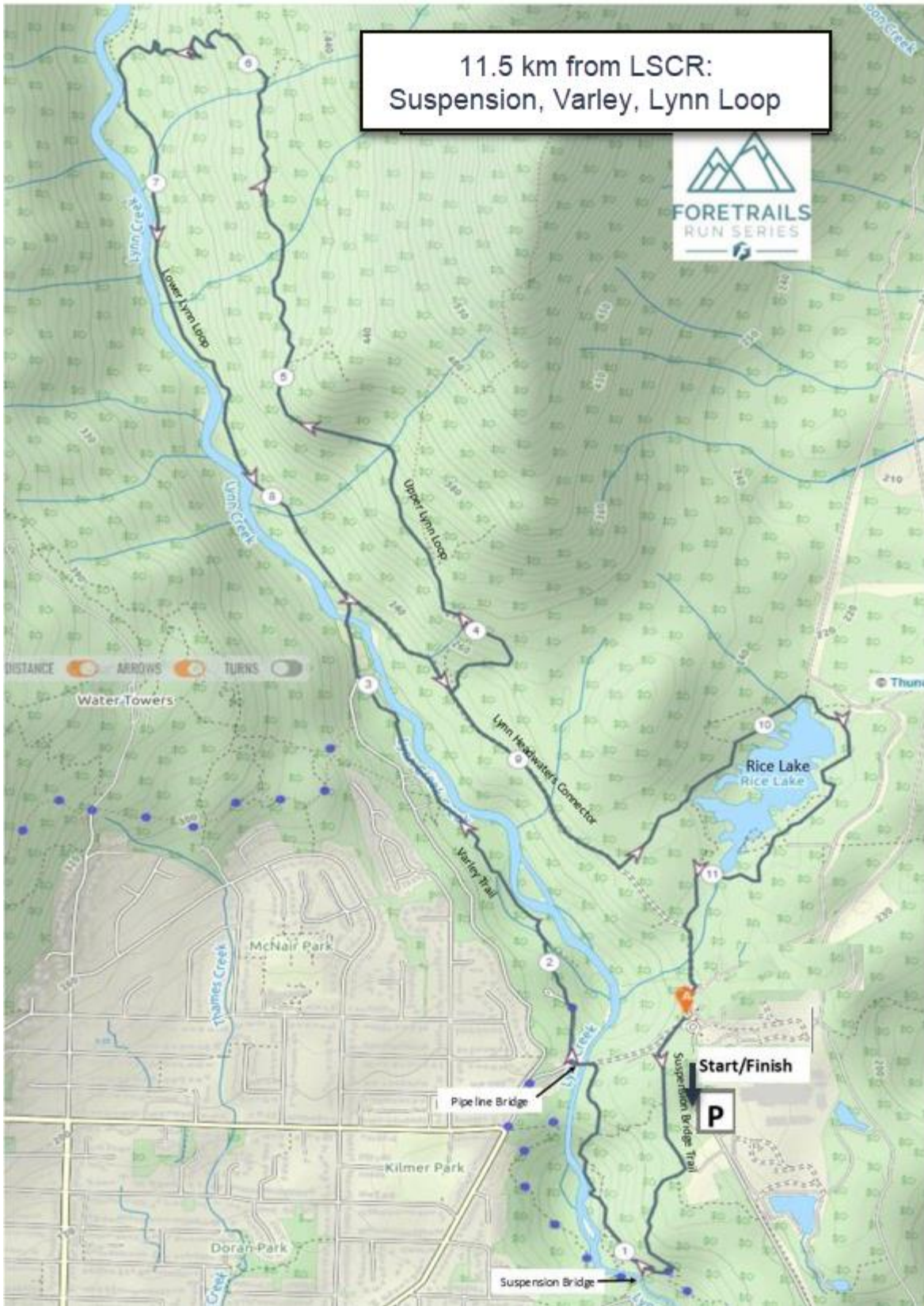
### Suspension Bridge Trail

- Follow Suspension Bridge Trail to get back to the parking lot.
- Look for a signpost on your right side, then turn left back to the pillars where you started.

### 11.5 km FINISHED – STRETCH

### 20 km Continue with 8.5 km Route Over

11.5 km from LSCR:  
Suspension, Varley, Lynn Loop





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### Trailhead

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

### Suspension Bridge Trail

- Turn RIGHT and follow trail to junction near Gazebo.

### Varley Trail

- Turn LEFT and head south and down the gravel road to the Pipeline footbridge.
- Cross footbridge.
- Turn RIGHT on Marion Road and watch for Varley Trailhead.
- At Y-junction, veer RIGHT onto Varley Trail. Follow until last parking lot at Lynn Headwaters Park.

### REGROUP

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

### Lower Lynn Loop

- At map kiosk, go straight onto Lower Lynn Loop Trail.
- Continue on trail until you come to the Lynn Loop Connector (first trail on right).
- Turn RIGHT and head up the connector.

### Upper Lynn Loop

- At the top of the connector keep RIGHT onto Upper Lynn Loop.
- Keep right on trail.
- At T-junction at bottom, turn LEFT onto Lynn Headwaters Connector.

### Lynn Headwaters Connector

- From Lynn Headwaters Connector take the next LEFT towards Rice Lake.

### REGROUP

### Rice Lake

- At Y-junction, keep RIGHT and follow trail by lake. (Lake will be on your left.)
- Stay on this trail until T-junction and gate at Lynn Headwaters Connector.
- Turn LEFT, heading towards Gazebo.
- At Gazebo, head straight into Suspension Bridge Trail.

### Suspension Bridge Trail

- Follow Suspension Bridge Trail to parking lot.
- Look for a signpost on your right side, then turn left back to the pillars where you started.

### STRETCH

