

#### Getting to the Trailhead

Take Lillooet Road north into the park to Lower Seymour Conservation Reserve (LSCR) parking lot on the left side across from the filtration plant (about 3 km from Capilano University). Sign is Lynn Canyon Park Parking Lot.

#### Trailhead

- Start at Suspension Bridge Trail at parking lot.

#### To Gazebo

- Head north on Suspension Bridge Trail towards gazebo.
- Take sidewalk by gazebo, go to parking lot. Follow new route that heads around the new Watershed Centre building in parking lot.
- Veer right onto Twin Bridges Trail.

#### Twin Bridges Trail

- Watch for RIGHT turn 1 km at Lillooet Trail sign.
- Follow this trail around the Filtration Plant pond (will be on your left).
- Cross small parking lot and turn left onto berm.
- Follow the berm south to marked LEFT turn to Richard Juryn Trail (Camp Brick Bypass).

#### REGROUP

#### Richard Juryn and Baden-Powell

- Head up to T-junction, turn RIGHT and head uphill on Richard Juryn.
- Keep right on Richard Juryn.
- At T-junction, turn LEFT onto Baden-Powell.
- Follow Baden-Powell down hill and cross Seymour River footbridge.

#### Fisherman's Trail

- At T-junction, turn LEFT onto Fisherman's Trail.
- Stay on Fisherman's until Mystery Creek trail on right.
- Turn RIGHT and head up hill.
- At top of climb, turn RIGHT onto Powerline.

#### REGROUP

#### Powerline to Hyannis Trail

- Follow Powerline and cross Mystery Creek bridge.
- Turn RIGHT IMMEDIATELY after bridge.
- You are now on Hyannis Trail.
- Take the first LEFT onto Bridle Path.

#### REGROUP

#### Bridle Path

- Follow Bridle Path to the junction with the kiosk.
- Keep RIGHT on Bridle Path.
- Turn LEFT onto Cardiac Bypass.

#### REGROUP

#### To Penny Lane and Rapid Transit

- Take the first LEFT off Cardiac Bypass onto Academy Climb.
- Take first RIGHT onto Rapid Transit.
- Cross Applicator. Rapid Transit is now called Rapid Transit Climb (RTC).
- Stay on RTC.
- At T-junction, turn RIGHT onto C-Buster.
- Keep RIGHT onto Pussyfoot (look down for the sign). Pussyfoot will take you back to C-Buster. Stay right.
- IMPORTANT. At the next intersection you will see a sign pointing left for Penny Lane. It means keep left around tree stump but continue straight. (Do NOT turn left or you will stay on C-Buster.)



- Stay on Penny Lane (it parallels and crosses Shorn Scrotum).

#### Good Sir Martin

- From Penny Lane, cross Severed-D straight onto Good Sir Martin Trail.
- Stay on Good Sir Martin, crossing John Deer Trail, until you come to a T-junction with Baden-Powell.

#### REGROUP

- Turn LEFT.

#### Baden-Powell

- Take the first LEFT turn which keeps you on Baden-Powell (if you go straight the trail turns into Mushroom). If you come to Powerline, you have gone too far.
- Watch for a left turn onto Severed-D.

### ***Severed-D***

- Turn LEFT onto Severed-D.
- Keep left at the first intersection (C-Buster).
- Keep right at the second intersection (John Deer).
- Cross next intersection (Penny Lane/GSM).
- The next junction is Bridle Path. Turn LEFT.

### ***Bridle Path – Fern Gully***

- Follow Bridle Path.
- Turn RIGHT onto Fern Gully.
- At intersection with Empress Bypass, keep left.
- At T-junction with Old Buck, turn LEFT.

### ***Bridle Path – Cardiac Bypass***

- Head up Old Buck.
- Turn LEFT onto Bridle Path and follow back to Severed-D.
- Cross bridge (on Bridle Path at the burned out stump) and turn RIGHT onto Cardiac Bypass.
- At T-junction, turn RIGHT onto Bridle Path and follow to kiosk.

### **REGROUP**

### ***Baden-Powell to Fisherman's***

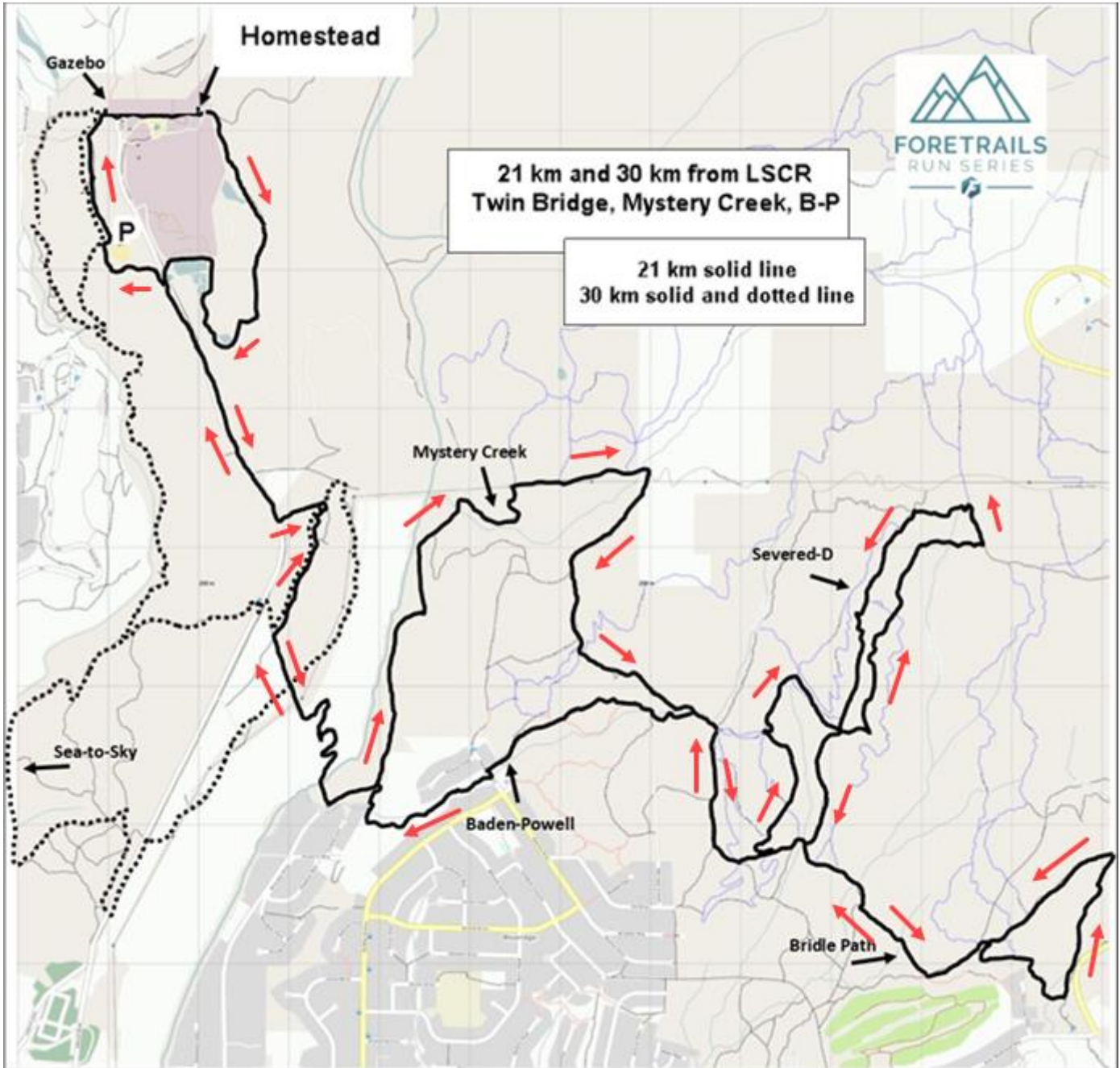
- Continue along Bridle Path to the big rock and bridge.
- Cross big rock (not bridge) and keep straight onto Baden-Powell Trail.
- Follow Baden-Powell to Hyannis Drive.
- Cross Hyannis (watch for cars) and continue down Baden-Powell.
- At T-junction with Fisherman's Trail, turn LEFT.
- Turn RIGHT at next intersection, head over footbridge across Seymour River and head up hill.

### ***Richard Juryn and Berm***

- At top of hill take the second RIGHT onto Richard Juryn West.
- Take first left down to Lillooet Road.
- Turn RIGHT onto berm and follow to small parking lot by filtration plant.
- Cross Lillooet Road at parking lot.

### **21 km FINISHED – STRETCH**

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See next page for detailed 30 km add on map.



Rerouted due to 30 Foot Pool stair replacement.

## 30 km-REGROUP & CONTINUE

### Suspension Bridge Trail

- Head north toward the gazebo.
- Turn left down to Pipeline Bridge.
- Cross the bridge and go up Rice Lake Road to Lynn Valley Road.
- Turn left a block, and look for left turn onto Baden-Powell across from End of the Line Café.

### Baden-Powell

- Follow B-P to the Suspension Bridge. Head right and then left over to the lower parking lot.
- Take trail down to Twin Falls Bridge. Cross bridge.
- Continue south on Baden-Powell.
- Run through the marsh and up the B-P stairs.

### REGROUP

- At **post** at top of climb (0.5 km to Lillooet Rd), turn **RIGHT** onto Sea to Sky Trail.

### Sea to Sky

- Starts out level and then steep descent for a short ways.
- **IMPORTANT.** Watch for new wooden fencing with Environmentally Sensitive Area signs.



- Turn **LEFT** and head up rocky steps.
- Turn right and cross bridge.
- Power hike steep climb. Think happy thoughts!

### REGROUP

### To Diamond Trail

- At Y-junctions, keep **LEFT**.
- You arrive at wider gravel Diamond Trail.
- Turn **RIGHT** and it curves to Lillooet Road.

### Berm

- Cross road and turn **LEFT** onto berm.

### REGROUP

### Richard Juryn Trail (West Side)

- Take first **RIGHT** onto Richard Juryn Trail.
- Cross Baden-Powell and keep straight on Richard Juryn East.
- The trail curves to the left. Take the next **LEFT** up the hill onto Richard Juryn West Trail.
- Follow trail up hill to rock face. Continue keeping right on trail.
- At T-junction with Baden-Powell, turn **RIGHT**.
- Cross Lillooet Road.

### Baden-Powell Trail

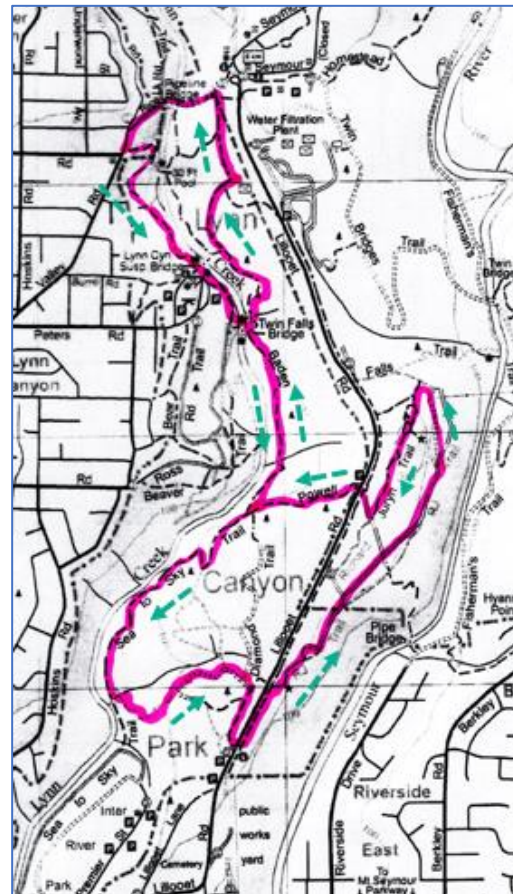
- Stay on Baden-Powell, staying straight at intersection with Diamond Trail.
- A few paces after Diamond Trail turnoff, regroup at signpost.

### REGROUP

- Turn **RIGHT** and head down to marsh.
- Stay right at Twin Falls.

### Suspension Bridge Trail

- Keep **RIGHT** at turnoff to Suspension Bridge.
- At the top of the hill, watch for turn into parking lot where you started.



### 30 km FINISHED - STRETCH