

Getting to the Trailhead

Take Lynn Valley Road exit from Upper Levels Hwy. Follow Lynn Valley Road north and turn right on Peters Road into park. Park in parking lot **at bottom**. (No pay parking in winter.)

Trailhead

- Suspension Bridge sign across from restaurant.

Suspension Bridge

- **Walk** across the Suspension Bridge, veer LEFT.
- Descend stairs.

30 Foot Pool

- At T-junction turn RIGHT towards 30 Foot Pool.

REGROUP

- At pool, climb stairs.
- Keep left until you come to T-junction at wide gravel trail (by Pipeline Bridge).
- Turn RIGHT and head uphill to the Gazebo.

Suspension Bridge Trail to Lillooet Road Crossing

- Turn right onto Suspension Bridge Trail.
- Just before the trail veers downhill to the right, turn LEFT onto connector to Lillooet Road.
- Cross Lillooet Road.

REGROUP

Berm

- Turn RIGHT onto berm (trail that follows the road).
- Watch for LEFT turn toward Richard Juryn Trail (look for **Camp Brick Bypass** sign).

Richard Juryn

- Head up trail to T-junction (post).
- #### **REGROUP**
- Turn LEFT and cross big rock. Descend.
 - At T-junction, turn RIGHT to stay on Richard Juryn East side.
 - Follow Richard Juryn Trail.
 - Cross Baden-Powell and keep straight.
 - You arrive at the berm at Lillooet Road.

Berm to Diamond

- Turn LEFT onto berm.
 - Follow berm to crossing at the Park gate.
 - Cross Lillooet Road onto Diamond Trail.
- #### **REGROUP**
- Follow Diamond trail to T-junction at Baden-Powell Trail.

Baden-Powell

- Turn LEFT onto BP only as far as post.
- Turn RIGHT down the stairs.
- Follow boardwalk through marsh.

Twin Falls Bridge

- Turn LEFT and cross Twin Falls Bridge.
- Keep right and you end up at the lower parking lot.

STRETCH

Streams: It's possible to cross a stream while barely wetting your feet. All you have to do is high-step across as quickly as possible, allowing your feet to touch down only for a fraction of a second. Try it. And don't be afraid to run right through a stream. Too many competitors lose time by halting at the edge of a stream midrace.

