

# Fall Clinic 2023 – Trailhead List

**8:30 am**

Please arrive 15 minutes early. Bring warm up clothes, extra pair of socks, wet weather gear and water belt/hydration pack.

Date Saturday	Meeting Place/Route	Short	Med/ Long
Sept 9 Week #1	<b>NOTE: NOT MEETING AT STORE. GO STRAIGHT TO TRAILHEAD.</b> <b>Lower Seymour Conservation Reserve</b> Take Lillooet Road to parking lot on <b>LEFT</b> just before the filtration plant, marked as Lynn Canyon Park. Gather behind the kiosk on the grass. <u>Translink:</u> Route 228 Lynn Valley/Lonsdale Quay. At Dempsey Rd, go north a few metres to Rice Lake Rd. Turn right onto Rice Lake Rd to bridge, cross bridge, walk up hill to Suspension Bridge Trail, turn right, look for left turn into parking lot.	5 km	11 km 20 km
Sept 16 Week #2	<b>Lower Seymour Conservation Reserve</b> Take Lillooet Road to parking lot on <b>LEFT</b> just before the filtration plant, marked as Lynn Canyon Park. <u>Translink:</u> Route 228 Lynn Valley/Lonsdale Quay. At Dempsey Rd, go north a few metres to Rice Lake Rd. Turn right onto Rice Lake Rd to bridge, cross bridge, walk up hill to Suspension Bridge Trail, turn right, look for left turn into parking lot.	7 km	14 km 24 km
Sept 23 Week #3	<b>Cypress Mountain</b> – <a href="#">Locator map</a> . (Yew Lake and Howe Sound Crest Trail out and back). From Hwy #1 in West Vancouver, take Cypress exit, go all the way to the top parking lot.	9 km	17 km 27 km
Sept 30 Week #4	<b>Berkley Road</b> - <a href="#">Locator map</a> . Take Mount Seymour Parkway to Berkley Road. Turn north on Berkley to Hyannis Drive. Park beside sport field on Berkley. Do not park on Hyannis Drive. <u>Translink:</u> route 214.	7 km	12 km 20 km
Oct 7 Week #5	<b>Grouse Mountain</b> - <a href="#">Locator map</a> . Take Capilano Rd north past the dam. Continue up on Nancy Greene Way to the top. Turn right into parking lot just before the Grouse Grind trailhead. Drive to the far end of the parking lot (by the trailhead for Powerline Trail). This is pay parking. There is free parking on streets but watch for any parking restrictions. <u>Translink:</u> Route 232 or 236 to top of Capilano Road	9-9.5 km	19 km 30 km
Oct 14 Week #6 <b>Hallows Eve Orientation</b>	<b>Inter River Park</b> , <a href="#">Locator map</a> . Drive down Inter River Park Drive (off Lillooet Road). Take the first left turn onto Premier St, then the first right into the parking lot. The start is near the bathrooms and the BMX track area. <u>Translink:</u> To be updated	10 km	22 km 24 km
Oct 21 Week #7	<b>Old Buck Trailhead</b> – <a href="#">Locator map</a> . Park on Anne Macdonald Way just off Mt. Seymour Road. <u>Translink:</u> Route 211 Phibbs/Seymour or Route 215 Phibbs/Indian River	5 km	11 km 15 km
Oct 28 Week #8	<b>HALLOW'S EVE RACE DAY</b> <b>Inter River Park</b> <a href="#">Locator map</a> . Park at sports fields (veer right) or Capilano University. Do not park at Jaycee House or Equestrian Centre. Carpool. <u>Translink:</u> Route to be updated	10 km	22 km 42 km
Nov 4 Week #9 <b>Phantom Orientation</b>	<b>Lower Seymour Conservation Reserve</b> - <a href="#">Locator map</a> . Take Lillooet Road to parking lot on <b>LEFT</b> just before the filtration plant, marked as Lynn Canyon Park. Gather behind the kiosk on the grass. <u>Translink:</u> Route 228 Lynn Valley/Lonsdale Quay, at Dempsey Rd, go North a few metres to Rice Lake Rd. Turn right onto Rice Lake Rd to bridge, cross bridge, walk up hill to Suspension Bridge Trail, turn right, look for left turn into parking lot.	12 km	18 km 22 km
Nov 11 Week #10	<b>Lynn Headwaters</b> Park– <a href="#">Locator map</a> . Drive North on Lynn Valley Road to the top and continue into Lynn Headwaters Park. Park in last overflow lot (before small lot by BC Mills House). <u>Translink:</u> Route 228.	6 km	10 km 12 km
Nov 18	<b>PHANTOM RACE DAY</b> <b>Lower Seymour Conservation Reserve</b> - <a href="#">Locator map</a> . Take Lillooet Road to parking lot on LEFT just before the filtration plant, marked as Lynn Canyon Park. <u>Translink:</u> Route 228 Lynn Valley/Lonsdale Quay, at Dempsey Rd, go north a few metres to Rice Lake Rd. Turn right onto Rice Lake Rd to bridge, cross bridge, walk up hill to Suspension Bridge Trail, turn right, look for left turn into parking lot.	12 km	19.5 km 25 km

On race day, carry water and carpool. If you are not racing, please come out as a volunteer. Your fellow runners will really appreciate it! For information, email [foretrails@forerunners.ca](mailto:foretrails@forerunners.ca).