

## 7 km from Hyannis Baden-Powell, Bridle Path, Old Buck

### Getting There

Follow Mount Seymour Pkwy to Berkley. Turn north onto Berkley and head up to the end of the street. Park near sports field at top of Berkley, NOT on Hyannis. Porta potty available.

### Trailhead

- Find Baden-Powell Trail on right side of Hyannis Drive.

### Baden-Powell

- Take Baden-Powell and you come to the intersection of Baden-Powell and Bridle Path (big rock, bridge over stream).
- Cross the rock and go straight.
- Almost immediately, at the T-junction, turn right to continue on Bridle Path heading to Mt Seymour Rd.

### Bridle Path

- Watch for left turn at a marked junction. Head up.
- You come to a **large burned out stump** on your right and a stream straight ahead. Take a good look at this intersection.



*The Famous Burned-Out Stump*

- Cross bridge.
- Keep right on Bridle. About 1.3 km along, the trail takes a sharp left and heads northeast.
- About 800 m later, you come to a T-junction where the Old Buck Trail intersects.

## Regroup

### Old Buck Turnaround

- **TURN AROUND** to return on Bridle Path.

### Bridle Path to Baden-Powell Return

- You will come to a sharp **right** turn at a fence.
- Continue along Bridle Path watching for markers.
- At Good Samaritan (aka Severed D) marked tree, turn left and cross the stream. The **burned out stump** is on your left.
- Turn **LEFT** and follow Bridle down.
- At the bottom of the downhill (fork), keep right.
- You arrive at a marked fork for Baden-Powell; go **LEFT** to return to the junction of Baden-Powell and Bridle Path (big rock and creek).

## Regroup

### Baden-Powell

- Cross big rock, and go straight on Baden-Powell to get back to Hyannis Drive.
- Head over to Berkley to the sports field and do your stretches.

## Stretch

### Trail Tips

- Never leave a trace that you were there.
- Bathroom – bury the evidence and never near a water source.
- Let faster runners pass on the left.
- Say “passing on your left” to pass others.
- Give right of way to anyone coming downhill, bikers, hikers. Be gracious and SHARE.
- If lost, go back to last known point.
- Run with a partner.
- Carry water (water belt, hand-held, camelback).
- If you sight a bear, back away; do not run. Bears do not attack large groups.

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