

Getting to the Trailhead

Take the Lynn Valley Road exit from the Upper Levels Highway. Follow Lynn Valley Road north to the top and continue into Lynn Headwaters Park. Park in overflow lot closest to small lot at end of road.

Trailhead

- Find Varley Trail from the parking lot by going down the stairs.

Varley Trail

- Turn LEFT and follow Varley Trail.
- Trail ends at Lynn Valley Road and small parking lot.
- Turn RIGHT and cross parking lot (watch for cars).
- Cross bridge.

Lynn Headwaters Connector

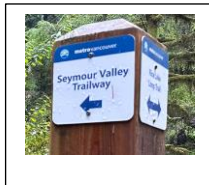
- Turn RIGHT onto Lynn Headwaters Connector.
- Watch for first left turn towards Rice Lake.

REGROUP

- Turn LEFT towards Rice Lake.

Rice Lake to Seymour Valley Trailway

- Loop part way around Rice Lake (keep lake on your right).
- Watch for a left turnoff to Seymour Valley Trailway.



Geocache Diversion

- Go a few metres up, cross the road into the Rice Creek picnic area.
- Look for a bench with a boulder behind it and a plastic container.



REGROUP

- *How to trade: your leader writes down your trail quiz question in the envelope provided, adds your names and puts the envelope in the container. Your leader then takes out a single quiz paper from the container (no envelope).*
- Your challenge is to come up with answers to the quiz before you return to the parking lot.

Rice Lake Continued

- Get back and follow Rice Lake Trail.
- When you come to a gate and T-junction, turn LEFT and head to the Gazebo.

REGROUP

Suspension Bridge

- Head onto the Suspension Bridge trail.
- Stay on trail. It will veer right and start descending to the Suspension Bridge
- Turn RIGHT towards Suspension Bridge.
- Turn RIGHT just before bridge and head toward 30 Foot Pool.
- At T-junction stay RIGHT.

30 Foot Pool

REGROUP

- TAKE PHOTO at 30 Foot Pool.
- Climb stairs and keep LEFT AT TOP heading along the fence (on your left).
- At T-junction, turn LEFT and cross Pipeline Bridge.

Varley

- Turn RIGHT after bridge and follow Marion Rd to the Varley trailhead.
- Head onto Varley Trail.
- Follow trail back to stairs to the parking lot (will be the second set of stairs).
- Climb stairs.

STRETCH

**6.5K from Lynn Headwaters Park—
Varley, Rice Lake, Suspension Bridge**

