

Getting to the Trailhead

Take Lillooet Road north all the way into the park to Lower Seymour Conservation Reserve (LSCR). Turn LEFT just before the filtration plant, marked as Lynn Canyon Park parking lot (about 3 km from Capilano University). Gather behind the kiosk on the grass.

Trailhead

- Start at Suspension Bridge Trail.

Suspension Bridge Trail to Varley

- Head right along Suspension Bridge Trail to junction at the wide gravel path.
- Turn left towards Pipeline footbridge.
- Cross footbridge.
- Turn RIGHT onto Marion Rd towards Varley trailhead.

Varley Trail

- Veer right onto Varley Trail and head down the stairs.
- Follow Varley to the end at Lynn Headwaters Park (Varley kiosk on your left).

REGROUP

Baden-Powell

- Turn LEFT onto Lynn Valley Road (watch for cars) and head down road towards Baden-Powell trailhead (on right side of road).
- Turn RIGHT onto Baden-Powell Trail.
- Follow B-P to Mountain Highway.

Mountain Highway

- Turn RIGHT onto Mountain Highway and continue past the water towers.
- Watch for right turn approximately 0.65 km up Mountain Highway.

REGROUP

- Turn RIGHT onto Cedar Tree Trail.

Upper and Lower Griffins

- Take the **SECOND** RIGHT onto Upper Griffin and then **stay left**.
- At each trail junction along Griffins **stay LEFT** and you will end up on Lower Griffins.
- At T-Junction with Baden-Powell...
REGROUP
- Turn LEFT heading east back towards Lynn Valley Road.

Lynn Valley Road

- Turn LEFT onto road (watch for cars) and head towards Varley trailhead.
- Turn RIGHT onto Varley trail (at kiosk).

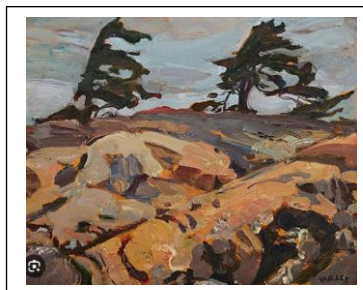
Varley Trail

- Keep straight on Varley.
- Climb stairs to Marion Road.
- Go straight towards Pipeline Footbridge.
- Turn LEFT over Pipeline Footbridge.

To Suspension Bridge Trail

- Head up the wide gravel path towards Gazebo.
- Turn right onto Suspension Bridge Trail before the Gazebo.
- Turn left at post into parking lot.

7 km FINISHED – STRETCH



*Stormy Weather
Georgian Bay II*
painting by
FH Varley

