

### **Getting to the Trailhead**

Take Capilano Road North to base of Grouse Mountain. Turn RIGHT to park in gravel parking lot. Drive all the way down to the BOTTOM of the parking lot. Note that this lot is now pay parking.

### **Trailhead**

- From Grouse Mtn parking lot, take access trail to Baden-Powell.

### **Baden-Powell**

- Head east on Baden-Powell toward Mosquito Creek.
- About 1 km along, watch for turnoff onto MacKay Creek Trail. You might miss this.

### **REGROUP**

### **MacKay Creek Trail**

- Head northeast on MacKay Creek Trail.
- Pass by private cabins on the left.
- You reach the base of the Screaming Eagle chairlift.

### **REGROUP**

- Stay on the gravel road heading north and climbing up and away from the city. (Do not head south on Old GMH Rd.)
- About 1 km later you connect with Grouse Mtn Road.
- Stay RIGHT and start your long descent on Mountain Highway.

### **Mountain Highway (MH)**

- Continue along MH for several kilometres.
- Watch for the Gravel Pit or garbage dump on your **left-hand side**.
- Close by, Per Gynt trail drops down and to the RIGHT of MH.

### **REGROUP**

### **Per Gynt and Mtn Hwy**

- Take Per Gynt down to 6<sup>th</sup> corner switchback of Mountain Highway.
- Turn LEFT onto MH and head uphill.
- Watch for 7th Secret on right.

### **7<sup>th</sup> Secret to Cedar Tree Trail**

- Turn RIGHT onto 7th Secret and begin descent.
- Turn LEFT onto Leopard. This leads into Crinkum Crankum.
- Take Kirkford and the trail veers down.
- Turn RIGHT onto Cedar Trail (there should be a sign for Upper Griffen).

### **IMPORTANT**

### **REGROUP at following Intersection**

- At intersection of Cedar Trail and Upper Griffen, keep slightly right, then left to get onto **Roadside Attraction**. (Roadside parallels Mtn Hwy.)
- At T-junction, turn RIGHT to get back to Mtn Hwy.

### **Mountain Highway**

- Follow Mountain Highway.
- Turn RIGHT onto Baden-Powell.

### **REGROUP**

### **Baden-Powell**

- Follow Baden-Powell Trail.
- Cross Mosquito Creek bridge.
- Just after bridge, turn RIGHT to stay on B-P.
- You reach Skyline Drive.

### **Powerline Trail**

- Turn left a few metres.
- Find Powerline Trail on your right between the hydro towers.
- You pass by a small parking lot and kiosk.
- Follow Powerline back to the parking lot.

### **19 km FINISHED STRETCH**

