

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

- Grouse Mtn parking lot, at end furthest away from the Grind entrance (Powerline Trail).

Powerline

- Head east on the Powerline Trail (towards Skyline Drive).
- The trail climbs gradually, skirting the base of Grouse.
- Continue up the paved switchback (Skyline Drive) for about 15 metres. As road turns to left, stay **right** up lane (do not climb road).

REGROUP

- This connects with Baden-Powell.

Baden-Powell

- Turn right onto Baden-Powell heading downhill.
- It is a short run to Mosquito Creek Bridge.

Mosquito Creek

- Cross the footbridge at Mosquito Creek.
- Turn LEFT just over bridge.
- Follow Baden-Powell markers.

Dreamweaver Trail

- Take second left onto Dreamweaver.
- ### **REGROUP**
- Ascend trail.
 - Cross Executioner and continue on Dreamweaver.

Executioner to Ramble On

- Take the **next right** onto Executioner Connector (there is no signpost).
- Turn right onto Executioner.
- Continue down Executioner.
- Take the first left onto Ramble On.
- Ramble On turns left onto D'yer Mak'er.

D'yer Mak'er

- Continue along D'yer Mak'er.
- Keep **left** at intersection with Air Supply Skid Road (first trail on the right).
- At Mountain Highway turn right.

REGROUP

Espresso

- Continue down Mountain Highway.
- Turn right onto Espresso.
- Turn right onto Baden-Powell.

Baden-Powell Return

- Follow Baden-Powell Trail back to Skyline Drive.

Powerline

- At Skyline, turn left a few metres.
- Find Powerline Trail on your right between the hydro towers, heading down.
- You pass by a small parking lot and kiosk.
- Follow Powerline back to the parking lot.

30 km FINISHED – STRETCH

