

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/Skyline

- 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 to left).

REGROUP

- This lane 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 Dreamweaver Trail.
- Cross Executioner and continue on Dreamweaver.

Executioner

- Take the next RIGHT onto Executioner Connector (**there is no signpost**).

REGROUP

- Turn LEFT onto Executioner.
- Continue up Executioner.

Mountain Hwy

- Turn RIGHT onto Mountain Hwy.
- Continue down Mountain Hwy.

Grannies

REGROUP

- Turn LEFT onto Grannies (*watch for mountain bikers on trail*).
- Stay RIGHT on Grannies.
- Turn RIGHT onto Baden-Powell.

Baden-Powell Return

- Follow Baden-Powell trail back to Skyline Drive.

Powerline

- Turn left and find Powerline Trail in between the hydro towers, heading down.
- Follow Powerline Trail back down to the parking lot.

10 km FINISHED – STRETCH

