

Point to point, best to carpool or get dropped off. Carry lots of water.



# Iron Knee 2024 Orientation Route



## Carpool

Turn right onto Cliffmont Road in Deep Cove. Park at [Myrtle Park](#) (there are 2 parking lots at Myrtle Park). Carpool to top of Prospect Road off Montroyal Blvd. Or get dropped off at Prospect Road top.

## Start

- Go past gate on Prospect Road, keep left at water towers, dip down a few metres to reach bridge. Wait for group and sign in.

## Baden-Powell (B-P) Trail

- Take first **RIGHT** (water tower is on your right).
- At St. Georges Trail bench and viewpoint, watch for flagging indicating **LEFT** fork.
- Start descent on B-P to Mountain Hwy.
- Cross steel and wooden footbridge and follow **hikers** trail. Come out on paved road at the top of Mountain Highway.
- Cross road and follow B-P marker toward Lynn Valley Road. Trail leads to stairs.
- Come out on Lynn Valley Rd. Turn **LEFT** to Lynn Headwaters Bridge (washrooms in picnic area).

## Lynn Headwaters Connector to Gazebo

- Cross Lynn Headwaters Bridge.
- Turn **RIGHT** to take Lynn Headwaters Connector trail about 1.6 km to gazebo.

## Suspension Bridge Trail to Lillooet Road

- Head into Suspension Bridge Trail.
- Take left fork at Y-junction (just past parking lot on left) to get to Lillooet Road.

## Lillooet Road Berm

- Cross Lillooet Road.
- Turn **RIGHT** onto the berm and follow it 900 m to turnoff to Richard Juryn Trail at post. (**Sign shows Camp Brick Bypass.**)

## Richard Juryn Trail (West).

- Ascend RJ to post and turn **RIGHT**. Keep right at rock face and follow RJ down to Baden-Powell.

## Baden-Powell

- Turn **LEFT** onto Baden-Powell and follow it down to Riverside junction.

## Fisherman's Trail

- Veer **LEFT** and follow Fisherman's to Mystery Creek post.

## Mystery Creek Switchback

- Turn **RIGHT** and head up to Powerline.

## Powerline to Mushroom

- Turn **RIGHT** along Powerline.
- Cross the Mystery Creek Bridge, go straight up.
- High point is at **Historic Mushroom Parking Lot Trail** intersection (marked).

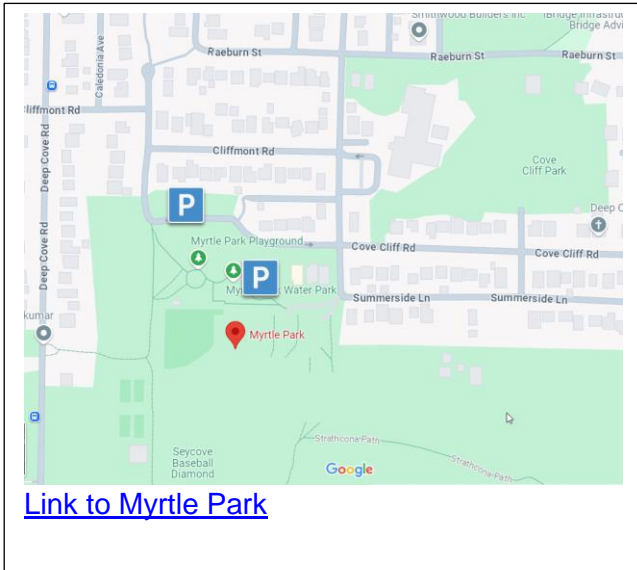
## Mushroom

- At the Powerline **POST**, turn **RIGHT** to continue on Mushroom and it merges with Baden-Powell.

## Baden-Powell

- Keep straight toward Old Buck.
- At the intersection of Old Buck, turn **LEFT** and then almost immediately **RIGHT** to get back onto Baden-Powell. (Do **NOT** go down Old Buck.)
- Cross Mount Seymour Road and enter the trail on the other side. (Washroom here on the right.)
- Start gradual descent with some uphill sections.
- You come out on Indian River Road.
- From aid station, cross the road, turn **RIGHT** and head along Indian River Dr for approx. 50 m, then turn **LEFT** onto Holly Goes Lightly.
- At next junction, turn **RIGHT** onto Cove Runner/Rain Dancer.
- Continue until Panorama Creek Trail. Turn **LEFT** and follow Panorama Creek until it joins Baden-Powell.
- Turn **RIGHT** on Baden-Powell and descend stairs. **This next section of the trail is busy. Please respect all trail users and share the trail.**
- Come out between two houses on Panorama Dr.
- Cross road and turn **RIGHT** onto sidewalk.
- Turn **LEFT** down paved path to picnic area.

Aid Station	Distance to Next Aid
Mosquito Creek	3 km
Mountain Highway	3.5 km
LSCR (gazebo)	7 km
Powerline	3.5 km
Indian River Road	2.7 km



[Link to Myrtle Park](#)

