

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 (about 3 km from Capilano University). Gather behind the kiosk on the grass.

Trailhead

- Just behind the historic pillars, find the trail to Suspension Bridge Trail.



Suspension Bridge Trail to Pipeline

- Head right onto Suspension Bridge Trail.
 - At the gravel path junction, turn left down to Pipeline Bridge.
- REGROUP**
- Cross Pipeline Bridge.
 - Turn right to get to Varley Trail.

Varley Trail

- At Y-junction, veer RIGHT onto Varley Trail. Follow until last parking lot at Lynn Headwaters Park.
- REGROUP**
- Turn RIGHT, cross through parking lot (WATCH FOR CARS) and head across Lynn Headwaters Bridge.

Lynn Headwaters Connector

- At junction at the map kiosk, turn RIGHT onto Lynn Headwaters Connector.
- Take the first LEFT and ascend Upper Lynn Loop Trail.

Lynn Loop

- Continue along Upper Lynn Loop, keeping left, until you come to the Lynn Loop Connector.
- REGROUP**
- Turn LEFT and descend the connector to the river.
 - At T-junction, turn LEFT and head back towards Lynn Headwaters map kiosk.

Lynn Headwaters Connector

- At the gate and map kiosk, turn LEFT and follow Lynn Headwaters Connector.
 - Take the first LEFT towards Rice Lake.
- REGROUP**

Rice Lake

- At Y-junction, take first right in approximately 250 m.
 - Follow the path keeping right until you arrive at another gate at Lynn Headwaters Connector.
- REGROUP**
- At the gate, turn LEFT toward Gazebo.
 - At Gazebo, head straight into Suspension Bridge Trail.

Suspension Bridge Trail

- Follow Suspension Bridge Trail to get back to the parking lot.

10 km FINISHED – STRETCH

