

Getting to the Trailhead

Take Lillooet Road north into the park to Lower Seymour Conservation Reserve (LSCR) parking lot on the left side across from the filtration plant (about 3 km from Capilano University). Sign is Lynn Canyon Park Parking Lot.

Trailhead

- Start at Suspension Bridge Trail at parking lot.

Suspension Bridge Trail to Lillooet Road

- Head left a few paces on Suspension Bridge Trail and take the first left to get to Lillooet Road.

Filtration Pond and Lillooet Trail

- Cross Lillooet Road, through parking lot and head around the filtration pond (keep pond on your right).
- Stay on trail to the bottom of the pond and it makes an S curve, veers right and comes to the Twin Bridges Trail (sign indicates 1 km, Lillooet Trail).

REGROUP

Twin Bridges Trail

- Turn RIGHT and head down Twin Bridges Trail.

Fisherman's

- Turn left onto Fisherman's.

Homestead

- Turn LEFT onto Homestead.
- At top go by washrooms and head to Gazebo.

REGROUP

Rice Lake

- Take first RIGHT onto Rice Creek Loop Trail and follow trail along lake (lake will be on your left).
- Watch for signpost to Lynn Valley Connector. Keep RIGHT towards the connector.

Lynn Valley Connector

- Turn RIGHT onto Lynn Valley Connector.

Lynn Loop

- Turn RIGHT onto Lynn Loop at kiosk.
- Keep left on Lynn Loop Trail until you come a T-junction with the Lynn Loop Connector.

REGROUP

- Turn LEFT and descend the connector.

Lower Lynn Loop Trail

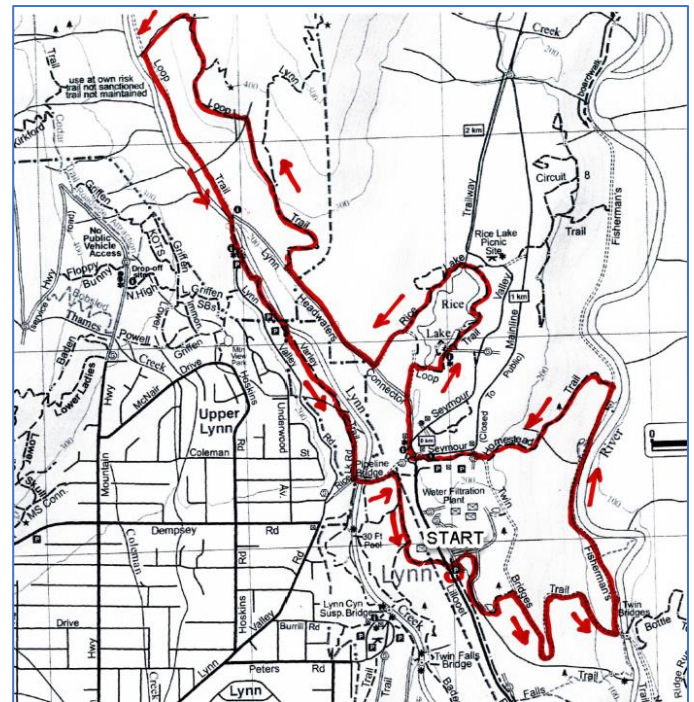
- Turn LEFT at bottom of connector onto Lower Lynn Loop Trail (Lynn Creek is on your right).
- Continue on trail until you come to bridge at Lynn Headwaters. Cross bridge.

Varley Trail

- Run through first parking lot (watch for cars).
- Turn LEFT onto Varley Trail (at end of first parking lot).
- Follow Varley onto Marion Road.
- Turn LEFT over Pipeline Bridge.

To Suspension Bridge Trail

- Keep straight after crossing bridge.
- Head up the hill back to turnoff to Suspension Bridge Trail.
- Turn right back and go back to the parking lot where you started.



15 km FINISHED - STRETCH

30 km–REGROUP & CONTINUE

End of the Line Café add on

To Richard Juryn Trail

- From Suspension Bridge Trail, turn left and take next LEFT turn to Lillooet Road.
- Cross Lillooet Road and turn RIGHT onto berm.
- Take left turn at Camp Brick Bypass sign to head to Richard Juryn West.
- At T-junction, turn RIGHT up hill and follow trail to Baden-Powell.

Baden-Powell Trail

- Turn RIGHT onto Baden-Powell.
- Cross Lillooet Road and continue on BP trail to signpost just past turnoff to Diamond Trail.

REGROUP

- Turn RIGHT down the stairs to the marsh.

Twin Falls Bridge

- Cross Twin Falls Bridge. Climb stairs.
- At top, keep right beside fence.
- At Suspension Bridge area, turn right as if to cross bridge but turn LEFT down stairs before crossing bridge.
- At Y-junction, turn left.
- Follow trail to Dempsey Road at Lynn Valley Road.
- **Stop at End of the Line Cafe for snack** (optional).
- Turn right on Lynn Valley Road, go one block and look for Rice Lake Road turnoff.

Rice Lake Road

- Turn right and descend on road.
- At bottom, turn LEFT before bridge to get to Varley Trail.

Varley Trail

- Take Varley Trail to Lynn Headwaters paved road.

Lynn Headwaters Road

- Turn left and stay on the shoulder for 200 m.

Baden-Powell

- Take FIRST right trail at Baden-Powell sign.
- Go up a long set of stairs.
- Follow the Baden-Powell (triangular blazes).

Mtn Highway

- At Mtn Hwy, turn right.

REGROUP

- Follow to water tower, bathrooms and gate.
- **Go through gate**, continue up.
- At **Cedar Tree Trail sign**, turn right and then take SECOND RIGHT onto **Upper Griffen (sign)**.

Griffen Trails

- Stay on **Upper Griffen** until you reach junction for Lower Griffen.
- Follow **Lower Griffen (sign)**.
- Watch for left marked turn onto **Lower Griffen Switchbacks**; follow to Baden-Powell Trail.

Baden-Powell

- Left onto Baden-Powell.
- Down the set of stairs that you came up earlier.
- LEFT onto the Lynn Headwaters paved road, through parking lot and into picnic area.

Lynn Headwaters

- Cross bridge over Lynn Creek.
- Immediately turn RIGHT onto Lynn Headwaters Connector Trail.
- Reach Rice Lake gate.

Rice Lake

- Turn LEFT into Rice Lake.
- Turn first RIGHT, and keep right to get back out (do not go all way around the lake).
- Turn LEFT onto Lynn Headwaters Connector.
- Follow to Gazebo.

Suspension Bridge Trail

- Turn into Suspension Bridge Trail.
- Turn left into the parking lot where you started.

30 km FINISHED – STRETCH

