



16 km and 24 km from Old Buck Old Buck, Forever After, Salamander

Getting to the Trailhead (*Parking is Limited*)

Follow Mount Seymour Parkway to Mount Seymour Road. Turn left (North) on Mt Seymour Road and then left on Anne MacDonald Way. Park on street, NOT in parking lot. **BEST OPTION: Parkgate Park** (see instructions).

Trailhead

- Find Old Buck Trail at parking lot.

Fern Gully to Bridle Path

- Head north on Old Buck and take first left onto Empress.
- Cross a bridge. **Immediately** turn right onto Fern Gully.
- At the top, turn RIGHT onto Bridle Path and follow to Old Buck.

Old Buck to Powerline

- At Old Buck, turn LEFT and ascend to Powerline.
- Turn LEFT onto Powerline.

REGROUP

Pingu

- LEFT onto Pingu and descend to Baden-Powell.
- Turn RIGHT onto Baden-Powell.

Baden-Powell to Mushroom and Upper Dale's

- Follow Baden-Powell.
- Veer RIGHT onto Mushroom Trail.
- Cross Powerline.
- Continue on Mushroom to Dale's/Upper Dale's.

REGROUP

Upper Dale's back to Powerline

- Turn LEFT onto Dale's/Upper Dale's.
- Take first LEFT onto Dale's Connector, (there may not be a sign – see inset on map).
- At junction with Mushroom, turn RIGHT.
- Turn RIGHT onto Powerline.

Forever After

- Continue along Powerline.
- Turn LEFT onto Forever After and descend to Bridle Path. Turn RIGHT.

REGROUP

Bridle Path

- Follow Bridle Path to T-junction.
- Turn LEFT onto Hyannis Trail.
- Keep RIGHT at Y-junction to continue on Bridle Path down to Fisherman's Trail.

Fisherman's and Baden-Powell

- Turn LEFT onto Fisherman's.
- Turn LEFT onto Baden-Powell.
- Continue on BP, cross Hyannis.
- At intersection of Baden-Powell and Bridle Path (big rock and bridge over a stream), cross the rock and go straight.
- Almost immediately, you come to the T-junction with the kiosk.

REGROUP

IMPORTANT – READ THIS CAREFULLY and REVIEW INSET MAP ON NEXT PAGE

- Turn RIGHT and *continue on Bridle Path*.
- Do **NOT** turn at the first Slippery Salamander sign on left.
- *Instead, continue on Bridle for about 20-25 m until you come to a Y-junction.*
- At Y-junction, keep LEFT onto Slippery Salamander.

Slippery Salamander

- Stay on SS to Bridle Path.
- Turn LEFT on Bridle Path and immediately RIGHT onto Sticks & Stones.

Sticks & Stones, Cardiac Bypass

- Follow Sticks & Stones.
- Keep left at large boulder. Trail heads east and back to Bridle Path.
- Cross Bridle Path.
- At T-junction, turn RIGHT onto Cardiac Bypass.

Bridle Path

- At junction, keep LEFT onto Bridle Path (at burned out stump).
- Stay RIGHT over bridge.
- Follow Bridle Path to Old Buck.

Old Buck

- Turn RIGHT onto Old Buck and continue down to parking lot.

16 km FINISHED STRETCH

24 km-REGROUP & CONTINUE

Fern Gully to Bridle Path

- Head north on Old Buck and take first left onto Empress.
- Cross bridge. **Immediately** turn right onto Fern Gully.
- At Bridle Path junction, turn LEFT.

Bridle Path

- Follow Bridle Path to chain link fence.
- Turn **LEFT** and then immediately keep right.

Golf Course Trail

- Head down with golf course on your left.
- After large open view of golf course on left (two long logs as low fence), go about 30 m further to 2 large, flat, low smooth boulders on right. Take this first right; you will see a **DIAMOND** yellow marker on tree.
- At junction, at chain link fence, turn RIGHT.
- Next LEFT onto Blair Range Access Trail.

REGROUP

Blair Range Access Trail

- **Keep right** and follow trail back to Bridle Path.
- Turn LEFT onto Bridle Path.

Sticks & Stones

- Watch for tiny sign for Sticks & Stones.
- Turn LEFT onto trail and follow it back to Bridle Path.

Bridle Path to Mary Kirk (watch for 3rd unmarked junction)

- Pass 2 unmarked junctions on left.
- At 3rd unmarked junction (you can see boardwalk on left a way in) turn LEFT onto Mary Kirk Access Trail. If you reach junction of Baden-Powell, you have gone too far.

REGROUP

Water Tower to Baden-Powell

- Cross boardwalk, come to service road and water tower. Cross road and find trail on other side.
- Keep RIGHT and follow wide trail to Baden-Powell post.

Baden-Powell

- Turn RIGHT onto Baden-Powell, follow until you come to intersection with Bridle Path (big rock and bridge over stream).
- Cross the rock and go straight.

Bridle Path

- At junction with kiosk, go STRAIGHT onto R&R Climb (See Inset Map).

REGROUP

R&R and Applicator

- Follow R&R Climb to T-junction, turn RIGHT.
- Stay on Applicator and descend to junction on Bridle Path at famous burned out stump.

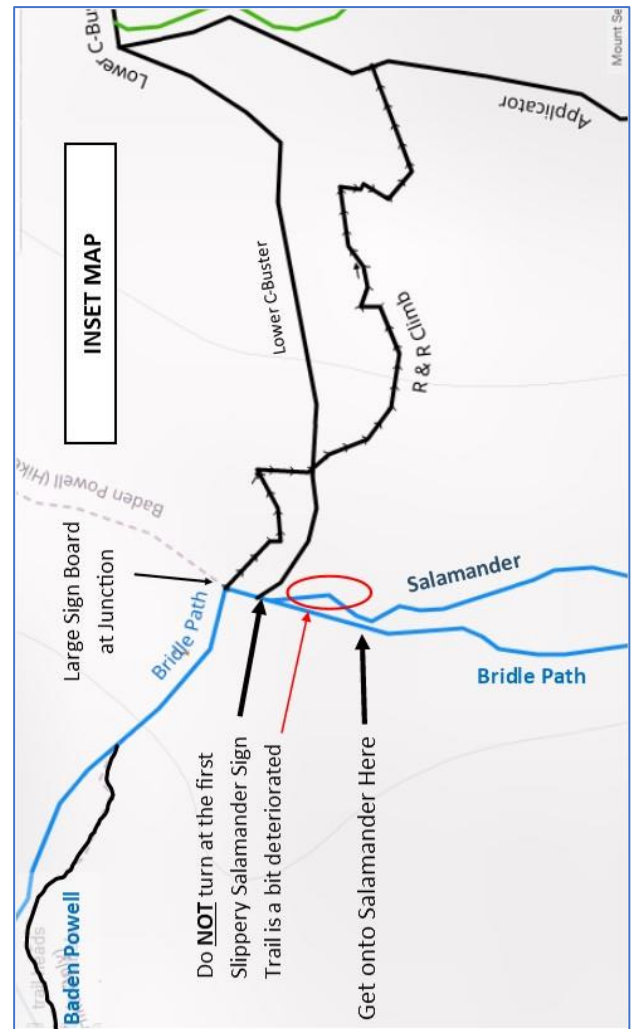
Bridle Path

- Turn LEFT at stump, cross stream, keep right and follow Bridle Path to Old Buck.

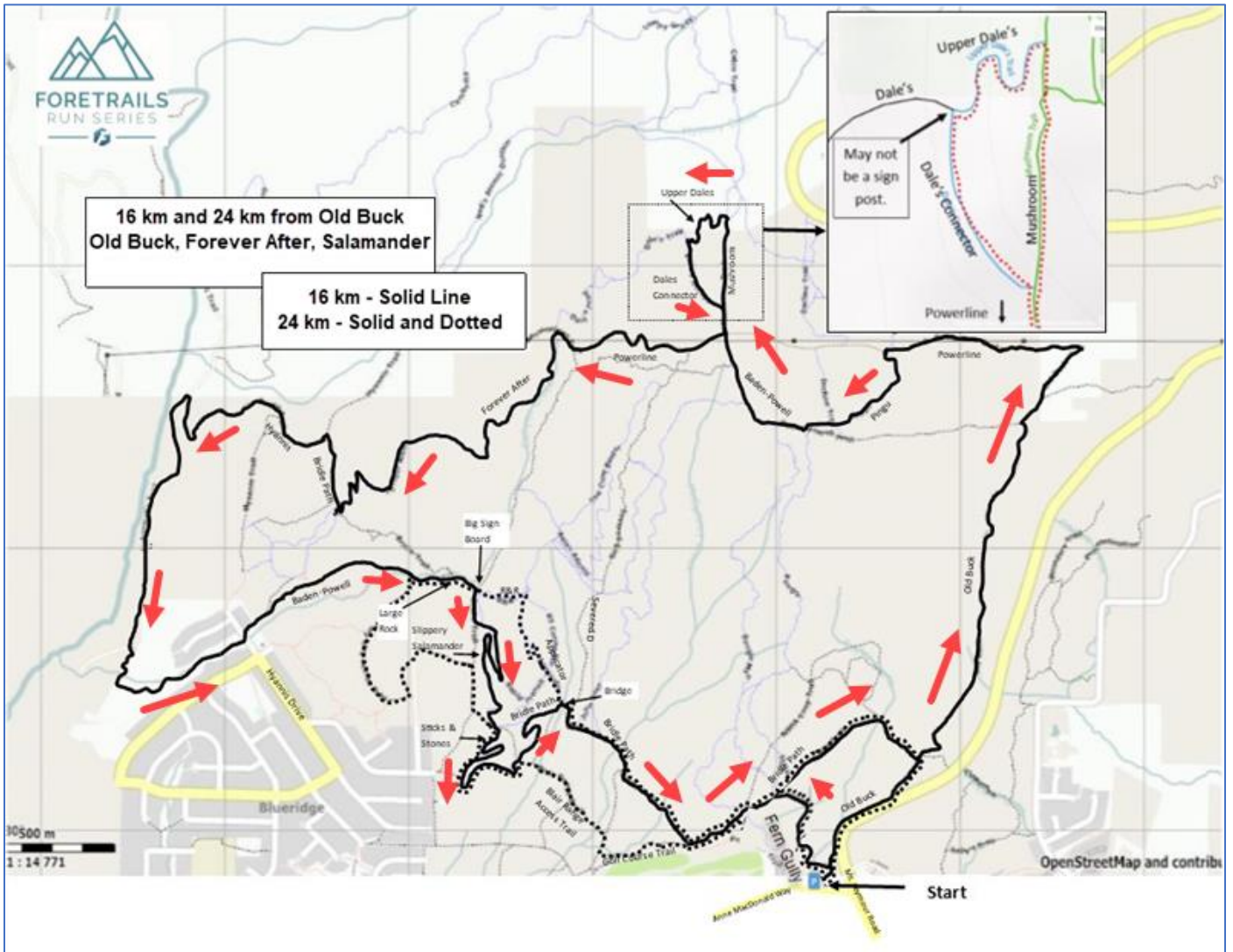
Old Buck

- RIGHT onto Old Buck and follow to parking lot.

24 km FINISHED - STRETCH



16 km solid line and solid red arrows



8 km add on dotted lines and green arrows

