

(Revised: November 8, 2018)

## **Start/Finish**

Lower Seymour Conservation Reserve

## **Suspension Bridge Trail**

- Head south on Suspension Bridge Trail
- Turn RIGHT towards 30' Pool.
- At next junction turn RIGHT along fence line (fence will be on your left)
- At T-Junction turn LEFT and head over the Pipeline footbridge.
- Turn RIGHT onto Marion Road and follow to the Varley trailhead.

## **Varley**

- Continue along Varley to the end of trail.
- At T-Junction with Lynn Valley Rd, turn RIGHT. (Watch for cars in the parking lot.)
- Continue through Lynn Headwaters Park and across the bridge.

## **Lynn Headwaters Connector**

- Turn RIGHT onto Lynn Headwaters Connector Trail
- Follow the trail back to the start/finish area
- Continue straight through the start/finish area onto the Suspension Bridge Trail (past the Aid Station)

## **To the Berm**

- Follow Suspension Bridge Trail until first left turn marked "To Lillooet Rd" (just past parking lot)
- Turn LEFT and follow trail to Lillooet Rd.
- Cross the road (watch for cars) and turn RIGHT onto the Berm.
- Follow Berm and take second LEFT turn towards Richard Juryn (note: first left turn may not be visible due to construction)

## **Richard Juryn**

- At first T-Junction, turn LEFT and head downhill.
- At bottom of hill turn RIGHT.
- Keep left on trail, which turns to the right onto a wide gravel path (Richard Juryn East).
- Stay straight on this trail, crossing Baden-Powell, until you come to a T-Junction with the Berm.

## **Diamond**

- Cross Lillooet Road (at crossing)
- Enter the Diamond Trail.
- Trail jogs LEFT, then RIGHT.
- At T-Junction, turn LEFT onto Baden-Powell.
- Take next RIGHT and head down the stairs (still B-P).
- Follow Baden-Powell through marsh and past Twin Falls (stay right, do NOT cross bridge).

## **Suspension Bridge**

- At next junction, turn LEFT towards the Suspension Bridge.
- Take first RIGHT and head down boardwalk (do NOT cross bridge).
- At next T-Junction, stay RIGHT.
- At 30' Pool, climb the stairs.
- Watch for junction just past top of stairs.
- Turn RIGHT and head up some more stairs.
- At next T-Junction, turn LEFT onto Suspension Bridge trail, heading back to start/finish area.
- Run past aid station to Finish Line.

## **To Varley**

- Turn LEFT as you exit the Suspension Bridge trail and head downhill (AID STATION).
- Cross the Pipeline Footbridge.
- Turn RIGHT towards Varley trail.
- Continue along Varley to the end of the trail.
- At T-Junction with Lynn Valley Rd, turn LEFT.
- Head South on Lynn Valley Rd to the first trail on your right (watch for cars).

## **Baden-Powell**

- Turn RIGHT onto Baden-Powell and climb stairs.
- Follow Baden-Powell to intersection with Old Mountain Highway (AID STATION).
- Cross Old Mountain Highway and continue along Baden-Powell trail for several kms.

## **A Hilly Loop**

- Turn RIGHT onto Dreamweaver trail.
- Cross Executioner, then watch for next trail on right.
- Turn RIGHT onto Connector to Executioner.
- At T-Junction turn LEFT onto Execution trail.
- At T-Junction turn RIGHT onto Old Mountain Hwy.
- Follow Old Mountain Hwy to Pipeline trail.
- Turn RIGHT onto Pipeline and start descent.
- At junction with Baden-Powell turn LEFT.
- Follow Baden-Powell back to Lynn Valley Rd.

## **Lynn Headwaters**

- At T-Junction with Lynn Valley Rd, turn LEFT (Watch for Cars).
- Stay straight through parking lot and cross the Lynn Headwaters bridge.
- Turn RIGHT onto Lynn Headwaters Connector.
- Follow trail back to start/finish area.
- Watch for sharp LEFT turn to the finish line.

# The Phantom Run – 25K Route 2018

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