

Getting to the Trailhead

Take Lillooet Road North. Turn left on Inter River Park Drive (beside the equestrian centre). Park down by soccer field or on street.

Trailhead

- Start at Jaycee House (1251 Lillooet Rd).

Jaycee to Diamond Trail

- Head North on path on left side of Lillooet Road.
- Go straight through cemetery.
- Take short bark mulch trail and stay left around parking lot and turn onto Diamond Trail.

Diamond Trail

- Follow Diamond markers to come to T-junction at Baden-Powell Trail.

REGROUP

- Turn RIGHT onto Baden-Powell toward Lillooet Road.
- Cross Lillooet Road.

Baden-Powell

- Follow Baden-Powell down hill and cross Seymour River foot bridge.

Fisherman's Trail & Bridle Path

- At T-junction, turn LEFT onto Fisherman's Trail.
- Stay on Fisherman's until Bridle Path trail on right.
- Turn RIGHT and head up Bridle Path
- At top of climb, stay left (you will be on Hyannis Trail for a short time)
- At T-junction with Bridle Path, turn RIGHT.
- Follow Bridle Path to the junction with the large board sign (Baden-Powell & Bridle Path junction).

REGROUP

- From junction go straight onto R&R and IMMEDIATELY turn RIGHT onto Slippery Salamander (SS parallels Bridle Path for first 25m then veers off to left).

Slippery Salamander

- Stay right at Rapid Transit junction and continue down Slippery Salamander.
- At T-Junction with Bridle Path, turn LEFT, then IMMEDIATELY turn RIGHT onto Sticks & Stones.

Sticks & Stones

- Follow Sticks & Stones to Bridle Path.
- Go straight across Bridle Path and continue on Sticks & Stones.
- Turn RIGHT onto Cardiac Bypass

Cardiac Bypass

- Almost immediately, turn LEFT to begin Academy Climb.

Academy Climb

- At top of Academy Climb, turn RIGHT into Rapid Transit.

Rapid Transit To Penny Lane

- Cross Applicator. Rapid Transit is now called Rapid Transit Climb (RTC).
- Stay on RTC.
- At T-junction, turn RIGHT onto C-Buster.

REGROUP

- Keep RIGHT onto Pussyfoot (look down for the sign). Pussy foot will take you back to C-Buster. Stay right.
- IMPORTANT! At the next intersection you will see a sign pointing left for Penny Lane. It means keep left around tree stump but continue straight (Do NOT turn left or you will stay on C-Buster).



- Stay on Penny Lane (it parallels & crosses Shorn Scrotum) until you come to intersection with Severed-D.

Good Sir Martin

- From Penny Lane, cross Severed-D straight onto Good Sir Martin Trail.
- Stay on Good Sir Martin, straight across John Deer trail, until you come to a T-junction with Baden-Powell.

REGROUP

- Turn LEFT.

Baden Powell

- Take the first LEFT turn which keeps you on Baden-Powell (if you go straight the trail turns into Mushroom) (if you come to Powerline you have gone too far).
- Watch for a left turn onto Severed-D.

Severed-D

- Turn LEFT onto Severed-D.
- Keep left at the first intersection (C-Buster).
- Keep right at the second intersection (John Deer).
- Cross next intersection (Penny Lane/GSM).
- The next junction is Bridle Path.
- Turn LEFT.

Bridle Path – Empress Bypass

- Follow Bridle Path.
- Turn RIGHT onto Empress Bypass.
- Keep right.
- At T-junction with Old Buck, turn LEFT.

Old Buck

- Follow Old Buck.
- Pass Bridle Path trail.
- Pass Baden-Powell trail.
- Turn LEFT onto Powerline.

REGROUP

Powerline

- Climb Powerline trail.
- Turn LEFT onto Pingu trail.

Pingu

- Descend all the way down to Baden-Powell.

Baden-Powell

- Turn RIGHT and climb Baden-Powell.
- Stay right to continue onto Mushroom Trail.
- Climb Mushroom to Powerline
(Note: Mushroom/Dale's on race course, not this training run).

Powerline

- Turn LEFT down Powerline to Dale's/Forever After intersection.
- Turn LEFT and descend Forever After Trail.

REGROUP

Forever After Trail

- At bottom of trail, turn RIGHT onto Bridle Path.

Bridle Path

- Turn LEFT at Hyannis Trail junction.
- Stay RIGHT to remain on Bridle Path.
- Descend Bridle Path to Fisherman's Trail.

Fisherman's Trail

- Turn LEFT and follow Fisherman's to the end.
- Turn RIGHT and cross Seymour River footbridge on Baden-Powell.

Baden-Powell Trail

- Follow trail up hill.
- Stay on Baden-Powell to Lillooet Road.
Note: Richard Juryn loop on race course, not this training run.

Berm

- Turn LEFT onto Berm and follow back to yellow gate. Note: Diamond return on race course, not this training run.

Finish

- Cross Lillooet Road and take bark mulch path to cemetery road.
- Follow to Lillooet Road and stay on gravel path to Jaycee House.

24K FINISHED – STRETCH

34K-REGROUP & CONTINUE

Jaycee to Diamond Trail

- Head North on path on left side of Lillooet Road.
- Go straight through cemetery.
- Take short bark mulch trail, keep left.
- Just past the LSCR yellow gate, turn LEFT onto Diamond Trail.

Diamond Trail

- Follow gravel path (trail).
- Follow Diamond markers to come to T-junction at Baden-Powell Trail.

REGROUP

- Turn RIGHT toward Lillooet Road on Baden-Powell.
- Cross Lillooet Road.

Richard Juryn Trail & Berm

- Go up slight hill beside fence and stay on Baden-Powell.
- Find the first LEFT onto west side of Richard Juryn Trail.
- Keep left on this trail to junction and rock face.
- Turn LEFT down the hill.
- Watch for next LEFT to take down to the berm on Lillooet Road.
- Turn RIGHT on berm. Follow it to road crossing just *before* filtration plant.

- Cross Lillooet Road and continue along trail.
- At Y-junction, veer RIGHT onto Suspension Bridge Trail and head towards gazebo.

Gazebo

- Regroup at gazebo.

REGROUP

Suspension Bridge Trail

- Turn around and head back into Suspension Bridge Trail.
- Take SECOND marked turnoff to the RIGHT and head down hill.
- At turnoff to the Suspension Bridge, keep STRAIGHT onto Baden-Powell towards Twin Falls.
- At Twin Falls, continue LEFT on Baden-Powell and follow boardwalk that runs through the marsh (do not cross bridge).
- Power hike to post at top of climb (post indicates 0.5K to Lillooet Rd).

REGROUP

Sea to Sky Trail

- Turn RIGHT onto Sea to Sky Trail
- Trail starts out level and then steep descent.
- Go LEFT at bottom of descent onto boardwalk.
- Keep straight on Sea to Sky until you come to wide to gravel path (dog walk area).
- Continue straight until you come to trail on LEFT, leading up hill (Trestle bridge will be on right).
- Follow trail, keeping left to soccer field parking lot (watch for cars).
- Turn RIGHT onto road and follow uphill to Jaycee House.

34K FINISHED – STRETCH

