



Tender Knee 2019 Race Route



Start

- Lower Seymour Conservation Reserve. You will be directed to a race chute start.

Suspension Bridge Trail to Lillooet Road

- Head into Suspension Bridge Trail.
- Take left fork at Y-junction to get to Lillooet Road.

Lillooet Road Berm

- Cross Lillooet Road.
- Turn RIGHT onto the berm and follow it 900 m to turnoff to Richard Juryn Trail at post.

Richard Juryn Trail (West).

- Ascend RJ to post and turn RIGHT. Keep right at rock face.
- Follow RJ down to Baden-Powell.

Baden-Powell

- Turn LEFT onto Baden-Powell and follow it down to Riverside junction.

Fisherman's Trail

- Veer LEFT and follow Fisherman's to Mystery Creek post.

Mystery Creek Switchback

- Turn RIGHT and head up to Powerline.

Powerline to Mushroom

- Turn RIGHT along Powerline.
- Cross the Mystery Creek Bridge, go straight up.
- High point is at **Historic Mushroom Parking Lot Trail** intersection (marked).

POWERLINE AID STATION

Mushroom

- At the Powerline **POST**, turn RIGHT to continue on Mushroom and it merges with Baden-Powell.

Baden-Powell

- Keep straight toward Old Buck.
- At the intersection of Old Buck, turn **LEFT** and then almost immediately **RIGHT** to stay on Baden-Powell. (Do NOT go down Old Buck.)
- Cross Mount Seymour Road and enter the trail on the other side. (Washroom here on the right up a slight rise.)
- Start gradual descent with some uphill sections.
- You come out on Indian River Road; **cross the road** and find B-P trail on the right side of road, turn left onto trail.
- About 500 m later, you reach junction marked as 2.6 km to Deep Cove.

INDIAN RIVER ROAD AID STATION

This next section of the trail is busy. Please respect all trail users and share the trail in a friendly way (chat with hikers).

- Follow the B-P markers. Some steep ascents and descents and bridges.
- Come out between two houses on Panorama Drive (2501 Panorama Drive).
- Turn **RIGHT** and cross road.
- Turn **LEFT** down paved path to picnic area near the water.

Soak your legs in the ocean.

Aid Station	Distance to Next Aid
LSCR (gazebo)	7 km
Powerline	3.5 km
Indian River Road	2.7 km

