

Getting There

Take Lillooet Road North, just past Capilano University, turn left down Inter River Park Drive. Take the first left turn onto Premier St, then the first right into the parking lot. The start is near the bathrooms and the BMX track area.

Trailhead

- Inter River Park by BMX track.

Sea to Sky Trail

- Head North on pathway.
- Turn LEFT at T-Junction and continue along path down to gravel service road.
- Turn RIGHT onto service road to dog walk area and then continue north along Sea to Sky Trail.

Baden-Powell

- At Baden-Powell post,

REGROUP

- Turn LEFT down the stairs.
- Go through marsh on Baden-Powell.
- At Twin Falls bridge, keep RIGHT (do not cross bridge).
- At Suspension Bridge trail turnoff, turn LEFT toward bridge.

REGROUP

- At landing before Suspension Bridge, turn RIGHT and head down stairs.

30 Foot Pool

- **At T-junction**, turn RIGHT to get to 30 Foot Pool.
- Head up the stairs at 30 Foot Pool.
- At top, keep LEFT and keep beside fence until you reach a gravel road.
- AT gravel road turn LEFT and cross footbridge to reach the aid station (Pipeline Bridge near Varley Trail).

REGROUP

Varley Trail

- Turn RIGHT on the road and reach Varley trail straight ahead.
- Stay on Varley Trail. You will come to the small parking lot at Lynn Headwaters Regional Park. Turn LEFT onto the paved road.

Baden-Powell

- Turn RIGHT and up the stairs of Baden-Powell towards Old Mountain Highway.

Old Mountain Highway

- At Old Mtn Hwy, turn right. Follow to water tower, bathrooms and gate.
- **Go through gate**, continue up.
- At **Cedar Tree Trail sign**

REGROUP

- Turn right and then take second RIGHT onto **Upper Griffen (sign)**.
- Stay on **Upper Griffen** until you reach junction for Lower Griffen. Follow **Lower Griffen (sign)**.
- Follow to Baden-Powell Trail.

Baden-Powell

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

REGROUP

Lynn Loop

- Cross bridge over Lynn Creek.
- Turn LEFT and head up river along Lynn Loop Trail.
- Around 2 km at post, turn RIGHT and head uphill. Stay RIGHT at the top.
- Continue along Lynn Loop for another 2 km.
- At T-junction at bottom, turn LEFT onto Lynn Headwaters Connector Trail.

Lynn Headwaters

- Follow Lynn Headwaters Connector Trail to the Gazebo in the LSCR.

Lower Seymour Conservation Reserve

- Reach gazebo (water, bathrooms), find trail to Suspension Bridge.

Suspension Bridge Trail

- Head onto Suspension Bridge trail.
- Go past turnoff to 30 Foot Pool (do NOT turn).
- Keep RIGHT on trail. It will start heading down hill.

Baden Powell

- Pass by turnoff to Suspension Bridge (keep straight).
- At Twin Falls bridge, keep LEFT (do not cross bridge). You are now on Baden Powell trail.
- Take boardwalk that runs through marsh on Baden Powell.

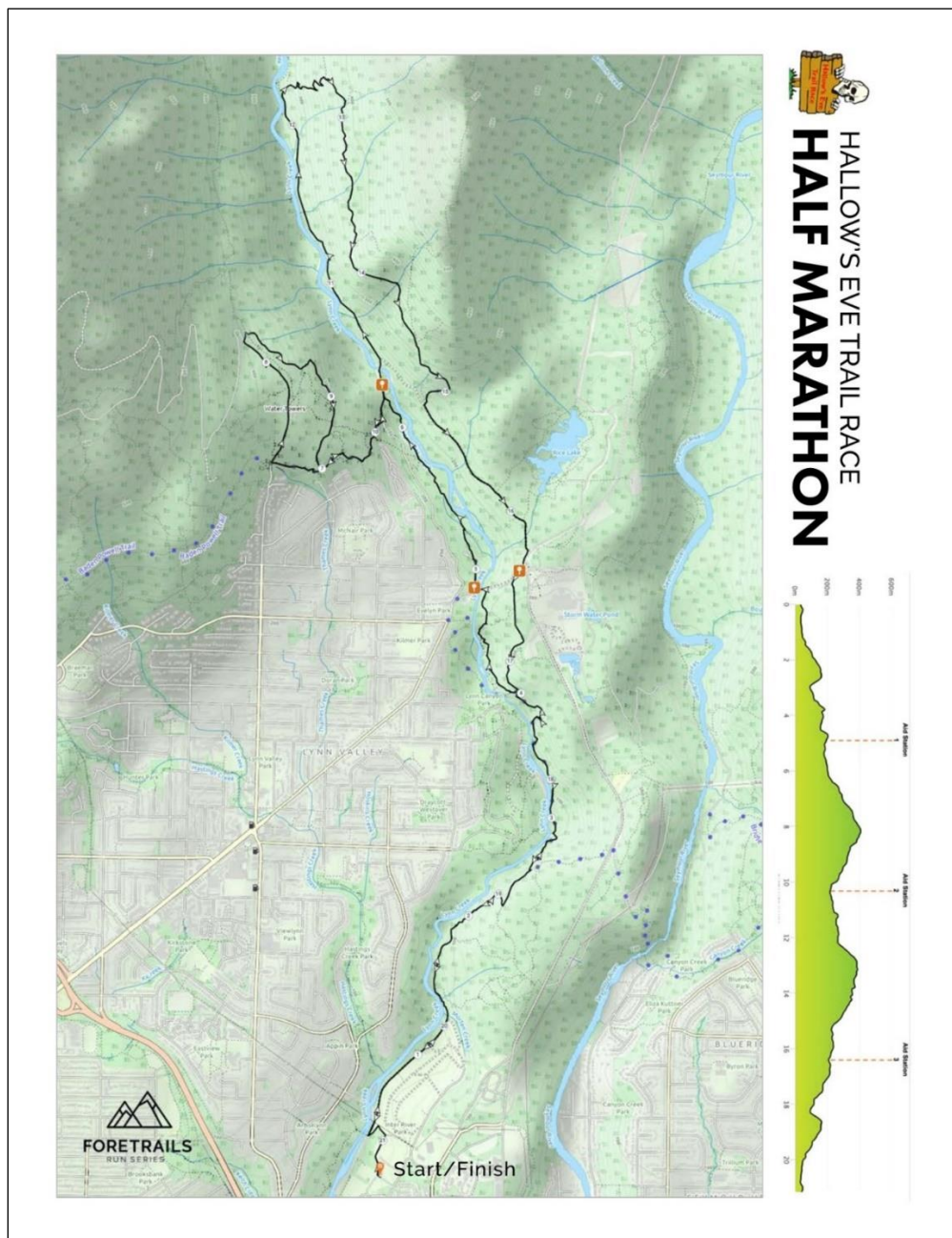
- Head up the stairs
- At top of stairs, at post, turn RIGHT.

Sea to Sky Trail

- Follow Sea to Sky down to dog walk area.
- Follow flagging back to start area

22K FINISHED – STRETCH

35K CONTINUE...



35K CONTINUED...

Trailhead

- Inter River Park

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 then straight to Lillooet Rd crossing.

Berm & to Baden-Powell

- Cross Lillooet Rd and head North on the Berm.
- Take first trail on RIGHT.
- Follow to Baden-Powell.

Baden-Powell

- Turn RIGHT onto Baden-Powell and head downhill to Seymour River footbridge.
- Cross footbridge.

REGROUP

Fisherman's Trail to Powerline

- Turn LEFT at junction and head North on Fisherman's Trail.
- Turn RIGHT onto Bridle Path (Practice your uphill technique).
- At top of climb keep LEFT onto Hyannis Trail.
- Keep left until you come to T-Junction with Powerline.

Powerline, Forever After & Bridle Path

- Turn RIGHT and begin climb up Powerline.
- Watch for first trail on your right.

REGROUP

- Turn RIGHT onto Forever After and practice your descending.
- At T-Junction, turn LEFT onto Bridle Path.
- Follow trail to junction with Baden-Powell (just after bridge crossing).

REGROUP

Baden-Powell

- Turn RIGHT after bridge onto Baden-Powell (do not cross big rock).
- Follow trail to Hyannis Drive.
- Cross road (watch for cars) and continue on Baden-Powell trail.
- At T-Junction, turn LEFT onto Fisherman's Trail.
- Take the next RIGHT to cross Seymour River footbridge and continue on Baden-Powell trail.
- At top of climb, turn LEFT onto service road heading back to Jaycee House.

Berm

- Turn LEFT onto Berm.
- Cross Lillooet Rd at crossing.

To Jaycee House

- Head South beside Lillooet Road.
- Follow trail around small parking lot.
- Turn RIGHT onto bark mulch trail to cemetery road and follow to Lillooet Road.
- Stay on gravel path to Jaycee House.

35K FINISHED – STRETCH

**13K from Jaycee House—
Fisherman's, Bridle Path, Foreverafter**

