

**Note:** 2019 route no longer includes Griffen Switchbacks. Racers stay on Lower Griffins to Baden-Powell.

### 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.

### Sea to Sky Trail

- Head North on path.
- 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, 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.
- 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).
- **AID STATION**

### 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**, 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)**.
- Stay on **Lower Griffen** back to Baden-Powell.

### 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.
- **AID STATION.**

### 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. **AID STATION.**

### 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

