

Note: The 19.5K and 25K routes follow the 12K course for the “1st loop” and then continue onto the “2nd loop”.

Start/Finish

Lower Seymour Conservation Reserve

Baden-Powell

- Head south on Suspension Bridge Trail
- Stay on trail heading downhill to Suspension Bridge.
- Keep straight at Suspension Bridge (now on Baden-Powell) and left at Twin Falls bridge.
- Through marsh and up the long set of stairs.
- At top of stairs, turn LEFT to stay on Baden-Powell.
- Cross Lillooet Rd and stay straight on B-P down the hill to Fisherman’s.

Fisherman’s & Bridle Path

- After crossing foot bridge, turn LEFT onto Fisherman’s.
- Take second RIGHT onto Bridle Path and begin climb.
- Keep left on trail (turns into Hyannis) all the way to Powerline.

To Bottle Top

- Turn LEFT at Powerline and cross Mystery Creek bridge.
- Take first RIGHT heading towards Ned’s.
- Stay STRAIGHT at intersection (now on Greenland).
- Trail curves then dips into a gully. Cross gully and follow trail up short hill. At top, turn RIGHT onto Bottle Top.
- Follow Bottle Top to Fisherman’s.

Fisherman’s & Homestead

- Turn RIGHT onto Fisherman’s and cross the Twin Bridge.
- Keep right after bridge onto Fisherman’s alongside Seymour River.
- At next T-Junction, turn LEFT and begin climb up Homestead.

To Varley

- At top of climb, turn LEFT onto Twin Bridges trail.
- Turn RIGHT on the next trail leading to the filtration ponds.
- At large pond keep right and follow around pond to Lillooet Rd. Cross Lillooet Rd and follow trail.
- At the next T-Junction, turn RIGHT and head back towards the Gazebo.
- At Y-Junction, turn LEFT and head down Gazebo Connector trail.

- Cross Pipeline bridge, turn RIGHT and follow Marion Rd to Varley trailhead.
- Continue along Varley to the end of trail.

Lower Lynn Loop

- 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.
- Turn LEFT onto the Lower Lynn Loop trail.
- Stay straight (**25K only!**) at the junction with Lynn Loop Connector (Aid Station)
- Trail now becomes Cedar Mills.

Cedar Mills & Headwaters

- Follow Cedar Mills until you come to a large rocky open area (Third Debris Chute).
- Turn RIGHT and head up the debris chute.
- At the top, turn RIGHT onto Headwaters trail.
- Stay left/straight at the junction with Lynn Loop Connector (do NOT go down steep hill).

Upper Lynn Loop

- Trail now becomes Upper Lynn Loop.
- Keep right on Upper Lynn Loop trail.

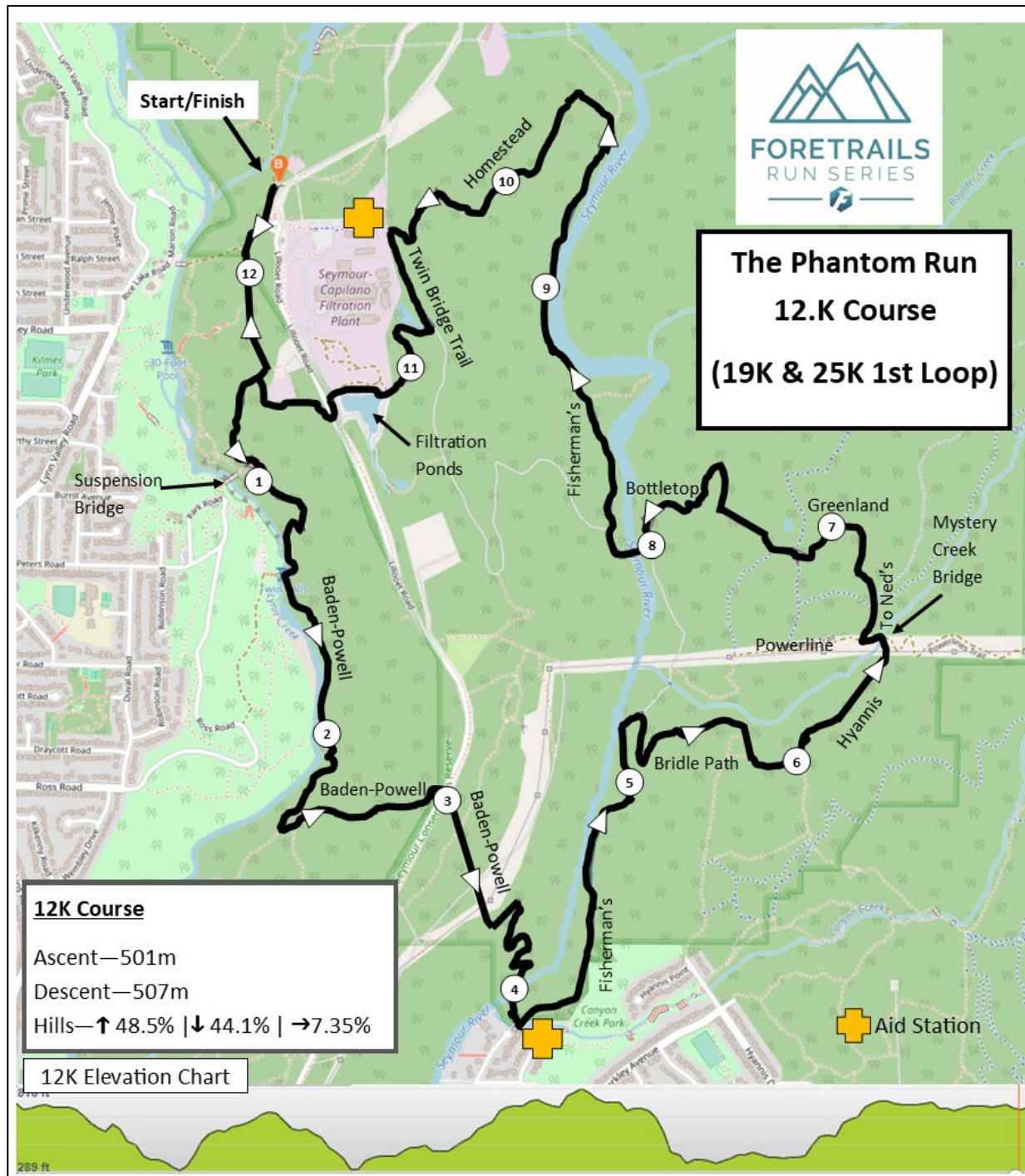
Lynn Headwaters Connector

- At T-Junction, turn LEFT onto Lynn Headwaters Connector.
- Follow back to start/finish area.
- Watch for sharp LEFT turn to finish line.



The Phantom Run – 25K Route

(Revised: November 5, 2021 – change Aid Stations)



See next page for 2nd Loop of course.

The Phantom Run – 25K Route

(Revised: November 5, 2021 – change Aid Stations)

See previous page for 1st Loop of course.

