



Iron Knee Race Route 2022



Start

North Vancouver's Cleveland Park just north of Cleveland Dam on the right side of Capilano Road.

Cleveland Park to Grouse

- Loop around Cleveland Park. Head north on Nancy Greene Way staying off the road.
- Just past the Grouse Mountain sign, take first **RIGHT** and follow the gravel maintenance road towards the Skyline/Powerline trailhead and gate.

Skyline

- On Powerline Trail, continue towards Skyline Drive, stay on pavement through the S-curve, then keep right.
- Go straight about 100 m to Baden-Powell Trail.

Baden-Powell (B-P) Trail

- Turn **RIGHT** onto B-P and head down toward Mosquito Creek. Cross the bridge. **AID STATION**
- Take first **LEFT** (water tower is on your right).
- Keep **LEFT** at St. Georges bench (viewpoint).
- Start descent to Mountain Hwy.
- Cross steel and wooden footbridge.
- Follow **hikers** marker. Come out on gravel road at the top of Mountain Highway. **AID STATION**
- Cross road and follow B-P marker toward Lynn Valley Road. Trail leads to stairs.
- Come out on Lynn Valley Road less than 0.5 km from main parking lot. Turn **LEFT** to go to Lynn Headwaters bridge (washrooms in picnic area).

Lynn Headwaters Connector to Gazebo

- Cross Lynn Headwaters bridge.
- Turn **RIGHT** to take Lynn Headwaters Connector trail about 1.6 km to gazebo. **AID STATION**

Suspension Bridge Trail to Lillooet Road

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

Lillooet Road & Filtration Ponds

- Cross Lillooet Road.
- Keep left in parking lot and head around filtration ponds (keep ponds on your right).

Twin Bridge Trail

- At T-Junction turn **RIGHT** and head downhill on Twin Bridge Trail.
- At bottom of hill turn **RIGHT** and head over bridge.

Fisherman's Trail

- Turn **RIGHT** off bridge and follow Fisherman's to Mystery Creek post.

Mystery Creek Switchback

- Turn **LEFT** and head up to Powerline.

Powerline to Mushroom

- Turn **RIGHT** on to Powerline.
- Cross the Mystery Creek Bridge, keep **LEFT** continuing straight up.
- High point is at **Historic Mushroom Parking Lot Trail** intersection (marked). **AID STATION**
- At the Powerline **POST**, turn **LEFT** to continue up Mushroom.

Dales & Forever After

- Take first **LEFT** onto Dales Access.
- At T-Junction turn **LEFT** on to Dales Trail.
- Follow Dales Trail until you reach Powerline.
- Cross Powerline and you are now on Forever After.
- At bottom of descent, turn **RIGHT** onto Bridle Path.

Bridle Path, Hyannis & Powerline

- Follow Bridle Path to T-Junction with Hyannis.
- Turn **RIGHT** onto Hyannis.
- At T-Junction with Powerline, turn **LEFT**.
- Cross footbridge and take next **RIGHT** onto Greenland.

Greenland & Bottletop

- Keep straight at intersection with Ned's Atomic Dustbin.
- Keep straight across connector trail.
- At junction with Bottletop and Ridge Runner, keep **RIGHT** onto Bottletop.
- Follow Bottle top back to Fisherman's (T-Junction).

Fisherman's

- Turn **RIGHT** onto Fisherman's towards the bridge.
- Cross bridge and begin climb up Twin Bridges trail.

To the Finish Line

- Watch for first trails on the left.
- Turn **LEFT** and follow trail around the Filtration Ponds.
- Cross small parking lot and Lillooet Road.
- Follow trail to T-Junction.
- Turn **RIGHT** onto Suspension Bridge trail.
- Continue to finish line.

Aid Station	Distance to Next Aid
Mosquito Creek (water only)	3 km
Mountain Highway	3.5 km
LSCR (gazebo)	7 km
Powerline/Mushroom	7 km

