



Iron Knee 2023 Race Route



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).
- At St. Georges Trail bench and viewpoint, watch for flagging indicating LEFT fork.
- Start descent on B-P to Mountain Hwy.
- Cross steel and wooden footbridge and follow **hikers** trail. 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 Rd. Turn **LEFT** 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 (just past parking lot on left) 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 and 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). **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 get back onto 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.)
- Start gradual descent with some uphill sections.
- You come out on Indian River Road; **cross the road**, turn **RIGHT** and find **AID STATION**.
- Head south on Indian River Dr for approx. 50m, then turn **LEFT** onto Holly Goes Lightly.
- At next junction, turn **RIGHT** onto Cove Runner/Rain Dancer.
- Continue until Panorama Creek trail. Turn **LEFT** and follow Panorama Creek until joins Baden-Powell.
- Turn **RIGHT** on Baden-Powell and descend stairs. **This next section of the trail is busy. Please respect all trail users and share the trail.**
- Come out between two houses on Panorama Dr.
- Cross road and turn **RIGHT** onto sidewalk.
- Turn **LEFT** down paved path to picnic area.

Aid Station	Distance to Next Aid
Mosquito Creek	3 km
Mountain Highway	3.5 km
LSCR (gazebo)	7 km
Powerline	3.5 km
Indian River Road	2.7 km

