



Tender Knee 2023 Race Route



Start

- Lower Seymour Conservation Reserve. You will be directed to a race chute start.

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).
POWERLINE 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 stay on 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.

Soak your legs in the water.

Aid Station	Distance to Next Aid
LSCR (gazebo)	7 km
Powerline	3.5 km
Indian River Road	2.7 km

