

Fall Clinic 2023 – Trailhead List

Please arrive 15 minutes early. Bring a mask, warm up clothes, extra pair of socks, wet weather gear & water belt/hydration pack.

Date Saturday	Meeting Place/Route	10-12K	20-25K
Sept 9 th Week #1	NOTE: NOT MEETING AT STORE. GO STRAIGHT TO TRAILHEAD. 8:30 @ Lower Seymour Conservation Reserve - Locator map . Take Lillooet Road to parking lot on LEFT just before the filtration plant, marked as Lynn Canyon Park. Gather behind the kiosk on the grass. <u>Translink</u> : Route 228 Lynn Valley/Lonsdale Quay, at Dempsey Rd, go North a few metres to Rice Lake Rd. Turn right onto Rice Lake Rd to bridge, cross bridge, walk up hill to parking area.	5K	11K – 20K
Sept 16 th Week #2	8:30 @ Lower Seymour Conservation Reserve - Locator map . Take Lillooet Road to parking lot on LEFT just before the filtration plant, marked as Lynn Canyon Park. Gather behind the kiosk on the grass. <u>Translink</u> : Route 228 Lynn Valley/Lonsdale Quay, at Dempsey Rd, go North a few metres to Rice Lake Rd. Turn right onto Rice Lake Rd to bridge, cross bridge, walk up hill to parking area.	7k	14K - 24K
Sept 23 rd Week #3	8:30 @ Cypress Mountain – Locator map . (Howe Sound Crest Trail out and back). From Hwy #1 in West Vancouver, take Cypress exit, go all the way to the top parking lot.	9k	17K – 27K
Sept 30 th Week #4	8:30 @ Berkley Road - Locator map . Take Mount Seymour Parkway to Berkley Road. Turn North on Berkly to Hyannis Drive. Park beside sport field on Berkley. Do not park on Hyannis Drive. <u>Translink</u> : route 214.	7k	12K – 20K
Oct 7 th Week #5	8:30 @ Grouse Mountain - Locator map . Take Capilano Rd North past the dam. Continue up on Nancy Green Way to the top. Turn right into parking lot just before the Grouse Grind trailhead. Drive to the far end of the parking lot (by the trailhead for Powerline Trail). This is pay parking. There is free parking on street but watch for any parking restrictions. <u>Translink</u> : Route 232 or 236 to top of Capilano Road	9-9.5K	19K – 30K
Oct 14 th Week #6 Hallows Eve Orientation Run	8:30 @ Inter River Park , Drive down Inter River Park Drive (off Lillooet Road). 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. – Locator map . <u>Translink</u> : Route 239 Capilano University or Route 255.	10K	22K – 24K
Oct 21 st Week #7	8:30 @ Old Buck Trailhead – Locator map . Anne McDonald Way just off Mt. Seymour Road. <u>Translink</u> : Route 211 Phibbs/Seymour or Rou7te C15 Phibbs/Indian River	5K	11K – 15K
Oct 28 th Hallow’s Eve Race Week #8	RACE DAY @ Inter River Park <u>Translink</u> : Route 239 or 255	10K	22K – 42K
Nov 4 th Week #9 Phantom Orientation Run	8:30 @ Lower Seymour Conservation Reserve - Locator map . Take Lillooet Road to parking lot on LEFT just before the filtration plant, marked as Lynn Canyon Park. Gather behind the kiosk on the grass. <u>Translink</u> : Route 228 Lynn Valley/Lonsdale Quay, at Dempsey Rd, go North a few metres to Rice Lake Rd. Turn right onto Rice Lake Rd to bridge, cross bridge, walk up hill to parking area.	12K	18K – 22K
Nov 11 th Week #10	8:30 @ Lynn Headwaters Park – Locator map . Drive North on Lynn Valley Road to the top and continue into Lynn Headwaters Park. Park in overflow lot closest to small lot by BC Mills House. <u>Translink</u> : Route 228. Walk into park (approx. 1.2K)	6K	10K – 12K
Nov 18 th Phantom Race	RACE DAY @ Lower Seymour Conservation Reserve - Locator map . Take Lillooet Road to parking lot on LEFT just before the filtration plant, marked as Lynn Canyon Park. Gather behind the kiosk on the grass. <u>Translink</u> : Route 228 Lynn Valley/Lonsdale Quay, at Dempsey Rd, go North a few metres to Rice Lake Rd. Turn right onto Rice Lake Rd to bridge, cross bridge, walk up hill to parking area.	12K	19.5K – 25K

On Race Day – please carry water & carpool. If you are not racing, please come out as a volunteer. Your fellow runners will really appreciate it! For information, email foretrails@forerunners.ca.