

Note: We are using MacKay Creek Trail to ascend Grouse, not Skyline this year.

Getting There

Take Lillooet Road North, just past Capilano University, turn left down Inter River Park Drive. At the bottom, veer right into the parking lot by the sports fields. The start is near the bathrooms and the BMX track area.

Trailhead

- Inter River Park.

Sea to Sky Trail

- Head north on path.
- Turn LEFT at T-junction and continue on path down to gravel service road.
- Turn RIGHT onto service road to dog walk area and then continue north along Sea to Sky Trail.

Baden-Powell

- At Baden-Powell post, turn LEFT down the stairs.
- Go through marsh on Baden-Powell.
- At Twin Falls bridge, keep RIGHT (do not cross bridge).
- At Suspension Bridge Trail turnoff, turn LEFT toward bridge.
- Turn RIGHT just before bridge and head down the stairs.

30 Foot Pool

- At T-junction, turn RIGHT to get to 30 Foot Pool.
- Head up the stairs at 30 Foot Pool.
- At top, keep LEFT, heading along beside the fence until you reach a gravel road.
- At the gravel road turn LEFT and cross the footbridge to the aid station (Pipeline Bridge).

AID STATION

Varley Trail

- Turn RIGHT on the road and reach Varley Trail straight ahead.
- Stay on Varley Trail and you come to the small last parking lot at Lynn Headwaters Regional Park. Turn LEFT onto the paved road (run on left side).

Baden-Powell

- Turn RIGHT and up the stairs of Baden-Powell towards Mountain Highway.
- LEFT on Mountain Highway on BP, go past water fountain, take next trail up on RIGHT.
- Continue along BP to Dempsey sign.

Dempsey to St. Mary's Trail

- Turn LEFT onto Dempsey.
- Stay to your right and you come down to St. Mary's. Turn RIGHT on St. Mary's and cross wooden bridge over small creek.
- Stay on St. Mary's trail continuing to go **west** towards Grouse Mtn. You will cross under the Powerline and then 200 metres later, you reach St. Mary's Road.
- Climb up St. Mary's Road until back under the Powerline.

Powerline

- Turn LEFT and stay on the Powerline until it ends above Mosquito Creek.
- Head back into the forest on your right and pick up Baden-Powell heading west.

Baden-Powell

- Continue along Baden-Powell down to Mosquito Creek bridge.
 - Cross bridge and continue along Baden-Powell along the old roadway above Mosquito Creek on the west side.
- ## AID STATION
- Continue on Baden-Powell Trail until you reach MacKay Creek Trail.

MacKay Creek Trail

- Continue up MacKay Creek Trail until it opens up onto an old roadway.
- You reach the base of the Screaming Eagle Chairlift.
- Stay on the gravel road heading north and climbing up and away from the city.
- After about 1 km you intersect Mountain Highway, stay RIGHT and start your long descent on Mountain Highway.

Mountain Highway

- Continue along MH for several km.
- When you reach the Gravel Pit or garbage dump on your left-hand side just a bit further up the trail, Per Gynt drops down and to the right off MH.
- Take this trail down to the 6th corner switchback of MH.

AID STATION.

- Turn LEFT out of aid and head back up MH to watch for sign for 7th Secret.

Fromme Mtn Bike Trail Descent

- Find 7th Secret and start the descent.
- Take LEFT onto Leopard and this leads into Crinkum Crankum. Stay straight onto Kirkford.
- At T-junction turn RIGHT onto Cedar Tree Trail.
- Stay LEFT at next junction onto Upper Griffen.
- At marked junction, turn LEFT to stay on **Upper Griffen** until you reach junction for Lower Griffen. Follow **Lower Griffen (sign)**.
- Stay on **Lower Griffen** to Baden-Powell Trail.

Baden-Powell

- LEFT onto Baden-Powell.
- Go down the set of stairs that you came up earlier.
- LEFT onto the Lynn Headwaters paved road, through parking lot and into picnic area.

AID STATION.

Long Lynn Loop (Lynn Headwaters)

- Cross bridge over Lynn Creek.
- Turn LEFT and head upriver along Lynn Loop Trail.
- Continue straight on Cedars Mill Trail.
- At Third Debris Chute (clearing) turn RIGHT.
- At T-junction turn RIGHT to follow Lynn Headwaters Trail.
- At T-junction at bottom, turn LEFT onto Lynn Headwaters Connector Trail.

Lynn Headwaters

- Follow Lynn Headwaters Connector Trail to the Lower Seymour Conservation Reserve.

Lower Seymour Conservation Reserve

- Reach gazebo (water, bathrooms), find trail to Suspension Bridge.

AID STATION.

Suspension Bridge Trail

- Head onto Suspension Bridge Trail.
- Go past turnoff to 30 Foot Pool (do NOT turn).
- Trail will veer right, head downhill.

Baden-Powell

- Pass turnoff to Suspension Bridge (keep straight).
- Turn LEFT at Twin Falls, onto Baden-Powell trail (do not cross bridge).
- Head through marsh, up the new stairs.
- At top of trail, at post, turn RIGHT.

Sea to Sky Trail

- Follow Sea to Sky down to dog walk area.
- Follow flagging back to start area.



