

Start/Finish (*new for 2023*)

Lower Seymour Conservation Reserve **Lynn Canyon Park parking lot** across from the filtration plant.



Baden-Powell

- Head south on Suspension Bridge Trail.
- Stay on trail heading downhill to Suspension Bridge.
- Keep straight at Suspension Bridge (now on Baden-Powell) and keep left at Twin Falls bridge.
- Go through marsh and up the long set of stairs.
- At top of stairs, turn LEFT to stay on Baden-Powell.
- Cross Lillooet Rd and stay straight on Baden-Powell down the hill to Fisherman's Trail.

Fisherman's and Bridle Path

- After crossing foot bridge, turn LEFT onto Fisherman's Trail. (**Aid Station**)
- **Take second RIGHT onto Bridle Path (at construction gate 2023)** and begin climb.
- Keep left and reach Hyannis Trail.
- Turn left onto Hyannis Trail and follow all the way to Powerline Trail.

Powerline to Bottle Top

- Turn LEFT at Powerline and cross Mystery Creek bridge.
- Take first RIGHT heading towards Ned's Atomic Dustbin.
- Stay STRAIGHT at intersection (now on Greenland).
- Trail curves then dips into a gully. Cross gully and follow trail up short hill.
- At top, turn RIGHT onto Bottle Top.
- Follow Bottle Top down to Fisherman's Trail.

Fisherman's and Homestead

- Turn RIGHT onto Fisherman's and cross the new Twin Bridge.
- Keep right after bridge onto Fisherman's beside Seymour River.
- At next T-junction, turn LEFT and begin climb up Homestead.

To Finish

- At top of Homestead climb, turn LEFT onto Twin Bridges Trail.
- Turn RIGHT on the **SECOND** trail leading to the filtration ponds.
- Veer left then find filtration pond.
- At large pond, veer right and **circle around** pond to Lillooet Rd.
- Cross Lillooet Rd and keep right to follow trail to the next junction.
- Keep right and look for parking lot on your right which is where you started out.



The Phantom Run – 12 km Route

