

Note: The 19.5 km and 25 km routes follow the 12 km course for the “1<sup>st</sup> loop” and then continue onto the “2<sup>nd</sup> loop”.

## 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 and begin climb.
- Keep left on road (turns into 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.

### Filtration Ponds

- 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.

### Suspension Bridge Trail to Varley

- Pass by the START and go straight to the next junction (gazebo on your right). (Aid Station)
- Turn LEFT and head down to Pipeline Bridge.
- Cross Pipeline Bridge, turn RIGHT and follow Marion Rd to Varley trailhead.
- Continue along Varley to the end of the trail where it meets Lynn Valley Road.

### Lower Lynn Loop

- At T-junction with Lynn Valley Rd, turn RIGHT. (Watch for cars in the parking lot.)
- Continue through Lynn Headwaters Park and cross the bridge.
- Veer LEFT onto the Lower Lynn Loop Trail.
- Turn RIGHT at junction with Lynn Loop Connector (Aid Station).
- Climb connector. (19.5 km only)

### Upper Lynn Loop

- Turn RIGHT onto Upper Lynn Loop.
- Keep right on Upper Lynn Loop Trail.

### Lynn Headwaters Connector

- At T-junction at bottom, turn LEFT onto Lynn Headwaters Connector.
- Follow to gazebo.

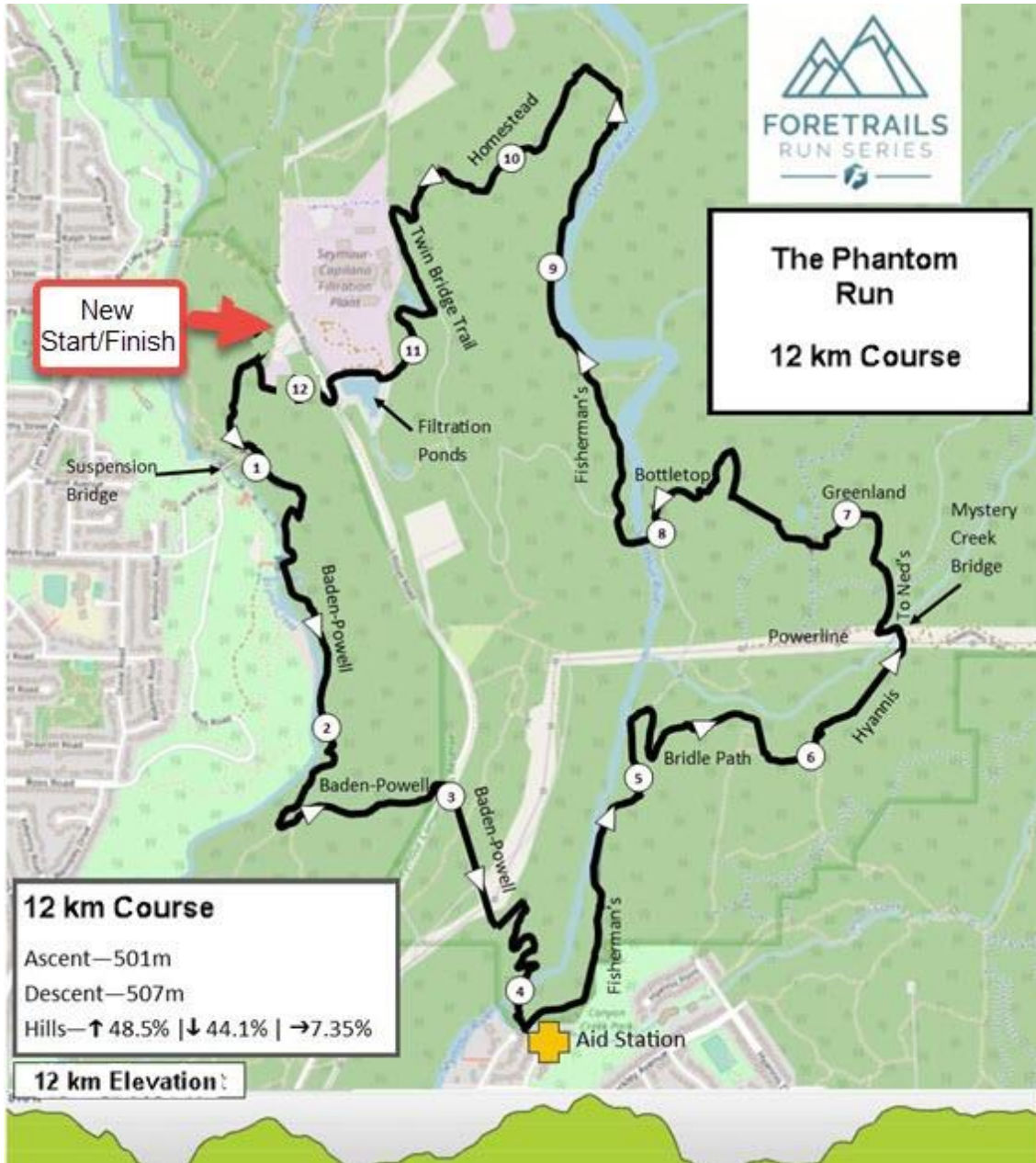
### Suspension Bridge Trail

- Head into Suspension Bridge Trail.
- Watch for sharp LEFT turn to finish line (where you started).



# The Phantom Run – 19.5 km Route

## 1<sup>st</sup> Loop



See next page for 2<sup>nd</sup> Loop on course.

# The Phantom Run – 19.5 km Route

2<sup>nd</sup> Loop (19.5 km does Short Lynn Loop and heads up to Upper Lynn Loop at the aid station)

