

**Getting to the Trailhead: *Parking is LIMITED***

Park at **Parkgate Park** (see p.2) and hike 10 min to Anne MacDonald Way. May be a few spots on Banff Court near Rec Centre. Trailhead is Mt. Seymour Road at Anne MacDonald Way, Old Buck parking lot. Don't park at mall.

**Trailhead**

- Old Buck Trail at the parking lot.

**Old Buck**

- Head north on Old Buck.
- Turn LEFT onto Empress Bypass.

**Empress Bypass to Fern Gully**

- Cross a bridge. **Immediately** turn right onto Fern Gully.
- At the top, turn left onto Bridle Path.

**REGROUP**

**Bridle Path**

- Continue on Bridle Path to burned-out stump.
- Look right for Cardiac Bypass.

**REGROUP**

**Cardiac Bypass (Burned-out Stump)**

- LEFT onto Cardiac Bypass.

**Academy Junction**

- RIGHT onto Academy Junction.



**Rapid Transit**

- LEFT onto Rapid Transit.
- At the intersection with a hairpin corner of Slippery Salamander, go LEFT.

**Slippery Salamander**

- Follow Slippery Salamander to Bridle Path.
- LEFT onto Bridle Path.
- Immediately RIGHT onto Sticks and Stones.

**REGROUP**

**Stick and Stones**

- Follow Sticks and Stones as it winds around and crosses over Bridle Path all the way up to Cardiac Bypass again.
- RIGHT onto Cardiac Bypass.

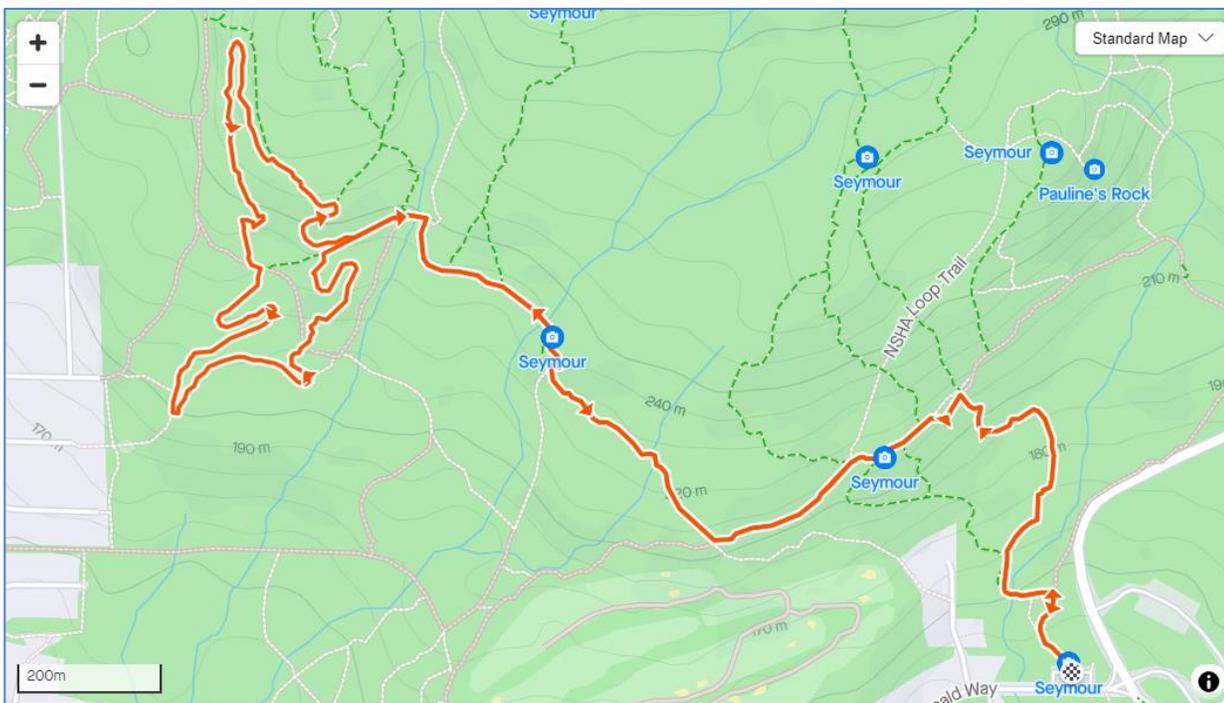
**Cardiac Bypass (Burned-out Stump)**

- RIGHT back to Bridle Path.
- LEFT onto Bridle Path to return.

**Return Bridle Path and Fern Gully**

- Turn onto Fern Gully.
- Follow Empress Bypass back to the start.

**5.6 km FINISHED – STRETCH**



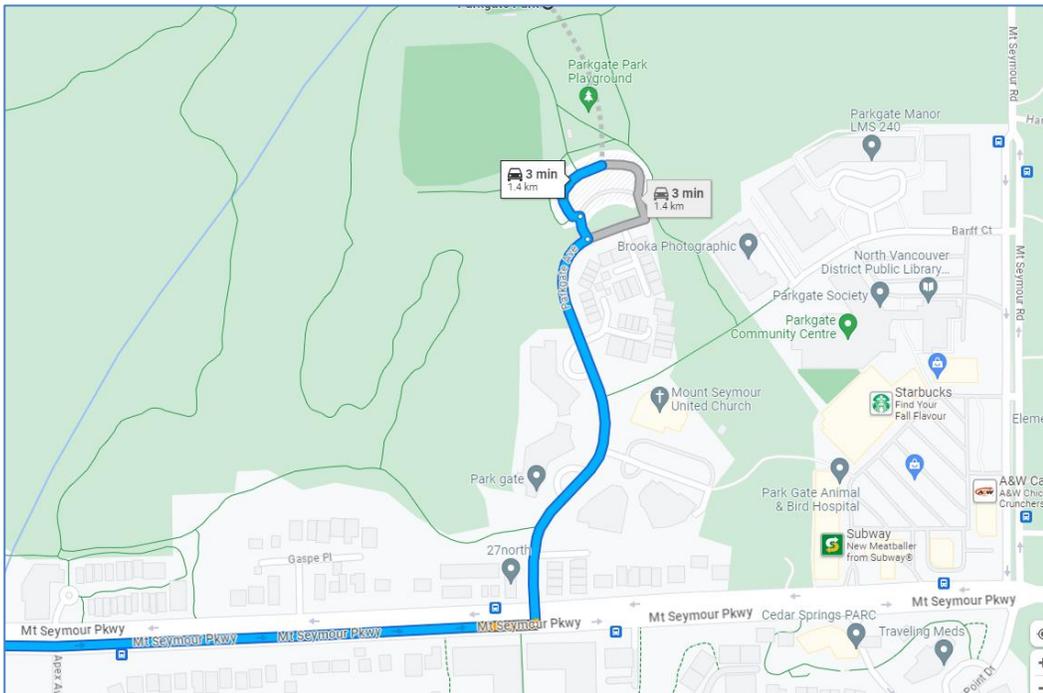
## PARKING at Parkgate Park

The turnoff for Parkgate Park is the road before Mt. Seymour Road, called **Parkgate Ave.**

## Driving Directions to Parkgate Park

### [Mount Seymour Parkway to Parkgate Park](#)

Screenshot of the driving directions to Parkgate Park



This map shows walking directions to Old Buck Parking Lot from Parkgate Park.

