

### Getting to the Trailhead

Follow Mount Seymour Parkway to Berkley Road. Turn left onto Berkley and head all the way to the end of the street. Park near the sports field at top of Berkley. Do NOT park on Hyannis.

### Trailhead

- Find Baden-Powell Trail on north side of Hyannis Drive.

### Baden-Powell

- Take Baden-Powell until you come to the intersection of Baden-Powell and Bridle Path (there is a **big rock and bridge** over a stream).
- Keep right crossing the rock and go straight.
- Almost immediately, you come to a T-junction with a kiosk (big sign).
- Turn RIGHT to continue along Bridle Path heading toward Mt. Seymour Road.

### Bridle Path

- You will pass four trails on your right, with the last two being Sticks & Stones (loop). Watch for LEFT turn just past the second Sticks & Stones.
- You come to a **large burned-out stump** on your right and a stream straight ahead. Take a good look at this intersection.  
**REGROUP**
- Cross bridge.
- Keep right on Bridle Path. About 1.3 km along, the trail takes a sharp left and heads northeast.
- About 800 m later, you come to a T-junction where the Old Buck Trail intersects.

### Old Buck

- Turn left on Old Buck to **SECOND BRIDGE ONLY**.  
**REGROUP**
- Turn around and head back down Old Buck

### Bridle Path to Baden-Powell Return

- Turn RIGHT onto Bridle Path.
- You will come to a sharp right turn at a fence.
- Continue along Bridle Path. Watch for markers.
- At Good Samaritan marked tree, turn left and cross the stream. The **burned-out stump** is on your left.
- Turn left and follow Bridle Path down.
- At the bottom of the downhill (fork), keep right.
- At the kiosk (big sign) turn LEFT.  
**REGROUP**
- You come to a marked fork for Baden-Powell and Bridle Path (big rock and creek).
- Turn right to cross bridge staying on Bridle Path.
- At T-junction turn RIGHT onto Hyannis Trail heading towards Powerline.

### Powerline

- Turn LEFT and immediately cross Mystery Creek Bridge.
- Stay on Powerline to Mystery Creek Gate.

### Mystery Creek

- Turn LEFT, go through gate and head down to Fisherman's Trail.

### Fisherman's Trail

- Turn LEFT and follow to Bridle Path.

### Bridle Path

- Turn LEFT up Bridle Path. At top, keep right and get onto boardwalk.
- Keep right and follow Hyannis Trail back to Hyannis Drive.

<b>11 km-STRETCH 16 km-REGROUP and CONTINUE</b>
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### Baden-Powell

- Head southwest (cross Hyannis Drive) down Baden-Powell toward Fisherman's Trail.

### Fisherman's

- Turn right and follow to Mystery Creek Trail.

### Mystery Creek

- Turn right and follow through gate at top.
- Take Ridge Runner Trail straight ahead.  
**REGROUP**

### Ridge Runner

- Head up Ridge Runner.
- At TOP, keep right and descend.
- At bottom, turn right.
- Take next left onto bottom of Ned's.

### Ned's Atomic Dust Bin

- Follow Ned's to first intersection and turn RIGHT to get back to Powerline.

### Powerline

- Turn left onto Powerline and cross bridge.
- Turn right immediately onto Hyannis Trail.

### Hyannis Trail

- Follow Hyannis Trail back to Hyannis Drive.  
**STRETCH**

