



9 km from Old Buck

Old Buck, Applicator, Salamander

Getting to the Trailhead (**Parking is Limited**)

Follow Mount Seymour Parkway to Mount Seymour Road. Turn left (North) on Mt Seymour Road and then left on Anne MacDonald Way. Park on street, NOT in parking lot. **BEST OPTION: Parkgate Park** (see instructions).

Trailhead

- Find Old Buck Trail at parking lot.

Empress Bypass to Fern Gully

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

REGROUP

Bridle Path

- Follow Bridle Path.
- You will come to a sharp right turn at a fence.
- Continue along Bridle Path.
- At Good Samaritan (Severed D) marked tree, turn left and cross the stream. The **burned-out stump** is on your left.
- Immediately after stream, turn RIGHT and head up Applicator.

REGROUP

Applicator and R&R Climb

- Cross Rapid Transit and continue on Applicator.
- At next intersection, turn LEFT onto R&R Climb.
- Descend R&R to Bridle Path.

Bridle Path

- Follow Bridle Path towards Hyannis Drive.
- At the intersection of Bridle and Baden-Powell, veer RIGHT over bridge to continue along Bridle.

Watch for one-way trails.

REGROUP

Hyannis Trail

- Turn LEFT onto Hyannis Trail and follow it to Hyannis Drive.
- Go along Hyannis Drive to Baden-Powell.

Baden-Powell

- Go left on Baden-Powell to the intersection of Baden-Powell and Bridle Path (**big rock and bridge** over a stream).
- Cross the rock and go straight.
- Almost immediately, you come to the T-junction with the kiosk (big sign).

REGROUP

IMPORTANT – READ CAREFULLY & REVIEW

INSET MAP ON NEXT PAGE

- Turn RIGHT and continue on Bridle Path.
- Do **NOT** turn at the first Slippery Salamander sign on left. Instead, continue on Bridle for about 20-25 m until you come to a Y-junction.
- At Y-junction, go LEFT onto Slippery Salamander. Do NOT continue on Bridle Path.

Slippery Salamander

- Stay on Slippery Salamander to Bridle Path.
- Turn LEFT onto Bridle Path and immediately RIGHT onto Sticks & Stones.

Sticks & Stones

- Follow Sticks & Stones.
- Keep left at large boulder. Trail heads east and back to Bridle Path.
- Cross Bridle Path.

Cardiac Bypass

- At T-junction, turn RIGHT onto Cardiac Bypass.

Bridle Path

- At junction, veer LEFT at burned-out stump onto Bridle Path.

REGROUP

- Stay RIGHT over bridge.
- Follow Bridle Path to Old Buck.

Old Buck

- Turn RIGHT onto Old Buck and follow back to parking lot.

9 km FINISHED - STRETCH

