Getting to the Trailhead

Take Lillooet Road North all the way into the park to Lower Seymour Conservation Reserve (LSCR). Turn LEFT just before the filtration plant, marked as Lynn Canyon Park (about 3 km from Capilano University). Gather behind the kiosk on the grass.

Trailhead
- Meet in gravel parking lot.
- Start at Gazebo

Varley

- Head down the wide gravel path towards Pipeline Bridge.
- Cross Pipeline Bridge.
- Turn RIGHT onto Marion Rd to Varley trailhead.
- Head onto Varley Trail.
- Follow Varley to the end of the trail.
  REGROUP

Baden-Powell
- Turn LEFT onto Lynn Valley Road (watch for cars) and head down road towards Baden-Powell trailhead (on right side of road).
- Turn RIGHT onto Baden-Powell Trail.
- Follow B-P for *about* 3.5 km.

St. George's Trail
- At intersection with St. George's…
  REGROUP

- Turn RIGHT onto St. George's Trail.
- Ascend to T-junction with Mountain Highway.

Mountain Highway
- Turn RIGHT and descend.
- Watch for third trail on your left.

  REGROUP

Leopard, Crinkum Crankum & Kirkford
- Turn LEFT onto Leopard.
- Keep right.
- Stay straight at intersection with path/road and you are now on Crinkum Crankum.
- Keep LEFT from Crinkum Crankum onto Kirkford (e.g. do **not** turn right onto connector).

Cedar Tree Trail
- At T-junction, turn RIGHT onto Cedar Tree Trail.
- At next junction, keep LEFT onto Upper Griffens.

Upper and Lower Griffens
- At each trail junction along Griffens **stay LEFT** and you will end up on Lower Griffens.
- At T-junction with Baden-Powell…
  REGROUP
- Turn LEFT heading east back towards Lynn Valley Road.

Lynn Valley Road
- Turn LEFT onto road (watch for cars) and head towards Lynn Headwaters Bridge.
- Cross bridge.

Lynn Headwaters Connector
- Turn RIGHT onto Lynn Headwaters Connector.
  REGROUP
- Follow Lynn Headwaters Connector past Rice Lake to Gazebo.
- Head back to parking lot.

14 km FINISHED – STRETCH

14 km from LSCR
Varley, St. Georges, Griffen

TRAIL WHISPERER