



Tender Knee 2024 Orientation Route



Carpool

- Turn right onto Cliffmont Road in Deep Cove. Park at [Myrtle Park](#) (there are 2 parking lots at Myrtle Park). Carpool to LSCR Lynn Canyon Park parking lot across from filtration plant. Or get dropped off at LSCR.

Start

- Lower Seymour Conservation Reserve. Lynn Canyon Park Parking lot on left side of Lillooet Road across from filtration plant. Wait for group and sign in.

Suspension Bridge Trail to Lillooet Road

- Head into Suspension Bridge Trail.
- Take left fork at Y-junction to get to Lillooet Road.

Lillooet Road Berm

- Cross Lillooet Road.
- Turn RIGHT onto the berm and follow it 900 m to turnoff to Richard Juryn Trail at post. (Sign shows Camp Brick Bypass.)

Richard Juryn Trail (West).

- Ascend RJ to post and turn RIGHT. Keep right at rock face and follow RJ down to Baden-Powell.

Baden-Powell

- Turn LEFT onto Baden-Powell and follow it down to Riverside junction.

Fisherman's Trail

- Veer LEFT and follow Fisherman's to Mystery Creek post.

Mystery Creek Switchback

- Turn RIGHT and head up to Powerline.

Powerline to Mushroom

- Turn RIGHT along Powerline.
- Cross the Mystery Creek Bridge, go straight up.
- High point is at **Historic Mushroom Parking Lot Trail** intersection (marked).

Mushroom

- At the Powerline **POST**, turn **RIGHT** to continue on Mushroom and it merges with Baden-Powell.

Baden-Powell

- Keep straight toward Old Buck.
- At the intersection of Old Buck, turn **LEFT** and then almost immediately **RIGHT** to stay on Baden-Powell. (Do NOT go down Old Buck.)
- Cross Mount Seymour Road and enter the trail on the other side. (Washroom here on the right.)
- You come to Indian River Road.
- From aid station, cross the road, turn **RIGHT** and head along Indian River Dr for approx. 50 m, then turn **LEFT** onto Holly Goes Lightly.
- At next junction, turn **RIGHT** onto Cove Runner/Rain Dancer.
- Continue until Panorama Creek Trail. Turn **LEFT** and follow Panorama Creek until it joins Baden-Powell.
- Turn **RIGHT** on Baden-Powell and descend stairs. **This next section of the trail is busy. Please respect all trail users and share the trail.**
- Come out between two houses on Panorama Dr.
- Cross road and turn **RIGHT** onto sidewalk.
- Turn **LEFT** down paved path to picnic area.

Soak your legs in the water.

Aid Station	Distance to Next Aid
LSCR (gazebo)	7 km
Powerline	3.5 km
Indian River Road	2.7 km

