

Getting to the Trailhead

Take Lillooet Road North all the way into the park to Lower Seymour Conservation Reserve (LSCR) (approx. 3K from Capilano University). Drive past the Watershed Center and park in the gravel lot.

Trailhead

- Start at Gazebo (meet in gravel parking lot first)

Suspension Bridge Trail/30 Foot Pool

- Head south on Suspension Bridge Trail.
- Turn RIGHT towards 30 Foot Pool.
- At bottom of first set of stairs by fence, turn RIGHT and head along the fence towards Pipeline footbridge.

Varley Trail

- At T-junction with gravel road, turn LEFT and cross Pipeline footbridge.
- Turn RIGHT on Marion Road and watch for Varley Trailhead.
- Veer RIGHT onto Varley trail and follow until last parking lot near Lynn Headwaters Park.

REGROUP

- Turn RIGHT, cross through parking lot (WATCH FOR CARS) and head across Lynn Headwaters bridge.

Lynn Headwaters Connector

- At T-Junction, turn RIGHT onto Lynn Headwaters Connector.
- Take the second LEFT towards Rice Lake.

Rice Lake

- At Y-Junction, keep LEFT onto Rice Creek Loop trail and follow trail around lake (Lake will be on your right).

REGROUP

- Run around entire lake until you come to a T-Junction.
- Turn LEFT.
- Turn LEFT at next T-Junction, heading towards Gazebo.
- Stop at Gazebo

5.5K FINISHED – STRETCH

