

***Getting to the Trailhead***

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

---

***Trailhead***

- Start at Gazebo. (Meet in the gravel parking lot first)

***To Varley***

- Head Southwest from Gazebo down the wide gravel path towards Pipeline footbridge.
- Cross footbridge.
- Turn RIGHT onto Marion Rd towards 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 to Mountain Highway.

***Mountain Highway***

- Turn RIGHT onto Mountain Highway and continue past the water towers.
- Watch for right turn approximately .65K up Mountain Highway

**REGROUP**

- Turn RIGHT onto Cedar Tree Trail.

***Upper & Lower Griffins***

- Take the **SECOND** RIGHT onto Upper Griffin and then **stay left**.
- At each trail junction along Griffins **stay LEFT** and you will end up on Lower Griffins.
- At T-Junction with Baden-Powell...

**REGROUP**

- Turn LEFT heading East back towards Lynn Valley Road.

***Lynn Valley Road & Varley***

- Turn LEFT onto road (watch for cars) and head towards Varley trailhead.
- Turn RIGHT onto Varley trail.
- Keep straight on Varley.
- Keep LEFT onto Marion Road.
- Turn LEFT over Pipeline Footbridge.

***Gazebo***

- Head up the wide gravel path towards Gazebo.
- Stop at Gazebo

**7K FINISHED – STRETCH**

