

### ***Getting to the Trailhead***

Take Capilano Road North to base of Grouse Mountain. Turn RIGHT to park in gravel parking lot. Drive all the way down to the BOTTOM of the parking lot. Note that this lot is now pay parking.

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### ***Trailhead***

- Grouse Mtn secondary parking lot, at gravel end of lot by trailhead.

### ***Powerline/Skyline Drive***

- Head East onto the Powerline trail (towards Skyline Drive).
- The trail climbs gradually, skirting the base of Grouse.
- Continue up the paved switchback (Skyline Drive) for about 600 meters on roadway.

### **REGROUP**

### ***Skyline Trail***

- Continue until turns into an old roadway.
- Follow old roadway around the curve to the trailhead for Skyline/LGMH (Do NOT climb Skyline)
- Turn RIGHT at Skyline trailhead and quick RIGHT onto LGMH (Do NOT climb Skyline).
- Take next LEFT onto Jetboy.
- The top of Jetboy crosses Skyline trail.
- Turn RIGHT onto Skyline trail.
- You reach the base of the screaming eagle chair lift.

### **REGROUP**

- Stay on the gravel road heading north and climbing up and away from the city.
- After about 1K you intersect with Old Mountain Highway.
- Stay RIGHT and start your long descent on Old Mountain Highway.

### ***Old Mountain Highway (OMH)***

- Continue along OMH for several kilometers.
- Watch for the Gravel Pit or garbage dump on your left-hand side.
- Just past, Per Gynt trail drops down and to the RIGHT of OMH.

### **REGROUP**

- Take Per Gynt down to 6<sup>th</sup> corner switchback of OMH.
- Turn LEFT onto OMH and head uphill.
- Watch for Seventh Secret on right.

### ***A Fun Descent!***

- Turn RIGHT onto Seventh Secret and begin descent
- Turn LEFT onto Leopard. This leads into Crinkum Crankum.
- At Kirkford to RIGHT and trail veers back left and down.
- Turn RIGHT onto Cedar Tree Trail (there should be sign for Upper Griffin).

### **PAY ATTENTION!**

### **REGROUP at following intersection**

- At intersection of Cedar Tree Trail & Upper Griffin, keep slightly right, then left to get onto **Roadside Attraction**. (Roadside parallels OMH).
- At T-Junction, turn RIGHT to get back to OMH.

### ***Mountain Highway***

- Turn LEFT down Old Mountain Highway.
- Turn RIGHT onto Baden-Powell.

### **REGROUP**

### ***Baden-Powell Return***

- Follow Baden-Powell trail back to Skyline Drive. Note: Approx. .3K past Mosquito Creek bridge, keep LEFT down driveway to get back to Skyline Drive instead of climbing steep trail.
- Keep straight onto Powerline trail back to the parking lot.

### **19K FINISHED – STRETCH**

