

## 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.

## Trailhead

- Grouse Mtn parking lot, at end furthest away from the Grind entrance (Powerline trail).

## Powerline/Skyline

- Head East on the Powerline trail (towards Skyline Drive).
- The trail climbs gradually, skirting the base of Grouse.
- Continue up the paved switchback (Skyline Drive) for about 15 meters. As road turns to left, stay RIGHT up lane (do not climb road to left).

## REGROUP

- This lane hooks into Baden-Powell.

## Baden-Powell

- Keep RIGHT onto Baden-Powell heading down hill.
- It is a short run to Mosquito Bridge.

## Mosquito Creek

- Cross the footbridge at Mosquito Creek.
- Turn LEFT just over bridge.
- Follow Baden-Powell markers.

## Dreamweaver Trail

There are two left turns onto Dreamweaver. First left takes you onto the Dreamweaver Connector. Second left takes you onto Dreamweaver trail. See inset map...

## REGROUP at 2<sup>nd</sup> Left onto DW

- Turn LEFT onto Dreamweaver and begin climb.
- Cross Executioner and continue on Dreamweaver.
- Take the next RIGHT onto Executioner Connector (there is no signpost)

## REGROUP

- Turn LEFT onto Executioner.

## Executioner to Mountain Hwy

- Continue up Executioner.
- Turn RIGHT onto Mountain Hwy.

## Grannies

- Continue down Mountain Hwy.

## REGROUP

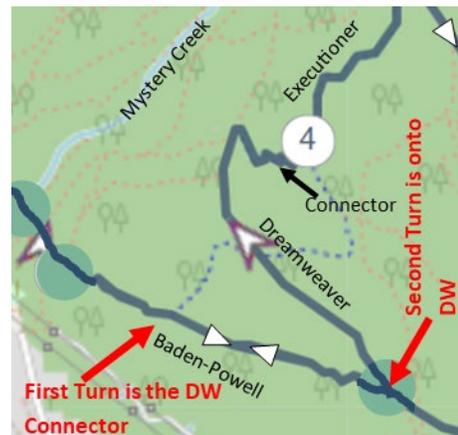
- Turn RIGHT onto Grannies (*watch for mountain bikers on trail*).
- Stay RIGHT on Grannies.
- Turn RIGHT onto Baden-Powell

## Baden-Powell Return

- Follow Baden-Powell trail back to Skyline Drive.
- Keep left onto Powerline trail back to the parking lot.

## 10K FINISHED – STRETCH

### Dreamweaver Trail turn.





**10K from Grouse Mtn—Dream weaver, Grannies**



**10K Course**  
Ascent—543m  
Descent—542m  
Hills—↑ 50.4% | ↓ 47.8% | → 1.8%