

Note: The 19.5K and 25K routes follow the 12K course for the “1st loop” and then continue onto the “2nd loop”.

Start/Finish

Lower Seymour Conservation Reserve
Lynn Canyon parking lot across from filtration plant.

Baden-Powell

- Head south on Suspension Bridge Trail
- Stay on trail heading downhill to Suspension Bridge.
- Keep straight at Suspension Bridge (now on Baden-Powell) and left at Twin Falls bridge.
- Through marsh and up the long set of stairs.
- At top of stairs, turn LEFT to stay on Baden-Powell.

Berm & Filtration Ponds

- Cross Lillooet Rd and turn LEFT heading up the Berm to the Filtration Ponds.
- Go through small parking lot by filtration ponds (watch for cars).
- Head all the way around the large filtration pond.
- At the T-Junction turn RIGHT and head down Twin Bridge Trail.

Fisherman's & Bridle Path

- Cross the Twin Bridge and turn RIGHT onto Fisherman's.
- Follow Fisherman's.
- Take second LEFT onto Bridle Path and begin climb.
- Keep left on trail (turns into Hyannis) all the way to Powerline.

To Bottle Top

- Turn LEFT at Powerline and cross Mystery Creek bridge.
- Take first RIGHT heading towards Ned's.
- Stay STRAIGHT at intersection (now on Greenland).
- Trail curves then dips into a gulley. Cross gulley and follow trail up short hill. At top, turn RIGHT onto Bottle Top.
- Follow Bottle Top to Fisherman's.

Fisherman's & Homestead

- Turn RIGHT onto Fisherman's and cross the Twin Bridge.
- Keep right after bridge onto Fisherman's alongside Seymour River.
- At next T-Junction, turn LEFT and begin climb up Homestead.

To Varley

- At top of climb, turn LEFT onto Twin Bridges trail.
- Turn RIGHT on the **FIRST** trail leading to the filtration ponds.

- The trail veers to the left and then passes the small and large ponds to Lillooet Rd.
- Cross Lillooet Rd and follow the trail to the next T-Junction.
- Turn RIGHT and head north towards Gazebo.
- At Y-Junction, turn LEFT and head down Gazebo Connector trail.
- Cross Pipeline bridge, turn RIGHT and follow Marion Rd to Varley trailhead.
- Continue along Varley to the end of trail.

Lower Lynn Loop

- At T-Junction with Lynn Valley Rd, turn RIGHT. (Watch for cars in the parking lot.)
- Continue through Lynn Headwaters Park and across the bridge.
- Turn LEFT onto the Lower Lynn Loop trail.
- Turn RIGHT at junction with Lynn Loop Connector (Aid Station)
- Climb connector. **(19.5K only!)**

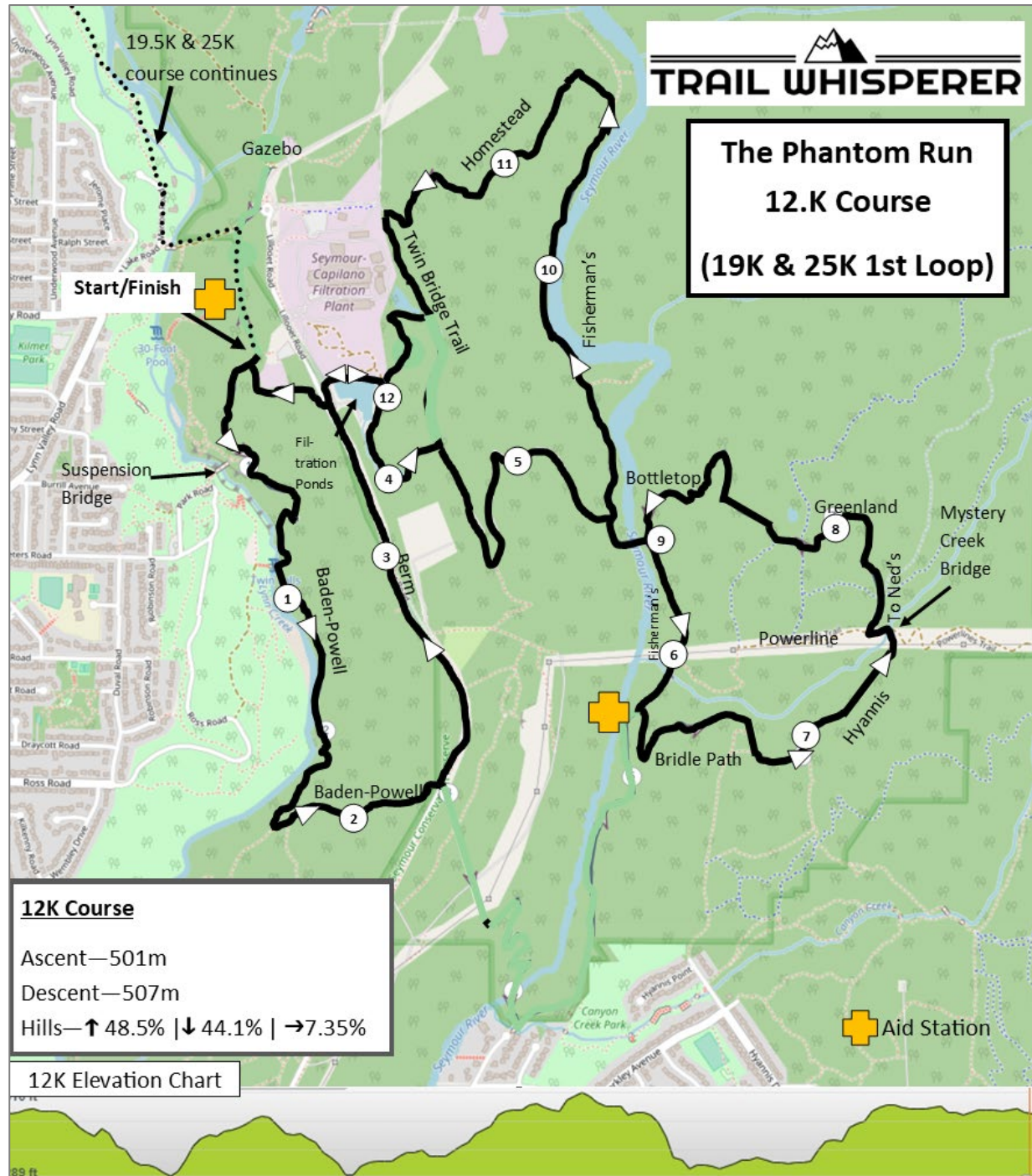
Upper Lynn Loop

- Turn RIGHT onto Upper Lynn Loop.
- Keep right on Upper Lynn Loop trail.

Lynn Headwaters Connector

- At T-Junction, turn LEFT onto Lynn Headwaters Connector.
- Follow back to start/finish area.
- Follow trail past the Gazebo and onto the Suspension Bridge connector trail.
- Watch for sharp LEFT turn to finish line.





See next page for 2nd Loop of course.

