

**Note:** The 19.5K and 25K routes follow the 12K course for the “1<sup>st</sup> loop” and then continue onto the “2<sup>nd</sup> 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.
- Stay straight (**25K only!**) at the junction with Lynn Loop Connector (Aid Station)
- Trail now becomes Cedar Mills.

## Cedar Mills & Headwaters

- Follow Cedar Mills until you come to a large rocky open area (Third Debris Chute).
- Turn RIGHT and head up the debris chute.
- At the top, turn RIGHT onto Headwaters trail.
- Stay left/straight at the junction with Lynn Loop Connector (do NOT go down stairs/steep hill).

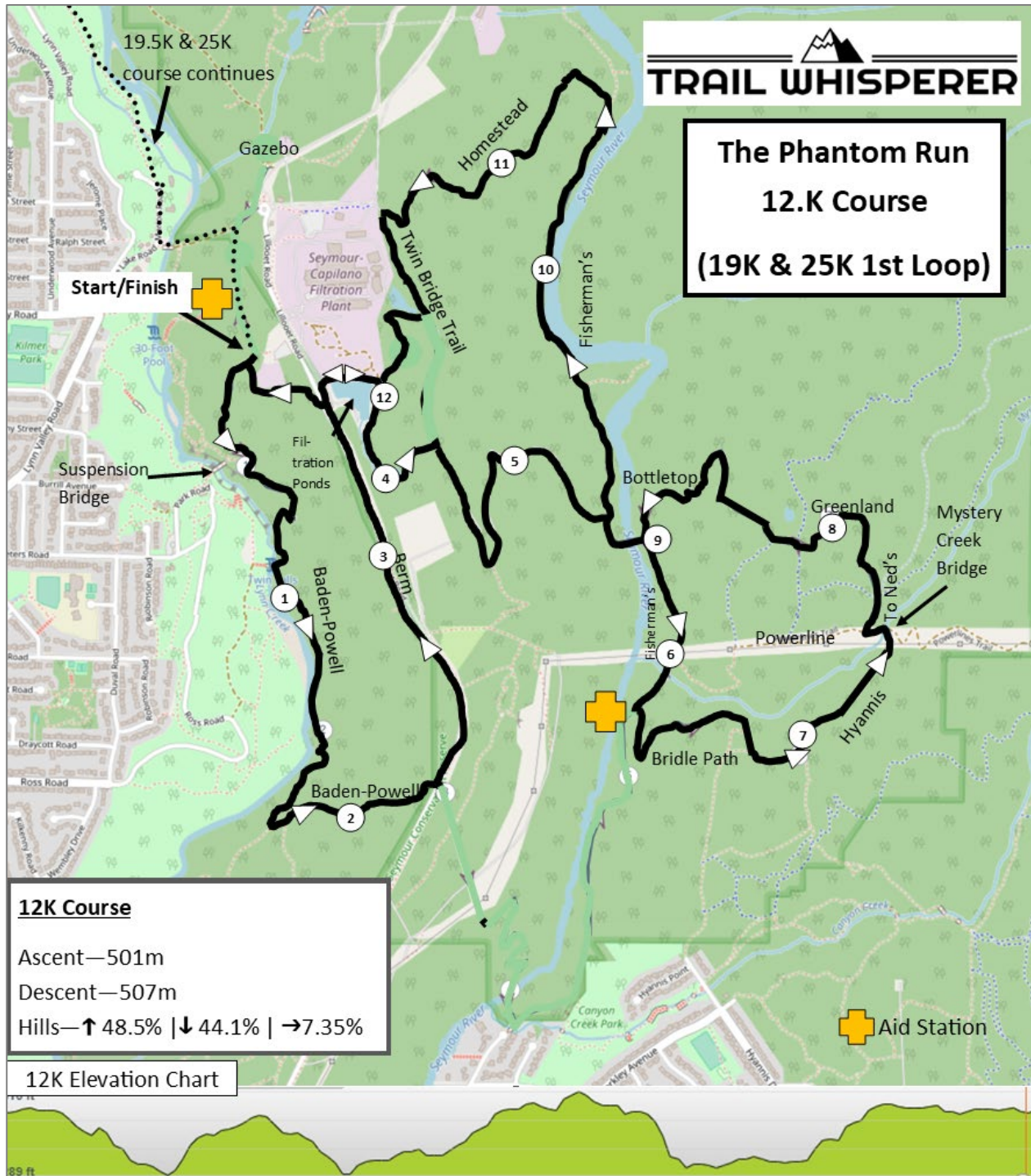
## Upper Lynn Loop

- Trail now becomes Upper Lynn Loop.
- Keep right on Upper Lynn Loop trail.

## Lynn Headwaters Connector

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





See next page for 2<sup>nd</sup> Loop of course.



See previous page for 1<sup>st</sup> Loop of course.

