

Note: The 19.5 km and 22 km routes follow the 11 km course for the “1st loop” and then continue onto the “2nd loop”.

2025 ONLY

Start/Finish

Lower Seymour Conservation Reserve: take Lillooet Road north about 3 km past Capilano University. Drive to end and go right past the washrooms and Watershed Education Center to the gravel lot.

Baden-Powell

- Head towards Gazebo
- Stay LEFT onto Suspension Bridge Trail.
- Stay on trail heading downhill to Suspension Bridge.
- Keep straight at Suspension Bridge (now on Baden-Powell) and keep left at Twin Falls bridge.
- Go 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 Atomic Dustbin.
- Stay STRAIGHT at intersection (now on Greenland).
- Trail curves then dips into a gully. Cross gully and follow trail up short hill.
- At top, turn RIGHT onto Bottle Top.
- Follow Bottle Top down to Fisherman's Trail.

Fisherman's and Homestead

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

To Finish Location

- At top of climb, turn RIGHT and follow path *past* the gravel parking lot.

Loop 2

Gazebo to Varley

- Head towards Gazebo
- Keep left by Gazebo, the veer RIGHT and head down the hill to Pipeline Bridge.
- Cross Pipeline Bridge, turn RIGHT and follow Rice Lake Road 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.
- Veer LEFT onto the Lower Lynn Loop Trail.
- Turn RIGHT at junction with Lynn Loop Connector (Aid Station).
- Climb connector. **(19.5 km route in race)**

Upper Lynn Loop

- Turn RIGHT at top onto Upper Lynn Loop.
- Keep right on Upper Lynn Loop Trail.

Lynn Headwaters Connector

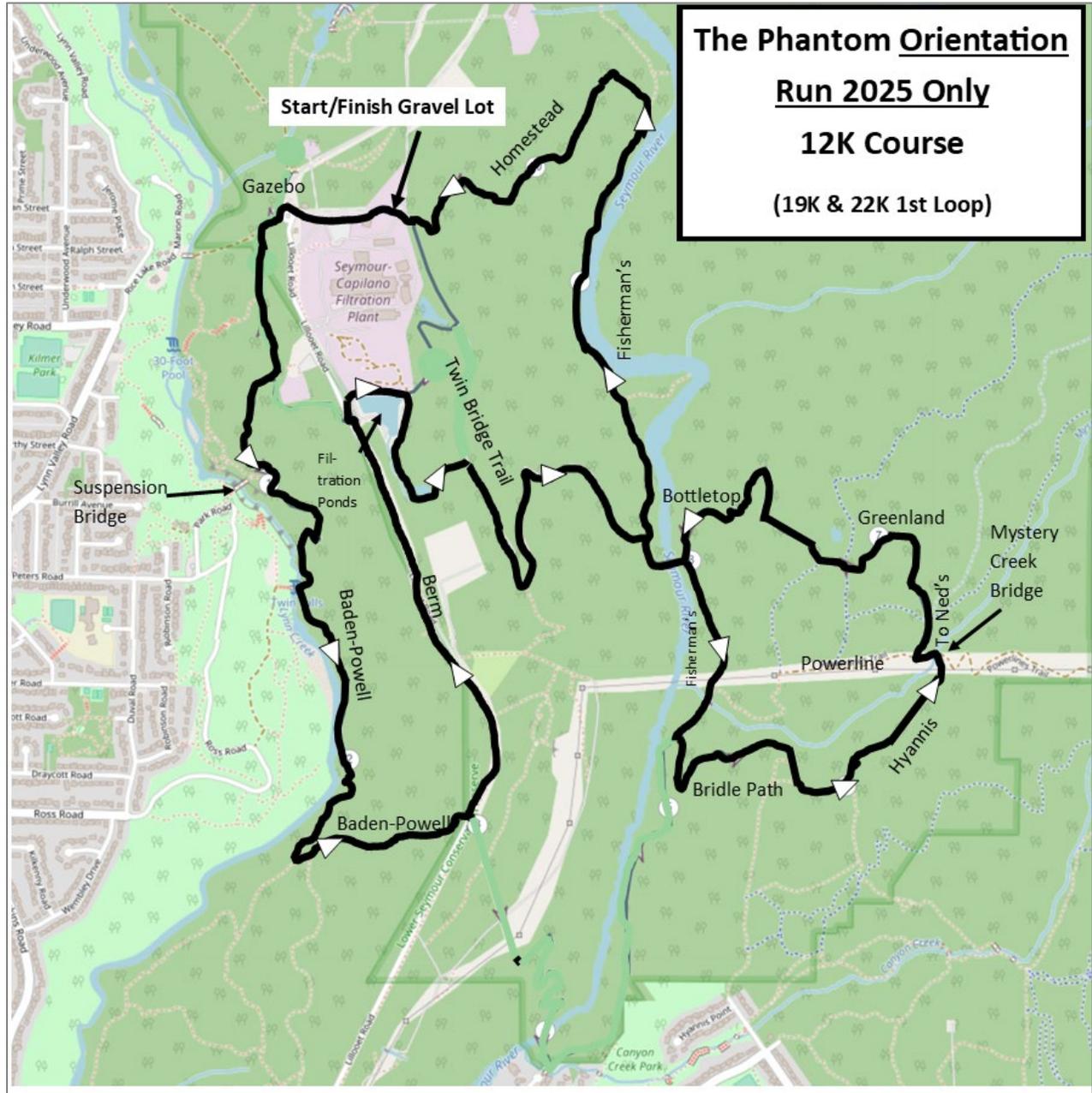
- At T-junction, turn LEFT onto Lynn Headwaters Connector to head toward gazebo.

To Finish

- Turn LEFT at gazebo.
- Head past washrooms and Watershed Education Ctr to the gravel parking lot.
- STRETCH
- See last page for add on.

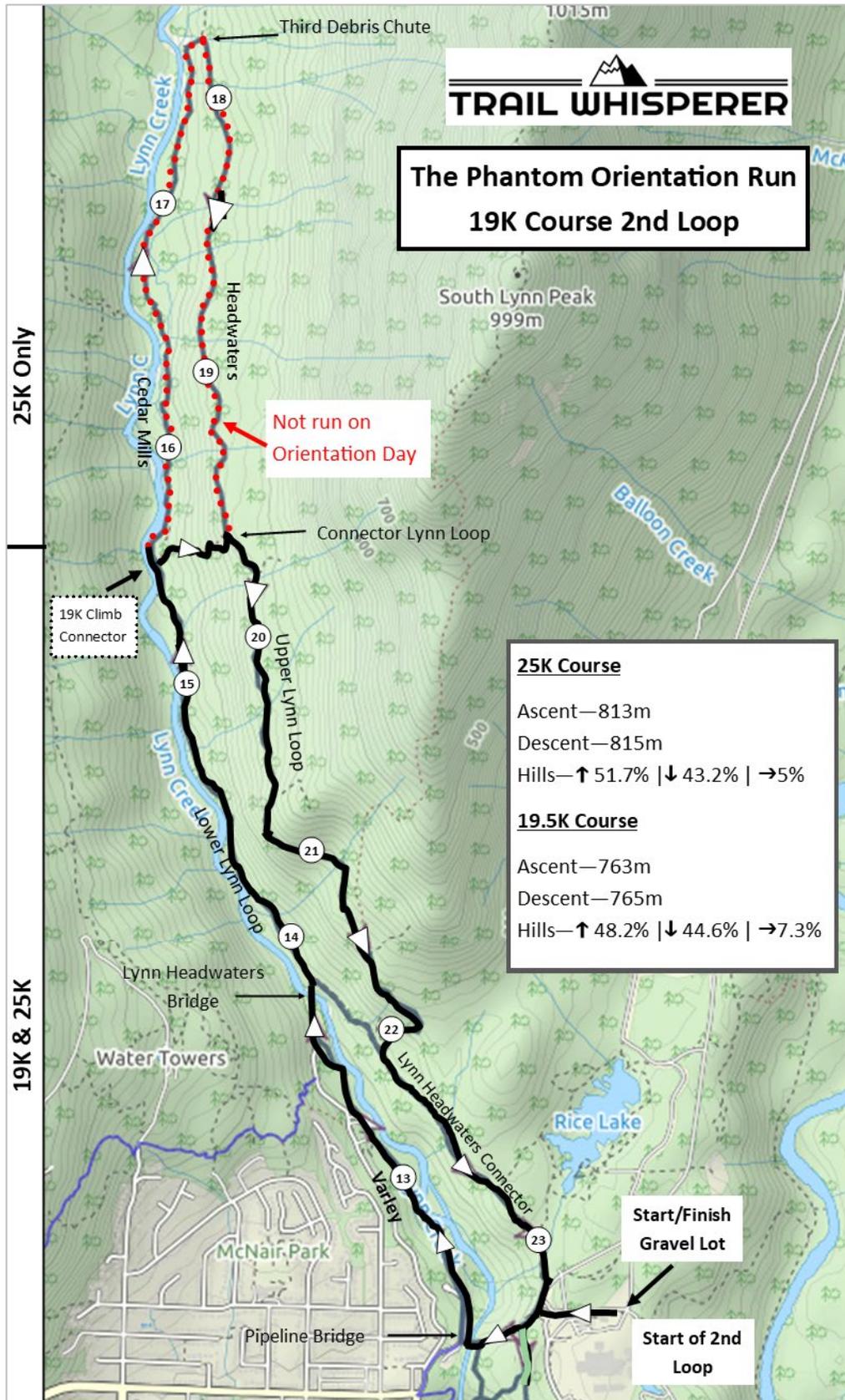


2025 ONLY – Loop One



See next page for 2nd Loop map.

2025 ONLY – Loop Two



Orientation Add On

Loop 3

- From the start/finish, head back along Suspension Bridge Trail and do a loop around Rice Lake.
- Return to start area.
- STRETCH.