

Getting to the Trailhead

Follow Mount Seymour Parkway to Mount Seymour Road. Turn left (North) on Mt Seymour Road and then left on Anne MacDonald Way. See parking instructions on Winter Clinic webpage for alternate parking.

Trailhead

- Find Old Buck Trail off parking lot.

Empress

- Head North along Old Buck and take first left onto Empress.
- Cross bridge and turn RIGHT onto Fern Gully.
- At Bridle Path junction, turn LEFT.

Bridle Path

- Follow Bridle Path.
- You will come to a sharp right turn at a fence.
- Continue along Bridle Path. Follow the markers.
- At Good Samaritan (Severed D) marked tree, turn left and cross the stream. The **burned-out stump** is on your left.
- Immediately after stream, turn RIGHT and head up Applicator.

REGROUP

Applicator and R&R Climb

- Cross Rapid Transit and continue on Applicator
- At next intersection, turn LEFT onto R&R Climb.
- Descent R&R to Bridle Path

Bridle Path

- Follow Bridle Path towards Hyannis.
- At the intersection of Bridle and Baden Powell, veer RIGHT over bridge to continue along Bridle.

REGROUP

Hyannis Trail

- Turn LEFT onto Hyannis Trail and follow it to Hyannis Drive
- Go along Hyannis Drive to Baden Powell trailhead.

Baden Powell

- Take Baden Powell until you come to the intersection of Baden Powell and Bridle Path (there is a **big rock and bridge** over a stream).
- Cross the rock and go straight.
- Almost immediately, you will come to the T-junction with the large sign board.

REGROUP

IMPORTANT – READ CAREFULLY & REVIEW INSET MAP ON NEXT PAGE!

- Turn RIGHT and look for the Slippery Salamander sign on your left.
 - Slippery Salamander parallels Bridle Path for the first few meters.
 - Make sure you are on Slippery Salamander and not Bridle Path.

Slippery Salamander

- Stay on Slipper Salamander to Bridle Path
- Turn LEFT onto Bridle Path and immediately RIGHT onto Sticks & Stones.

Sticks & Stones

- Follow Sticks & Stones
- Keep left at large boulder. Trail heads East and back to Bridle Path
- Cross Bridle Path
- At T-junction, turn RIGHT onto Cardiac Bypass.

Bridle Path

- At junction, keep LEFT onto Bridle Path

REGROUP

- Stay RIGHT over bridge
- Follow Bridle Path to Old Buck

Old Buck

- Turn RIGHT onto Old Buck and follow back to parking lot.

9K FINISHED - STRETCH

