

Getting to the Trailhead

Take Lillooet Road North all the way into the park to Lower Seymour Conservation Reserve (LSCR) (approx. 3K from Capilano University). Drive past washrooms & Watershed Center and park in the gravel lot.

Trailhead

- Meet in gravel parking lot.
- Start at Gazebo

Suspension Bridge Trail/30 Foot Pool

- Head east downhill on the gravel service road towards the Pipeline bridge..
- Cross the bridge.

Varley Trail

- Turn RIGHT on Marion Road and watch for Varley Trailhead.
- Veer RIGHT onto Varley trail and follow until last parking lot near Lynn Headwaters Park.

REGROUP

- Turn RIGHT, cross through parking lot (WATCH FOR CARS) and head across Lynn Headwaters bridge.

Lynn Headwaters Connector

- At T-Junction, turn **RIGHT** onto Lynn Headwaters Connector.
- Take the first LEFT and ascend Upper Lynn Loop trail.

Lynn Loop

- Continue along Upper Lynn Loop, keeping left, until you come to the Lynn Loop Connector.

REGROUP

- Turn LEFT and descend the connector.
- At T-Junction, turn LEFT and head back towards Lynn Headwaters Park.

Lynn Headwaters Connector

- At Lynn Headwaters Park, keep LEFT and continue along Lynn Headwaters Connector.
- Take the second LEFT towards Rice Lake.

REGROUP

Rice Lake

- At Y-Junction, keep LEFT onto Rice Creek Loop trail and follow around lake (Lake will be on your right).

- Run around entire lake until you come to a T-Junction.
- Turn LEFT.
- Turn LEFT at next T-Junction, heading towards Gazebo.
- Stop at Gazebo

10K FINISHED – STRETCH

