



# 11.5K from LSCR (Suspension, Varley, Lynn Loop, Rice Lake)

---

## **Getting to the Trailhead**

Take Lillooet Road North, past Capilano University, all the way into the park (approx. 3K from Capilano University). Keep right at end of road and drive past washrooms and the Watershed Center and park in the gravel lot. MEET in the gravel parking lot.

---

### **Trailhead**

- Meet in the gravel parking lot.
- Start at Gazebo (meet in gravel parking lot first)

### **Suspension Bridge Trail/30 Foot Pool**

- Head south on Suspension Bridge Trail.
- Keep on trail until it veers RIGHT and heads down hill.
- Near the bottom of hill turn RIGHT towards the Suspension bridge.
- Just before bridge, turn RIGHT and head down the stairs.
- At T-Junction, turn RIGHT towards 30 Foot Pool.
- Climb the stairs at 30 Foot Pool.

### **REGROUP**

- At top of stairs stay LEFT and head along the fence towards the Pipeline footbridge.

### **Varley Trail**

- At T-junction with gravel road, turn LEFT and cross Pipeline footbridge.
- 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 trail 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

### **11.5K FINISHED – STRETCH**

