

Getting to the Trailhead

Take Lillooet Road North all the way into the park to Lower Seymour Conservation Reserve (LSCR) parking lot at end of road near filtration plant (approx. 3K from Capilano University). Park in the second lot (gravel parking lot).

Trailhead

- Start at Gazebo.

To Varley

- Head Southwest from Gazebo down the wide gravel path towards Pipeline footbridge.
- Cross footbridge.
- Turn RIGHT onto Marion Rd towards Varley trailhead.
- Head onto Varley trail.
- Follow Varley to the end of the trail.

REGROUP**Baden-Powell**

- Turn LEFT onto Lynn Valley road (watch for cars) and head down road towards Baden-Powell trailhead (on right side of road).
- Turn RIGHT onto Baden-Powell trail.
- Follow B-P for *approximately* 3.5K.

St. George's Trail

- At intersection with St. George's...

REGROUP

- Turn RIGHT onto St. George's trail.
- Ascend to T-Junction with Mountain Highway.

Mountain Highway

- Turn RIGHT and descend.
- Watch for third trail on your left.

REGROUP**Leopard, Crinkum Crankum & Kirkford**

- Turn LEFT onto Leopard.
- Keep right.
- Stay straight at intersection with path/road and you are now on Crinkum Crankum.
- Keep LEFT from Crinkum Crankum onto Kirkford (e.g.: do not turn right onto connector).

Cedar Tree Trail

- At T-Junction, turn RIGHT onto Cedar Tree Trail.
- At next junction, keep LEFT onto Upper Griffins.

Upper & Lower Griffins

- At each trail junction along Griffins **stay LEFT** and you will end up on Lower Griffins.

- At T-Junction with Baden-Powell...

REGROUP

- Turn LEFT heading East back towards Lynn Valley Road.

Lynn Valley Road & Lynn Headwaters**Connector**

- Turn LEFT onto road (watch for cars) and head towards Lynn Headwaters bridge.
- Cross bridge.
- Turn RIGHT onto Lynn Headwaters Connector.
- Watch for second left turn to Rice Lake.

REGROUP**Rice Lake**

- Turn LEFT towards Rice Lake.
- Keep left and follow trail around lake (lake will be on your right).
- At T-Junction, turn LEFT towards Lynn Headwaters Connector.
- At next T-Junction, turn LEFT towards Gazebo.

Gazebo

- Head up the wide gravel path towards Gazebo.
- Stop at Gazebo

14.5K FINISHED – STRETCH

