

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

- From parking lot, crossroad safety and find Old Buck Trail heading South.

Getting to Boundary Trail

- At T-junction with Mount Seymour Road, crossroad safely.
- Turn left, heading North until you find a trail head on the right.
- Turn RIGHT and follow trail to work yards road.
- Follow trail through picnic/parking area (you may have to take road – left, right & right into parking lot to pick up trail again)

REGROUP

- Trail veers right. Take the first LEFT turn onto Sally's Trail.
- At next T-junction, Sally's goes right BUT STAY LEFT onto Short Cut trail.
- Keep RIGHT as next junction to stay on Short Cut.
- At T-junction, turn LEFT onto Cinnamon.
- Take the next RIGHT turn.
- Turn slight left onto Boundary Trail.

Baden-Powell to Quarry Rock

- Follow Boundary Trail all the way to Baden-Powell.

REGROUP

- At junction with B-P, keep RIGHT.
- Follow B-P to Indian River Drive.
- Cross road and go LEFT to find B-P trail head on the RIGHT.
- Follow B-P until you come to a pedestrian bridge.
- Cross bridge and turn LEFT towards Indian River Road.
- Turn RIGHT to continue along B-P.
- At T-junction with Access Road, turn LEFT and have a look at the view from Quarry Rock.

REGROUP

Baden-Powell to Severed-D

- Turn around and retrace your steps along Baden=Powell until you reach the junction with Boundary Trail.
- Turn RIGHT to stay on B-P
- Cross Mount Seymour Road
- At T-junction with Old Buck turn LEFT onto Old Buck.
- Almost immediately turn RIGHT onto B-P.
- Follow B-P to the junction with Mushroom trail (if you get to Powerline you have gone too far).

REGROUP

- Turn LEFT to stay on B-P (Mushroom continues uphill)

Severed-D & C-Buster

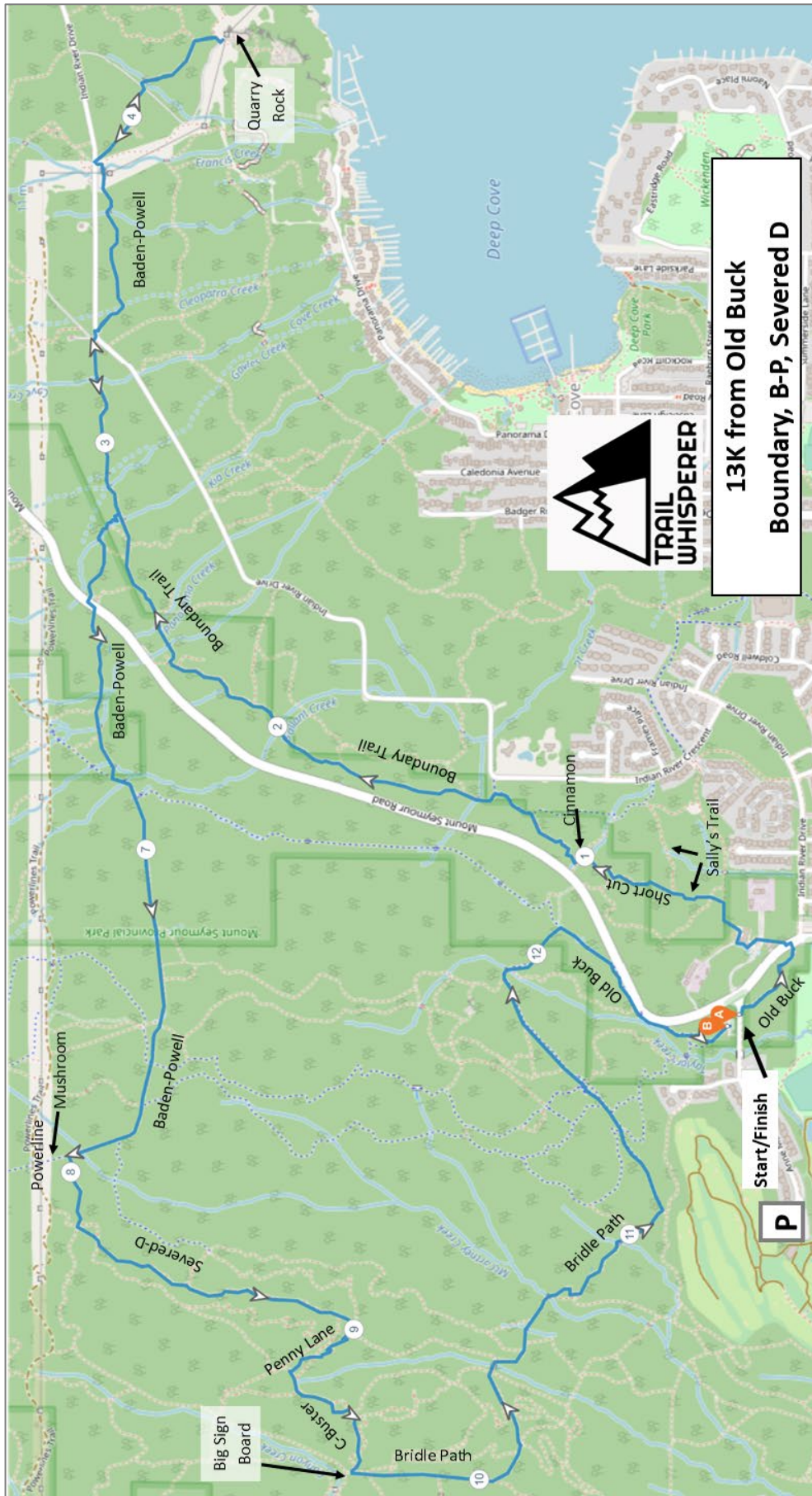
- Watch for LEFT turn onto Severed-D.
- Begin descent.
- Follow to intersection with Penny Lane/Good Sir Martin. (trail crosses Severed-D changing names)
- Turn RIGHT onto Penny Lane.
- At next T-junction, turn LEFT onto C-Buster.
- Stay on C-Buster all the way to Bridle Path (you will come out near the Big Sign Board).

REGROUP

Bridle Path & Old Buck

- Turn LEFT onto Bridle Path and follow back to Old Buck.
- Turn RIGHT onto Old Buck and continue back to parking lot

13K FINISHED – STRETCH



**13K from Old Buck
Boundary, B-P, Severed D**



Start/Finish



Big Sign Board