

### Start

- Lower Seymour Conservation Reserve. You will be directed to a race chute start.

### Suspension Bridge Trail to Lillooet Road

- Head onto Suspension Bridge connector trail.
- Take left fork at Y-junction (just past parking lot on left) to get to Lillooet Road.

### Lillooet Road Berm & Richard Juryn

- Cross Lillooet Road. Follow Marshal instructions.
- Turn **RIGHT** onto the berm and follow it ~0.9K.
- Turn **LEFT** onto Camp Brick Bypass.
- At T-junction, turn **RIGHT** and ascend Richard Juryn keeping right at rock face.
- Follow Richard Juryn to Baden-Powell.

### Baden-Powell & Fisherman's

- Turn **LEFT** onto Baden-Powell and follow the switchback down to pipeline bridge.
- Cross bridge and turn **LEFT** at top of short, steep climb.
- Follow Fisherman's to Mystery Creek post.

### Mystery Creek Switchback

- Turn **RIGHT** and head Mystery Creek to Powerline.

### Powerline to Mushroom

- Turn **RIGHT** along Powerline.
- Cross the Mystery Creek Bridge, keeping left to continue straight up Powerline.
- High point is at **Historic Mushroom Parking Lot Trail** intersection (marked). **AID STATION**

### Mushroom

- At the Powerline **POST**, turn **RIGHT** to continue along Mushroom and it merges with Baden-Powell.

### Baden-Powell

- Follow B-P to T-junction with Old Buck.
- At the T-junction, turn **LEFT** and then almost immediately **RIGHT** to get back onto Baden-Powell. (Do NOT go down Old Buck.)
- Cross Mount Seymour Road and enter the trail on the other side. (Washroom here on the right.)
- Start gradual descent with some uphill sections.
- You come out on Indian River Road. **AID STATION**
- From aid station, cross the road, turn **LEFT**, then **RIGHT** to get back onto Baden-Powell.
- Follow B-P to access road by Quarry Rock lookout.

### Cove Runner/Rain Dancer & Panorama Creek

- Turn **RIGHT** onto Quarry Rock Access Rd. DO NOT ENTER QUARRY ROCK PARK.
- Follow access road to intersection with trail. Turn **LEFT** and at next T-junction turn **RIGHT** onto Cover Runner/Rain Dancer trail.
- Continue along Cover Runner until Panorama Creek trail. Turn **LEFT** and follow Panorama Creek until joins Baden-Powell.
- Turn **RIGHT** on Baden-Powell and descend stairs. **This next section of the trail is busy. Please respect all trail users and share the trail.**

### To Finish

- Come out between two houses on Panorama Dr.
- Cross road and turn **RIGHT** onto sidewalk.
- Turn **LEFT** down paved path to picnic area.

Aid Station	Distance to Next Aid
Powerline	3.5 km
Indian River Road	2.7 km

