

***Getting to the Trailhead***

Take Lillooet Road past turnoff to Capilano University. Continue about 3K into park to final parking lot on right at end of road. Drive past washrooms and Watershed Education Ctr to gravel lot. **Meet here.**

---

***Trailhead***

- Meet in LSCR gravel parking lot.
- Run past the Gazebo and veer left to get onto Suspension Bridge Connector.

***Suspension Bridge & Baden-Powell***

- Stay on connector, keeping left to go downhill to bridge.
- Stay LEFT past the Suspension Bridge and follow Baden-Powell past Twin Falls bridge and through the marsh.
- At the top of stairs (T-junction) turn LEFT to stay on Baden-Powell.

**REGROUP**

***Baden-Powell to Bridle Path***

- Follow B-P and cross Lillooet Road.
- Continue along B-P heading down switchbacks and crossing the pipeline bridge.
- Turn LEFT onto Fisherman's.
- Take the first RIGHT back onto B-P.
- Follow B-P, crossing Hyannis Rd, until you come to the big rock and junction with Bridle Path.
- Turn LEFT and head across bridge onto Bridle Path.

**REGROUP**

***Fisherman's to Bottletop***

- Stay on Bridle Path to T-junction.
- Turn LEFT onto Hyannis/Bridle Path for a short while.
- Keep LEFT onto Bridle Path heading downhill.
- At T-junction with Fisherman's, turn RIGHT.
- Turn RIGHT onto Mystery Creek & begin ascent.

**REGROUP**

- Cross Powerline to get onto Ridge Runner.
- Stay on Ridge Runner to clearing, keeping left to get onto Bottletop.
- Follow Bottletop down hill to Fisherman's.

***Fisherman's & Homestead***

- Turn RIGHT onto Fisherman's and cross the Twin Bridge.
- After crossing bridge, keep RIGHT to stay on Fisherman's.
- Stay on Fisherman's until you arrive at a trailhead gate.
- Turn LEFT and begin ascent up Homestead.
- Turn RIGHT at top of Homestead and through gate to finish.

**12K FINISHED – STRETCH**

