TRAIL WHISPERER

# 11K from Lynn Headwaters Park (Varley, Lynn Loop, Rice Lake, Circuit 8)

### *Getting to the Trailhead*

Take the Lynn Valley Road exit from the Upper Levels Highway. Follow Lynn Valley Road North to the top and continue into Lynn Headwaters Park. Park in overflow lot closest to small lot at end of road.

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### *Trailhead*

- Find Varley Trail from the parking lot by going down the stairs.

### *Varley Trail to Lynn Headwaters Park*

- Turn LEFT and follow Varley Trail.
- Trail ends at Lynn Valley Road and small parking lot.
- Turn RIGHT and cross parking lot (watch for cars).
- Cross bridge.

### *Lower & Upper Lynn Loop*

- Turn LEFT onto Lower Lynn Loop.
- Watch for right turn in approximately 2K.

**REGROUP**

- Turn RIGHT and head up Lynn Loop Connector.
- At top, turn RIGHT onto Upper Lynn Loop.
- Follow to T-Junction with Lynn Headwaters Connector.

**REGROUP**

### *Rice Lake*

- Turn LEFT onto Lynn Headwaters Connector.
- Take first LEFT towards Rice Lake.
- Loop around Rice Lake (keep lake on your right).
- When you come to a T-Junction at end of lake, turn LEFT and head uphill towards outhouses.

### *Circuit 8*

- Turn RIGHT onto roadway.
- Take first LEFT back onto trail towards Circuit 8.
- Cross road.
- Continue to Y-Junction and head downhill.
- Take FIRST LEFT onto Circuit 8.
- Take first LEFT and follow trail back to Y-Junction.
- Keep RIGHT heading back to the road.
- Cross Road and follow trail.
- At next road turn RIGHT, then LEFT at out houses back to Rice Lake.

**REGROUP**

### *Rice Lake to LH Connector*

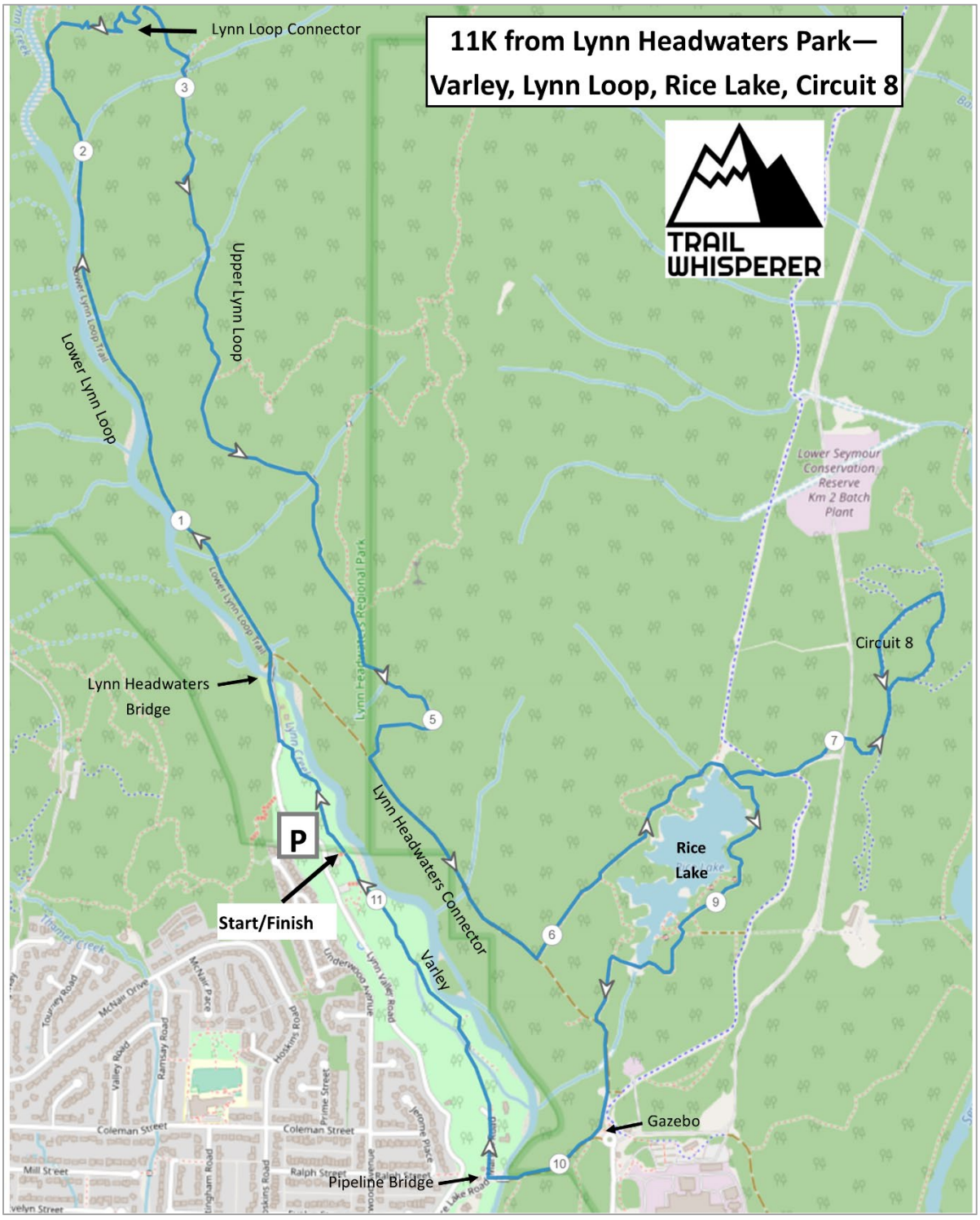
- At T-Junction turn LEFT, keeping lake on your right.
- Follow trail around lake until you come to a T-Junction.
- Turn LEFT towards Gazebo.
- At T-Junction, turn LEFT onto connector to Gazebo.

**REGROUP**

### *Gazebo & Varley*

- Head pass Gazebo keeping right.
- Turn RIGHT and head down hill to Pipeline Bridge.
- Cross bridge.
- Turn RIGHT and follow road to Varley trailhead.
- Stay on Varley to the bottom of the parking lot stairs where you started.

**FINISH & STRETCH**


11K from Lynn Headwaters Park—
Varley, Lynn Loop, Rice Lake, Circuit 8
TRAIL WHISPERER
Lynn Loop Connector
Upper Lynn Loop
Lower Lynn Loop
Lower Lynn Loop Trail
Lynn Headwaters Regional Park
Lower Seymour Conservation Reserve
Km 2 Batch Plant
Circuit 8
Lynn Headwaters Bridge
Lynn Creek
P
Start/Finish
Lynn Headwaters Connector
Varley
Rice Lake
Gazebo
Pipeline Bridge
Thames Creek
Underwood Avenue
Lynn Valley Road
McNair Drive
McNair Place
Tourney Road
Valley Road
Ramsay Road
Hoskins Road
Prime Street
Jerome Place
Coleman Street
Mill Street
Ralph Street
1
2
3
5
6
7
9
10
11