TRAIL WHISPERER

13K from Inter River Park (Fisherman's, Bridle Path, Forever After)

Getting to the Trailhead

Take Lillooet Road North, just past Capilano University, turn left down Premier Road. Near the bottom, turn RIGHT and park in parking lot. The start is near the bathrooms and the BMX track area.

Trailhead

- Inter River Park by BMX track.

Inter River Park to Diamond Trail

- Head North up Premier Road.
- Turn right onto Inter River Park Drive.
- At intersection with Lillooet Road, turn left and head North on path on left side of Lillooet Road.
- Go straight through cemetery.
- Take short bark mulch trail and stay left around parking lot and then straight to Lillooet Rd crossing.

Berm & to Baden-Powell

- Cross Lillooet Rd and head North on the Berm.
- Take first trail on RIGHT.
- Follow to Baden-Powell.

Baden-Powell

- Turn RIGHT onto Baden-Powell and head downhill to Seymour River footbridge.
- Cross footbridge.

REGROUP

Fisherman's Trail to Powerline

- Turn LEFT at junction and head North on Fisherman's Trail.
- Turn RIGHT onto Bridle Path (Practice your uphill technique).
- At top of climb keep LEFT onto Hyannis Trail.
- Keep left until you come to T-Junction with Powerline.

Powerline, Forever After & Bridle Path

- Turn RIGHT and begin climb up Powerline.
- Watch for first trail on your right.

REGROUP

- Turn RIGHT onto Forever After and practice your descending.
- At T-Junction, turn LEFT onto Bridle Path.
- Follow trail to junction with Baden-Powell (just after bridge crossing).

REGROUP

Baden-Powell

- Turn RIGHT after bridge onto Baden-Powell (do not cross big rock).
- Follow trail to Hyannis Drive.
- Cross road (watch for cars) and continue on Baden-Powell trail.
- At T-Junction, turn LEFT onto Fisherman's Trail.
- Take the next RIGHT to cross Seymour River footbridge and continue on Baden-Powell trail.
- At top of climb, turn LEFT onto service road heading back to Jaycee House.

Berm

- Turn LEFT onto Berm.
- Cross Lillooet Rd at crossing.

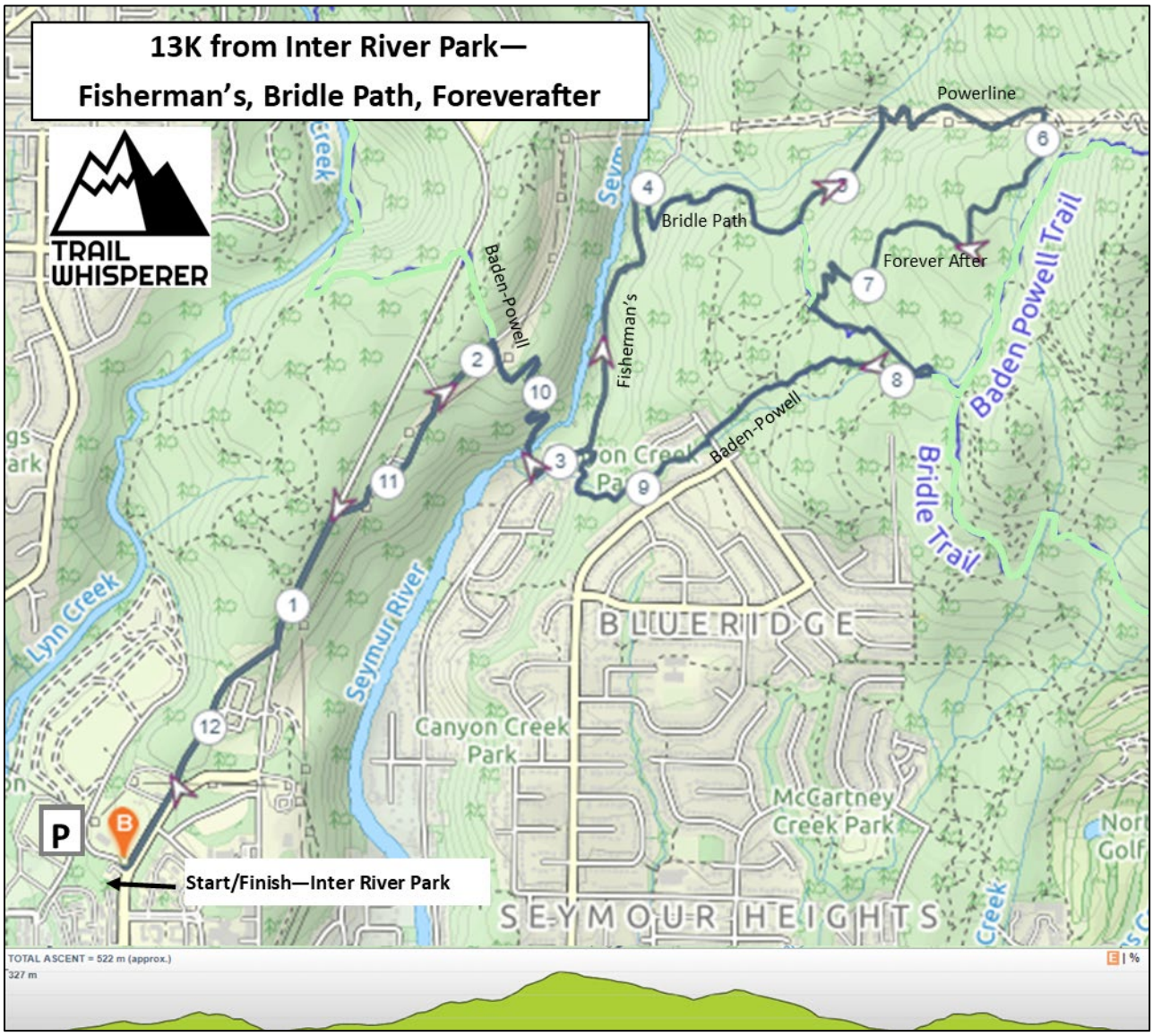
To Inter River Park

- Head South beside Lillooet Road.
- Follow trail around small parking lot.
- Turn RIGHT onto bark mulch trail to cemetery road and follow to Lillooet Road.
- Stay on gravel path to Jaycee House.
- Turn right down Inter River Park Drive
- Turn left onto Premium Street.
- Finish at parking lot on right.

Finish

13K FINISHED – STRETCH

13K Add-On to 22K route for total of 35K HE Orientation Run.


13K from Inter River Park—
Fisherman's, Bridle Path, Foreverafter
TRAIL WHISPERER
Powerline
Bridle Path
Forever After
Baden-Powell
Fisherman's
Baden Powell Trail
Bridle Trail
Lynn Creek
Seymour River
Canyon Creek Park
McCartney Creek Park
BLUE RIDGE
SEYMOUR HEIGHTS
P
Start/Finish—Inter River Park
TOTAL ASCENT = 522 m (approx.)
327 m