TRAIL WHISPERER

Getting to the Trailhead

Take Lillooet Road North all the way into the park to Lower Seymour Conservation Reserve (LSCR) parking lot at end of road near filtration plant (approx. 3K from Capilano University). Park in the second lot (gravel parking lot).

Trailhead

- Start at Northeast corner LSCR Overflow Parking Lot.

Homestead

- From trailhead turn LEFT onto Homestead.
- You have approx. 1K to practice downhill technique.
- At bottom turn LEFT onto Fisherman's Trail.

Circuit 8

- Follow Fisherman's Trail North.
- Watch for LEFT turn to Circuit 8 (there is no post, turn is approx. 1 – 1.5K from Homestead).

REGROUP

- Start climb. Practice your uphill technique.
- Keep left to top of climb.
- At Y-Junction, stay left.
- Keep right at next Y-junction and follow trail to Seymour Mainline Road.
- Cross road.
- Follow connector path to Seymour Valley Trail (Road).
- Turn RIGHT onto road and then take first LEFT (by outhouses) to Rice Lake

Rice Lake

- Turn RIGHT onto Rice Creek Loop trail and follow trail along lake (Lake will be on your left).
- Watch for sign post to Lynn Headwaters Connector. Keep RIGHT towards the connector.
- Turn RIGHT onto the Lynn Headwaters Connector.

Lynn Loop

- Continue along Lynn Headwaters Connector
- Turn RIGHT onto Lynn Loop and enjoy some more hill climbing practice.
- Keep left on Lynn Loop Trail until you come a T-junction with the Lynn Loop Connector.

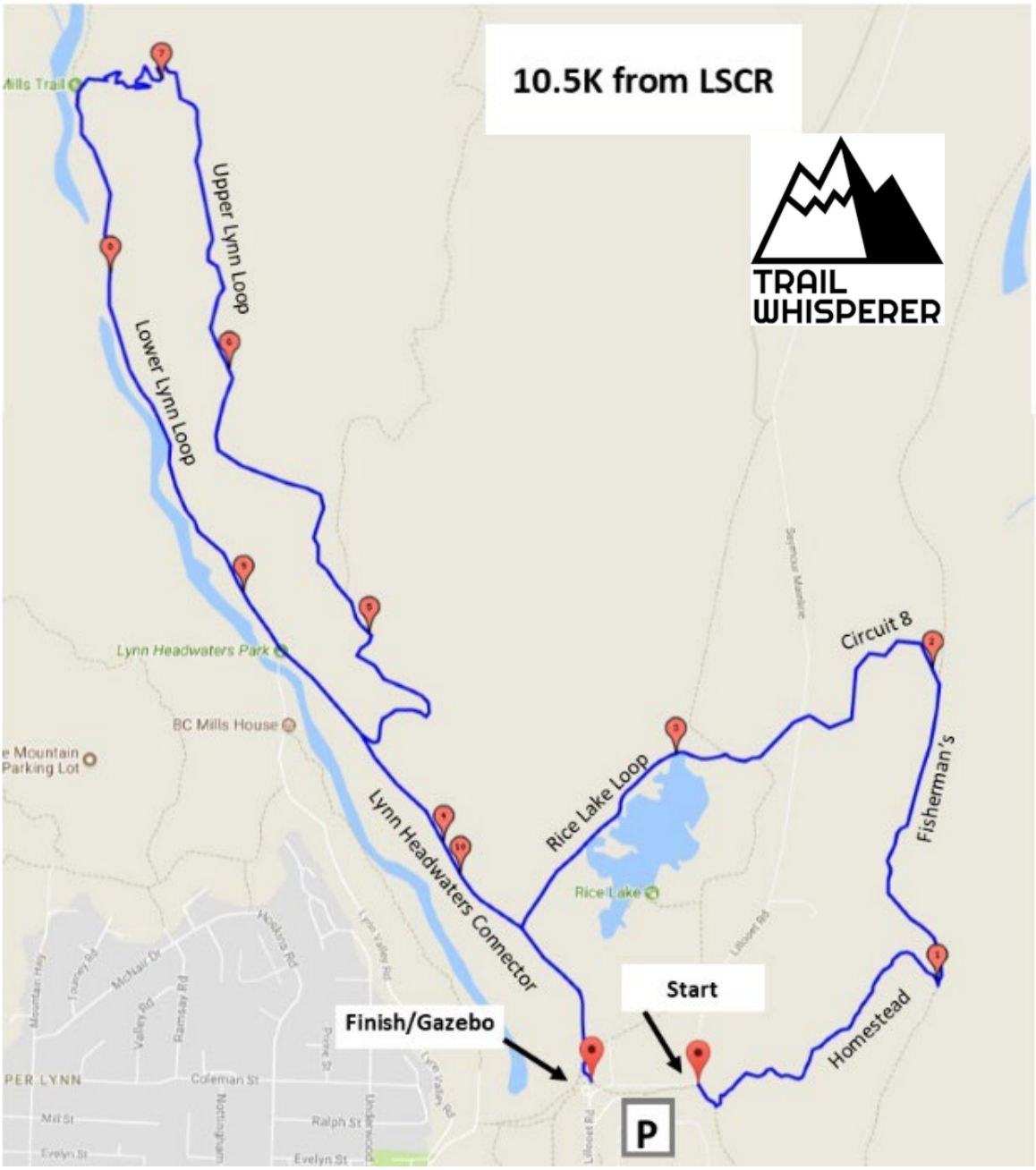
REGROUP

- Turn LEFT and descend the connector.

Lower Lynn Loop Trail

- Turn LEFT at bottom of connector onto Lower Lynn Loop Trail (Lynn Creek is on your right).
- Continue along trail past the bridge at Lynn Headwaters.
- You are now back on Lynn Headwaters Connector.
- Follow all the way to the Gazebo.
- Stop at Gazebo

10.5K FINISHED – STRETCH


10.5K from LSCR
TRAIL WHISPERER
Upper Lynn Loop
Lower Lynn Loop
Lynn Headwaters Park
BC Mills House
Lynn Headwaters Connector
Rice Lake Loop
Rice Lake
Circuit 8
Fisherman's
Homestead
Start
Finish/Gazebo
P