16K & 24K from Old Buck
(Old Buck, Forever After, Salamander)

Getting to the Trailhead

Follow Mount Seymour Parkway to Mount Seymour Road. Turn left (North) on Mt Seymour Road and then left on Anne MacDonald Way. See parking instructions on Winter Clinic webpage for alternate parking.

Trailhead

- Find Old Buck Trail off parking lot.

Empress to Bridle Path

- Head North along Old Buck and take first left onto Empress.
- Cross bridge and turn RIGHT onto Fern Gully.
- At Bridle Path junction, turn RIGHT.

Old Buck to Powerline

- At Old Buck, turn LEFT and ascend to Powerline
- Turn LEFT onto Powerline

REGROUP

Pingu

- LEFT onto Pingu and descend to Baden Powell
- Turn RIGHT onto BP

Baden Powell to Mushroom and Upper Dale's

- Follow Baden Powell
- Keep RIGHT onto Mushroom
- Cross Powerline
- Continue on Mushroom to Dale's/Upper Dale's

REGROUP

Upper Dale's back to Powerline

- Take second LEFT onto Dale's/Upper Dale's
- Follow Dale's to Powerline.

Forever After

- Cross Powerline onto Forever After.
- Stay on Forever After and descent to Bridle Path. Turn RIGHT.

REGROUP

Bridle Path

- Follow Bridle Path to T-junction.
- Turn LEFT onto Hyannis
- Keep RIGHT at Y-junction to continue on Bridle Path to Fisherman's Trail

Fisherman's / Baden Powell

- Turn LEFT onto Fisherman's and follow to Baden Powell.
- Turn LEFT.
- Continue on BP, cross Hyannis
- At intersection of Baden Powell and Bridle Path (there is a big rock and bridge over a stream)
- Cross the rock and go straight
- Almost immediately, you will come to the T-junction with large sign board.

REGROUP

IMPORTANT – READ THIS CAREFULLY & REVIEW INSET MAP ON NEXT PAGE!

- Turn RIGHT and look for the Slippery Salamander sign on your left.
  - Slippery Salamander parallels Bridle Path for the first few meters.
  - Make sure you are on Slippery Salamander and not Bridle Path.

Slippery Salamander

- Stay on SS to Bridle Path.
- Turn LEFT on BP and immediately RIGHT onto Sticks & Stones.

Sticks & Stone, Cardiac Bypass

- Follow Sticks & Stones
- Keep left at large boulder. Trail heads East and back to BP.
- Cross Bridle Path.
- At T-junction, turn RIGHT onto Cardiac Bypass

Bridle Path

- At junction, keep LEFT onto Bridle Path
- Stay RIGHT over bridge
- Follow BP to Old Buck

Old Buck

- Turn RIGHT onto Old Buck and continue back to parking lot

16K FINISHED – STRETCH

24K–SIGN OUT, REGROUP & CONTINUE

Empress

- Head North along Old Buck and take first left onto Empress.
- Cross bridge and turn LEFT onto Fern Gully.
- At Bridle Path junction, turn LEFT.

Bridle Path

- Follow Bridle Path to chain link fence.
- Turn LEFT and them immediately keep right.

Golf Course Trail

- Head down with golf course on your left.
- After large open view of golf course on left (two long logs as low fence), go about 30m further to 2 large, flat, low smooth boulders on right. Take this first right; you will see DIAMOND yellow marker on tree.
- At junction, at chain link fence, turn RIGHT
- Next LEFT onto Blair Range Access trail.

REGROUP

Blair Range Access Trail

- **Keep right** and follow trail back to Bridle Path
- Turn LEFT onto Bridle Path

Sticks & Stones

- Watch for tiny sign for Sticks & Stones.
- Turn LEFT onto trail and follow it back to Bridle Path

Bridle Path (Watch for 2nd or 3rd unmarked junction)

- Pass 1-2 unmarked junctions on left
- At 2nd -3rd unmarked junction (you can see boardwalk on left a way in) turn LEFT onto Mary Kirk Access Trail. If you reach junction of Baden Powell, you have gone too far.

REGROUP

Water Tower to Baden Powell

- Follow boardwalk, come to service road and water tower. Cross road and find trail on other side.
- Keep RIGHT and follow wide trail to Baden Powell post.

Baden Powell

- Turn RIGHT onto Baden Powell, follow until you come to intersection with Bridle Path (there is a big rock and bridge over stream).
- Cross the rock and go straight.

Bridle Path

- At junction with large board sign, go straight onto R&R Climb (See Inset Map).

REGROUP at junction

Applicator

- Climb R&R Climb to T-junction, turn RIGHT.
- Stay on Applicator and descend to junction on Bridle Path at tall upright burned out stump.

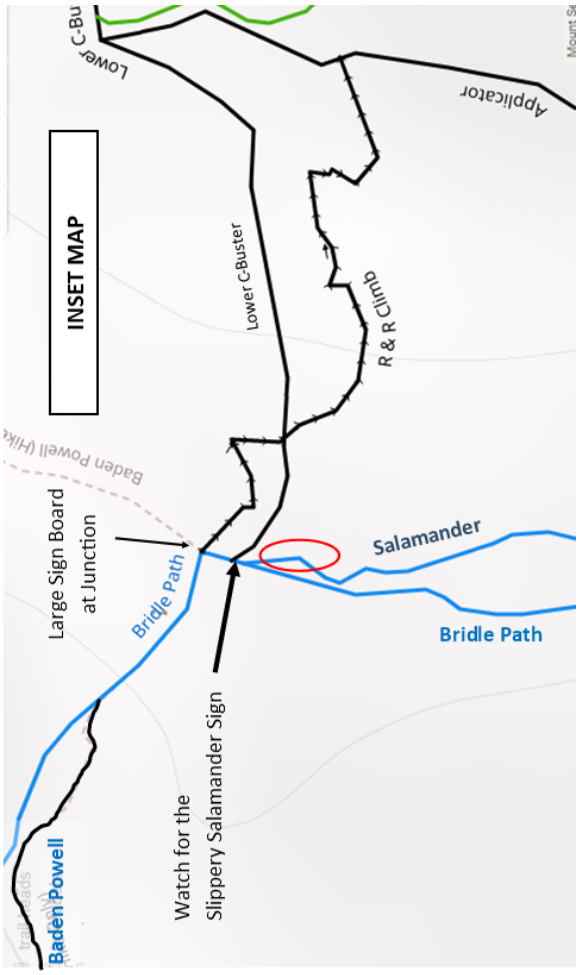
Bridle Path

- Turn LEFT at stump, cross stream, keep right and follow Bridle Path to Old Buck.

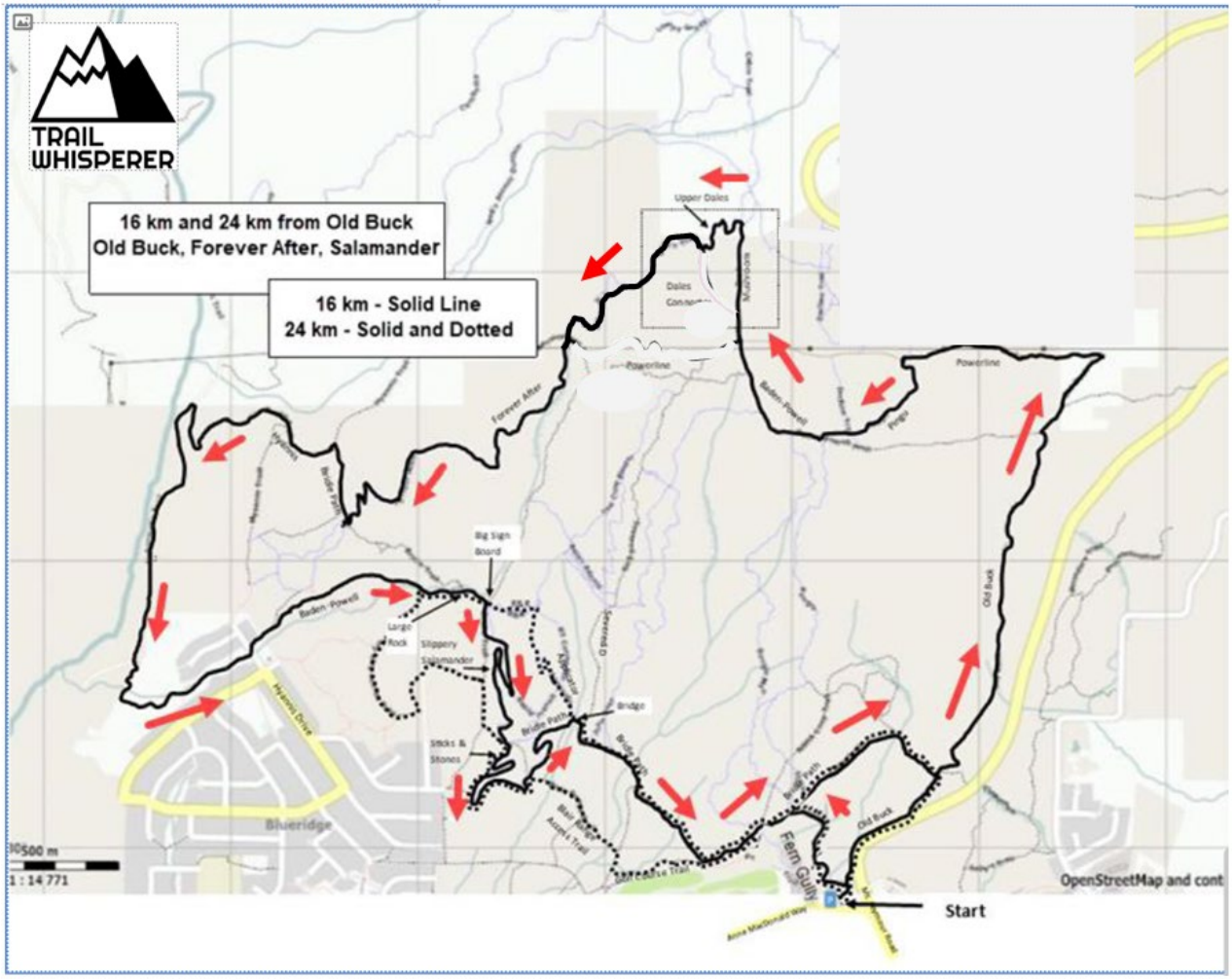
Old Buck

- RIGHT onto Old Buck and follow to parking lot.

24K FINISHED – STRETCH



16 km solid line and solid red arrows



8 km add on dotted lines and green arrows

