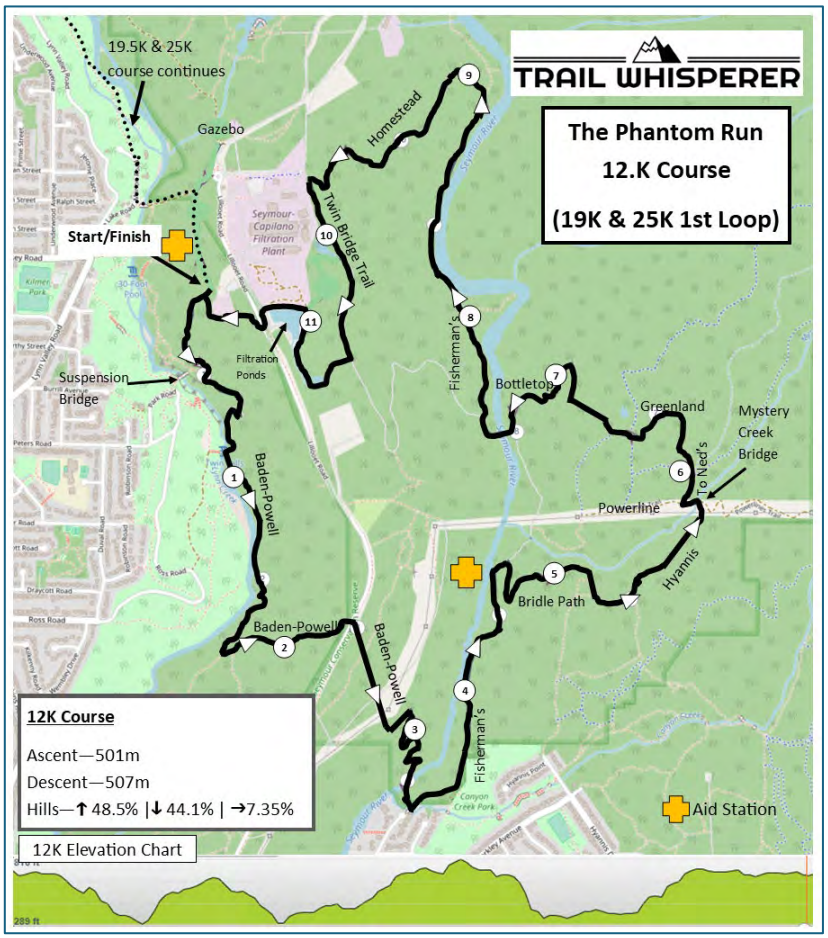


TRAIL WHISPERER

12K The Phantom Run Course Description

The Phantom Run's 12K course[1] takes you through the scenic trails of the north shore mountains. There is a variety of terrain with groomed and technical trails. A couple of climbs that will get your cardio working and great downhill sections.

The Phantom Run starts and finishes at the Lynn Canyon Park parking lot in the Lower Seymour Conservation Reserve across from the filtration plant on Lillooet Road in North Vancouver. The race begins by leaving the parking lot, turning left and heading south along the Suspension Bridge Connector trail. Keep right and head down the hill towards the junction for the Suspension Bridge.



At the junction keep to your left (straight). You are now on Baden-Powell. Turn left at the Twin Falls bridge to go into the marsh. Do not cross the bridge. Enjoy your run through the marsh along the boardwalks and get ready for a great set of stairs. You can do it! At the top of the stairs turn left to stay on Baden-Powell trail.

Follow Baden-Powell to the Lillooet Road crossing. **Obey the marshal** to get safely across the road. Continue along Baden-Powell down the switchbacks and across the Seymour River. After a few steep stairs, turn left onto Fisherman's trail. At the junction with Bridle Path, you will come to **Aid Station #1**. Do not forget to give your bib number to the marshal with the checklist.

Turn right and head up Bridle Path. Keep left on the trail as it turns into Hyannis. Stay on Hyannis all the way to Powerline. Turn left at Powerline and cross the Mystery Creek bridge. Take the first right past the bridge to head towards Ned's and Greenland trails. Stay straight at the intersection with Ned's. You are now on Greenland trail and can follow it as it turns and dips into a gully. Cross

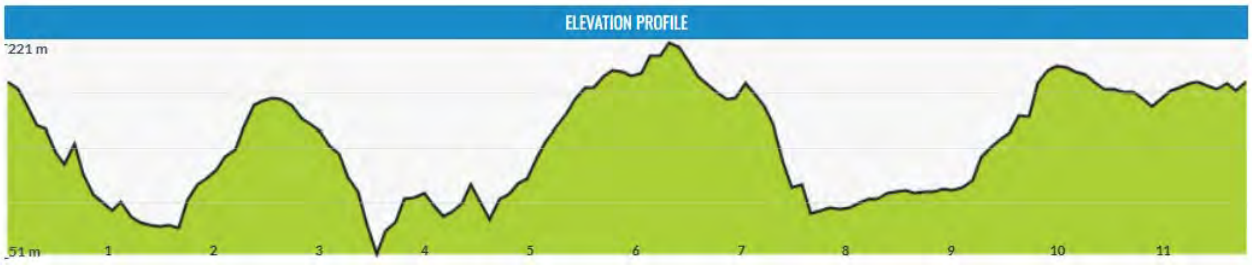
[1].NOTE¿Do.NOT.use.the.course.description.for.course.navigation¡.Changes.to.the.course.can.happen.right.up.to.race.day.depending.on.weather.and.trail.conditions¡.The.racecourse.will.be.well.marked.with.pink.and.black.striped.flagging.tape?pink.flags?signs?and.marshals.at.key.intersections¡

the gulley (BMC Connector trail) and follow the trail up a short hill. At the top, turn right onto Bottle Top. Enjoy your descent down Bottletop.

At the T-junction with Fisherman's, turn right and cross the Twin Bridge. Keep right after the bridge onto Fisherman's alongside the Seymour River. Further along you will come to a T-junction with Homestead. Turn left and begin another climb enjoying the forest all the way to the top.

At the top turn left onto Twin Bridges trail. Take the second trail to the right leading to the filtration ponds. The trail veers to the left and then passes the small and large ponds to Lillooet Road. **Obey the marshal** and cross Lillooet Road. Keep right and follow the trail to the next T-junction. Turn right and head north. Watch for a sharp right turn into Lynn Canyon Park parking lot to reach the finish line. Great race! Now you can enjoy the hearty soup and other goodies.

Elevation Profile



12K Course
Ascent—515m
Descent—515m
Hills—↑ 53% |↓ 44% | →3%

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