TRAIL WHISPERER

10 km from Old Buck
Old Buck, Baden-Powell, Quarry Rock

Getting to the Trailhead: Parking is LIMITED

Park at **Parkgate Park** (see p.2) and hike 10 min to Anne MacDonald Way. May be a few spots on Banff Court near Rec Centre. Trailhead is Mt. Seymour Road at Anne MacDonald Way, Old Buck parking lot. Don't park at mall.

Trailhead

- Old Buck Trail at parking lot.

Old Buck

- Head north along Old Buck.
- Power hike! Chat and sing.
- At Baden-Powell…

REGROUP

Baden-Powell

- Turn RIGHT and follow Baden-Powell.
- Cross Mt Seymour Road.
- Start gradual descent.

Indian River Road

- At Indian River Road, cross the road and look for trailhead on your right. Turn left onto the trail.
- Trail parallels the road to the Baden-Powell junction.

REGROUP

Baden-Powell to Quarry Rock

- On Baden-Powell, watch for the turnoff to Quarry Rock on your left.

REGROUP

Quarry Rock Out and Back

- Turn LEFT to get to Quarry Rock.
- Pause and admire the view.
- Return to Baden-Powell.

Baden-Powell

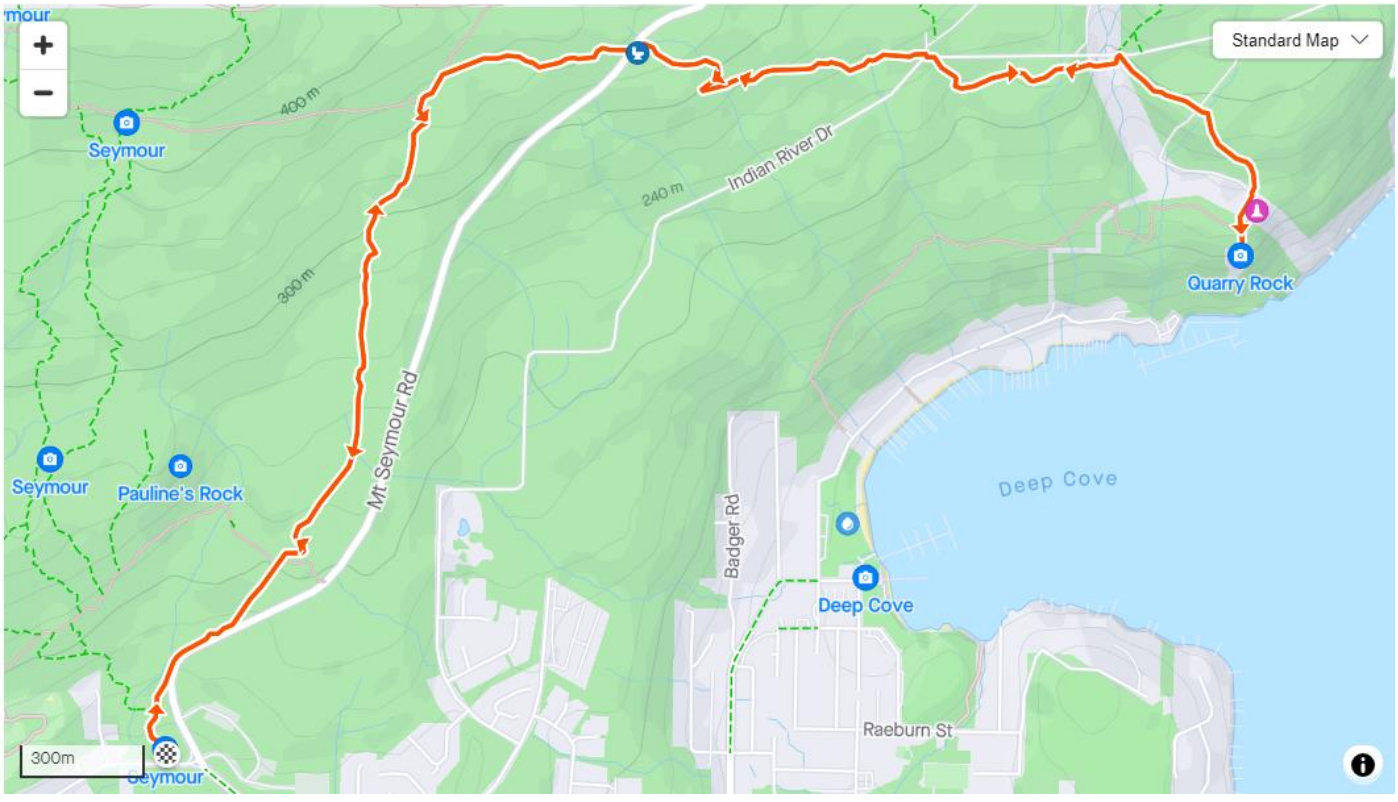
- Turn RIGHT onto Baden-Powell.
- Return to Old Buck.

Old Buck

- Descend to parking lot.
- Take it easy and save your quads.

10 km FINISHED - STRETCH

Option: Add on Short 5.6 km route.



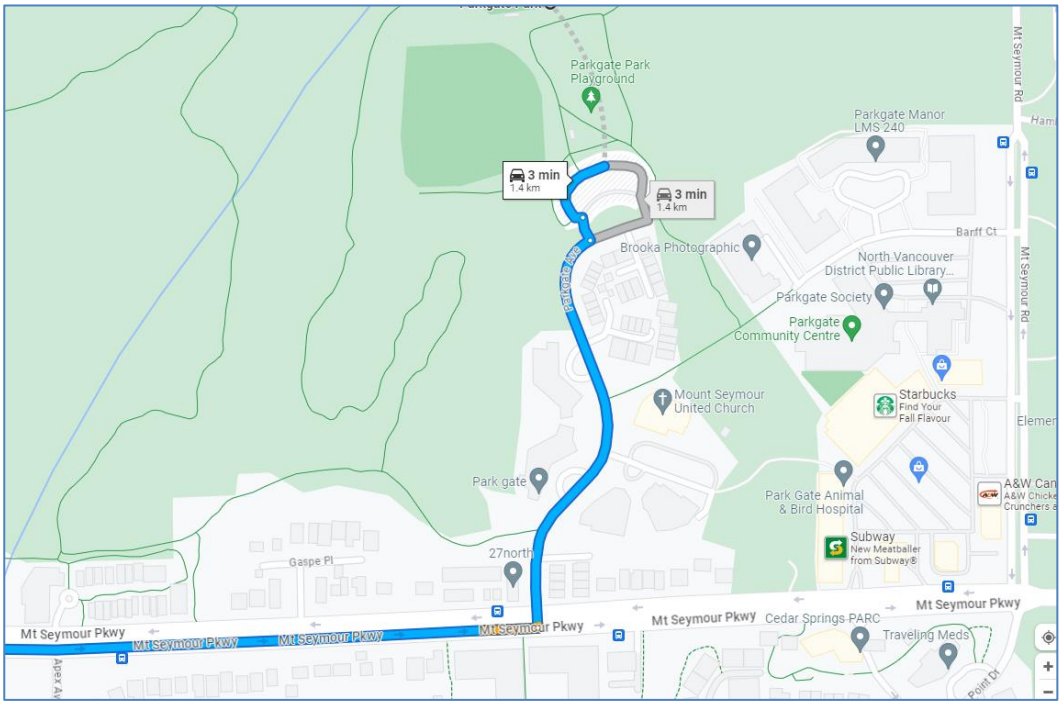
PARKING at Parkgate Park

The turnoff for Parkgate Park is the road before Mt. Seymour Road, called **Parkgate Ave.**

Driving Directions to Parkgate Park

Mount Seymour Parkway to Parkgate Park

Screenshot of the driving directions to Parkgate Park



This map shows walking directions to Old Buck Parking Lot from Parkgate Park.

