TRAIL WHISPERER

8K from Old Buck (Golf Course Trail)

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.

Fern Gully

- 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 LEFT and follow wide trail (Mary Kirk Access) 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

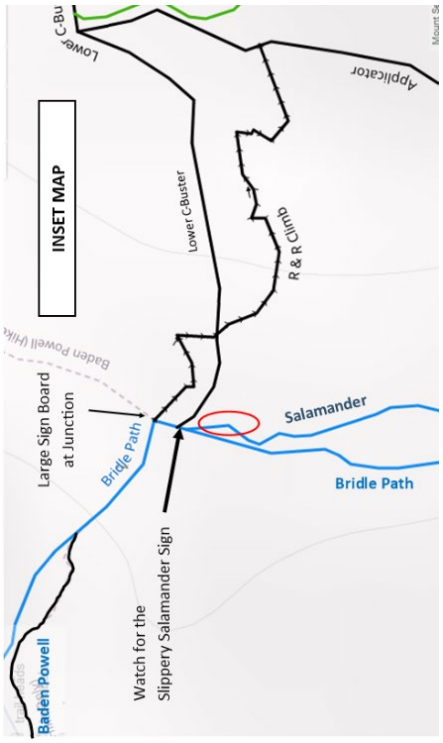
R&R Climb, Applicator

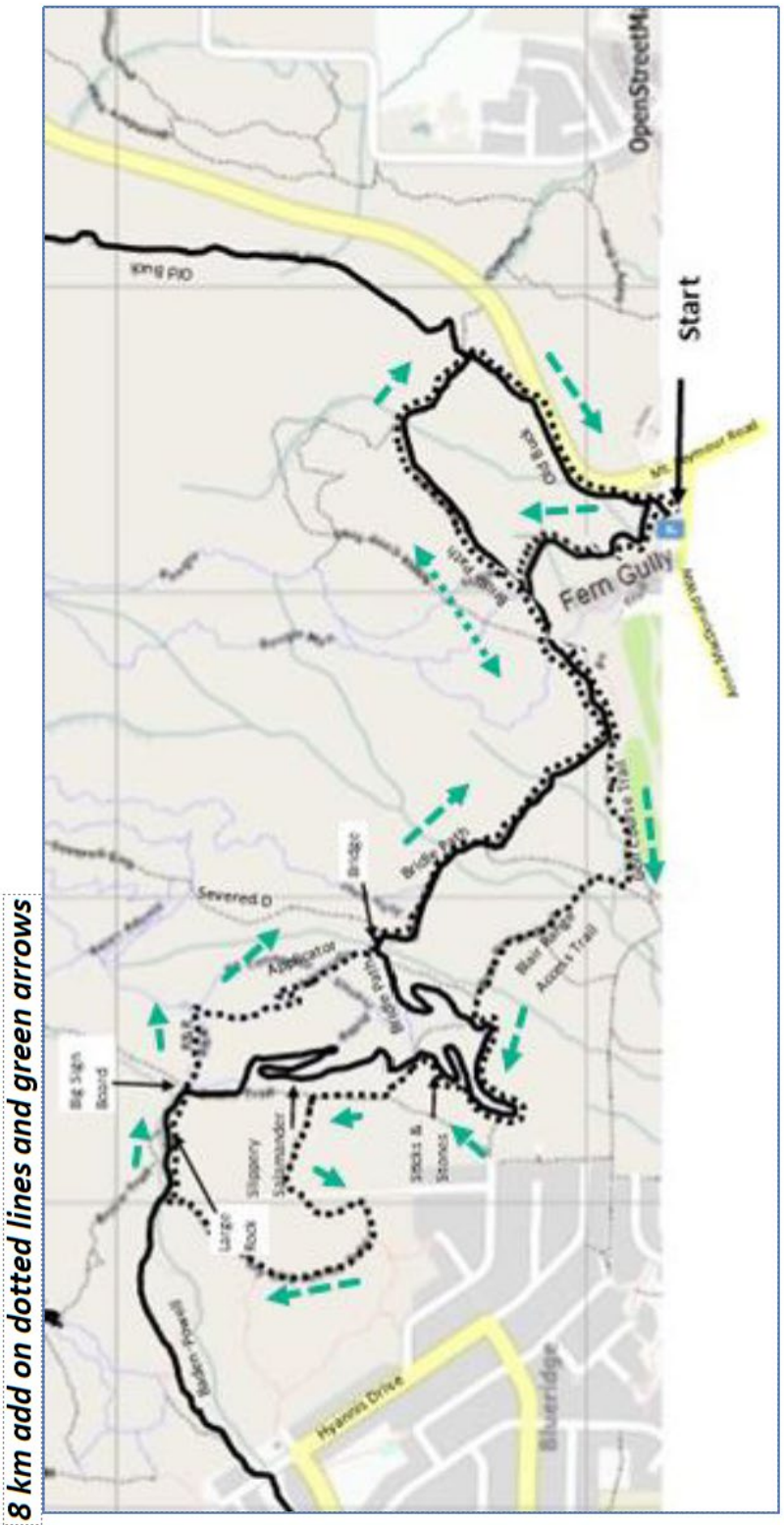
- Climb R&R Climb to T-junction, turn RIGHT.
- Stay on Applicator and descend to junction on Bridle Path at tall upright burned out stump.

Bridle Path, Old Buck

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

8K FINISHED – STRETCH





8 km add on dotted lines and green arrows