TRAIL WHISPERER

Iron Knee 2026
Orientation Run

IRON KNEE
TENDER KNEE

Carpool

Turn right onto Cliffmont Road in Deep Cove. Park at Myrtle Park (there are 2 parking lots at Myrtle Park). Carpool or get dropped off at the top of Prospect Road off Montroyal Blvd.

Start

- **Meet at gate on Prospect Road.**
- **Wait for group and sign in.**
- Start going past gate, keeping left at water towers, dip down a few meters to reach bridge.

Baden-Powell (B-P) Trail

- Take first **RIGHT** (water tower is on your right).
- Follow B-P, keeping on left fork at St. Georges Trail bench and viewpoint.
- B-P starts descending to Mountain Hwy.
- Cross steel and wooden footbridge and follow **hikers** trail. Come out on gravel road at the top of Mountain Highway. **AID STATION**
- Cross road and follow B-P marker toward Lynn Valley Road.
  Detour for 2026
- Turn RIGHT just before stairs/construction & follow connector to Underwood Avenue. Keep **LEFT** on sidewalk. Watch for traffic.
- Turn **LEFT** onto Evelyn Street & pathway in park.
- At T-junction with Lynn Valley Rd, follow Marshal instructions to cross road.
- Head down Rice Lake Rd to pipeline bridge.
- Cross bridge and head up service road to **AID STATION.** Detour ends.

Suspension Bridge Trail to Lillooet Road

- Turn **RIGHT** onto Suspension Bridge Trail.
- Take left fork at Y-junction (just past parking lot on left) to get to Lillooet Road.

Lillooet Road Berm & Richard Juryn

- Cross Lillooet Road. Follow Marshal instructions.
- Turn RIGHT onto the berm and follow it ~0.9K.
- Turn LEFT onto Camp Brick Bypass.
- At T-junction, turn RIGHT and ascend Richard Juryn keeping right at rock face.
- Follow Richard Juryn to Baden-Powell.

Baden-Powell & Fisherman's

- Turn LEFT onto Baden-Powell and follow the switchback down to pipeline bridge.
- Cross bridge and turn LEFT at top of short, steep climb.
- Follow Fisherman's to Mystery Creek post.

Mystery Creek Switchback

- Turn **RIGHT** and head Mystery Creek to Powerline.

Powerline to Mushroom

- Turn **RIGHT** along Powerline.
- Cross the Mystery Creek Bridge, keeping left to continue straight up Powerline.
- High point is at **Historic Mushroom Parking Lot Trail** intersection (marked). **AID STATION**

Mushroom

- At the Powerline **POST**, turn **RIGHT** to continue on Mushroom and it merges with Baden-Powell.

Baden-Powell

- Follow B-P to T-junction with Old Buck.
- At the T-junction, turn **LEFT** and then almost immediately **RIGHT** to get back onto Baden-Powell. (Do NOT go down Old Buck.)
- Cross Mount Seymour Road and enter the trail on the other side. (Washroom here on the right.)
- Start gradual descent with some uphill sections.
- You come out on Indian River Road. **AID STATION**
- From aid station, cross the road, turn **LEFT**, then **RIGHT** to get back onto Baden-Powell.
- Follow B-P to access road by Quarry Rock lookout.

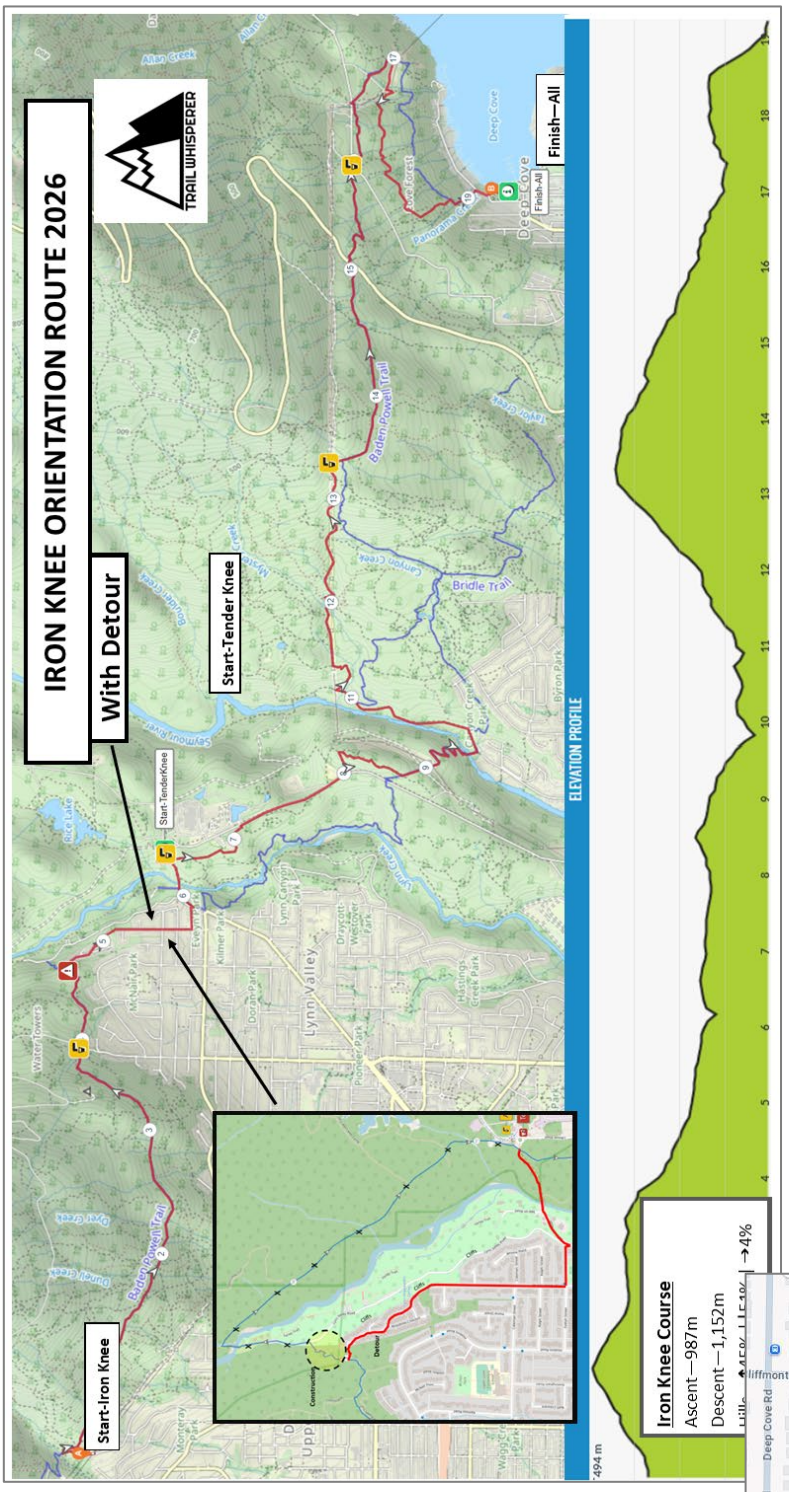
Cove Runner/Rain Dancer & Panorama Creek

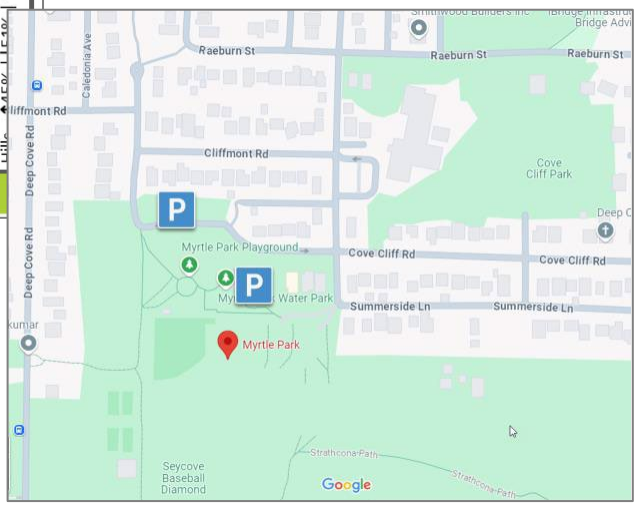
- Turn **RIGHT** onto Quarry Rock Access Rd. *DO NOT ENTER QUARRY ROCK PARK*.
- Follow access road to intersection with trail. Turn **LEFT** and at next T-junction turn **RIGHT** onto Cover Runner/Rain Dancer trail.
- Continue along Cover Runner until Panorama Creek trail. Turn **LEFT** and follow Panorama Creek until joins Baden-Powell.
- Turn **RIGHT** on Baden-Powell and descend stairs. **This next section of the trail is busy. Please respect all trail users and share the trail.**

To Finish

- Come out between two houses on Panorama Dr.
- Cross road and turn **RIGHT** onto sidewalk.
- Turn **LEFT** down paved path to picnic area.

Aid Station	Distance to Next Aid
Mosquito Creek	3 km
Mountain Highway	3.5 km
LSCR (gazebo)	7 km
Powerline	3.5 km
Indian River Road	2.7 km





[Link to Myrtle Park]