TRAIL WHISPERER

21K from Old Buck (Boundary Trail, B-P, C-Buster)

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

- From parking lot, crossroad safely and find Old Buck Trail heading South.

Getting to Boundary Trail

- At T-junction with Mount Seymour Road, crossroad safely.
- Turn left, heading North until you find a trail head on the right.
- Turn RIGHT and follow trail to work yards road.
- Follow trail through picnic/parking area (you may have to take road – left, right & right into parking lot to pick up trail again)

REGROUP

- Trail veers right. Take the first LEFT turn onto Sally's Trail.
- At next T-junction, Sally's goes right BUT STAY LEFT onto Short Cut trail.
- Keep RIGHT as next junction to stay on Short Cut.
- At T-junction, turn LEFT onto Cinnamon.
- Take the next RIGHT turn.
- Turn slight left onto Boundary Trail.

Baden-Powell to Quarry Rock

- Follow Boundary Trail all the way to Baden-Powell.

REGROUP

- At junction with B-P, keep RIGHT.
- Follow B-P to Indian River Drive.
- Cross road and go LEFT to find B-P trail head on the RIGHT.
- Follow B-P until you come to a pedestrian bridge.
- Cross bridge and turn LEFT towards Indian River Road.
- Turn RIGHT to continue along B-P.
- At T-junction with Access Road, turn LEFT and have a look at the view from Quarry Rock.

REGROUP

Baden-Powell to Mushroom

- Turn around and retrace your steps along Baden=Powell until you reach the junction with Boundary Trail.
- Turn RIGHT to stay on B-P
- Cross Mount Seymour Road
- At T-junction with Old Buck turn LEFT onto Old Buck.
- Almost immediately turn RIGHT onto B-P.
- Follow B-P to Powerline. You are now at Mushroom/Powerline.

REGROUP

Dale's & Forever After

- Continue uphill on Mushroom.
- From Powerline, take the second LEFT onto Upper Dales.
- Descend Dale's
- Cross Powerline and you are now on Forever After.
- Follow Forever After to the T-junction with Bridle Path

REGROUP

Bridle, Hyannis & Ned's

- Turn RIGHT onto Bridle Path.
- At T-junction, turn RIGHT onto Hyannis.
- At T-junction with Powerline, turn LEFT and cross the bridge.
- Take the first RIGHT.
- At the next intersection, turn RIGHT and begin the ascent on Ned's.
- At the top Ned's veers to the right. Keep RIGHT to get onto the downhill (Mushrooms). You will run by the turn you made onto Upper Dales.

REGROUP

Severed-D & C-Buster

- Continue down Mushroom.
- Cross Powerline .
- Take next RIGHT turn onto Baden-Powell.
- Watch for LEFT turn onto Severed-D.
- Begin descent.
- Follow to intersection with Penny Lane/Good Sir Martin. (trail crosses Severed-D changing names)
- Turn RIGHT onto Penny Lane.
- At next T-junction, turn LEFT onto C-Buster.
- Stay on C-Buster all the way to Bridle Path (you will come out near the Big Sign Board.

REGROUP

Slippery Salamander & Sticks & Stones

- Just before you get to Bridle Path (literally feet), turn LEFT to start on Slippery Salamander.
- Follow Slippery Salamander all the way to Bridle Path.
- Turn LEFT onto Bridle Path and immediately RIGHT onto Sticks & Stones
- Follow Sticks & Stones. At the large bolder the trail heads east and back to Bridle Path.
- Cross Bridle Path & continue along Sticks & Stones
- At T-junction, turn RIGHT onto Cardiac Bypass.

Bridle Path & Old Buck

- At junction, keep LEFT onto Bridle Path, cross bridge and follow back to Old Buck.
- Turn RIGHT onto Old Buck and continue back to parking lot

21K FINISHED – STRETCH

