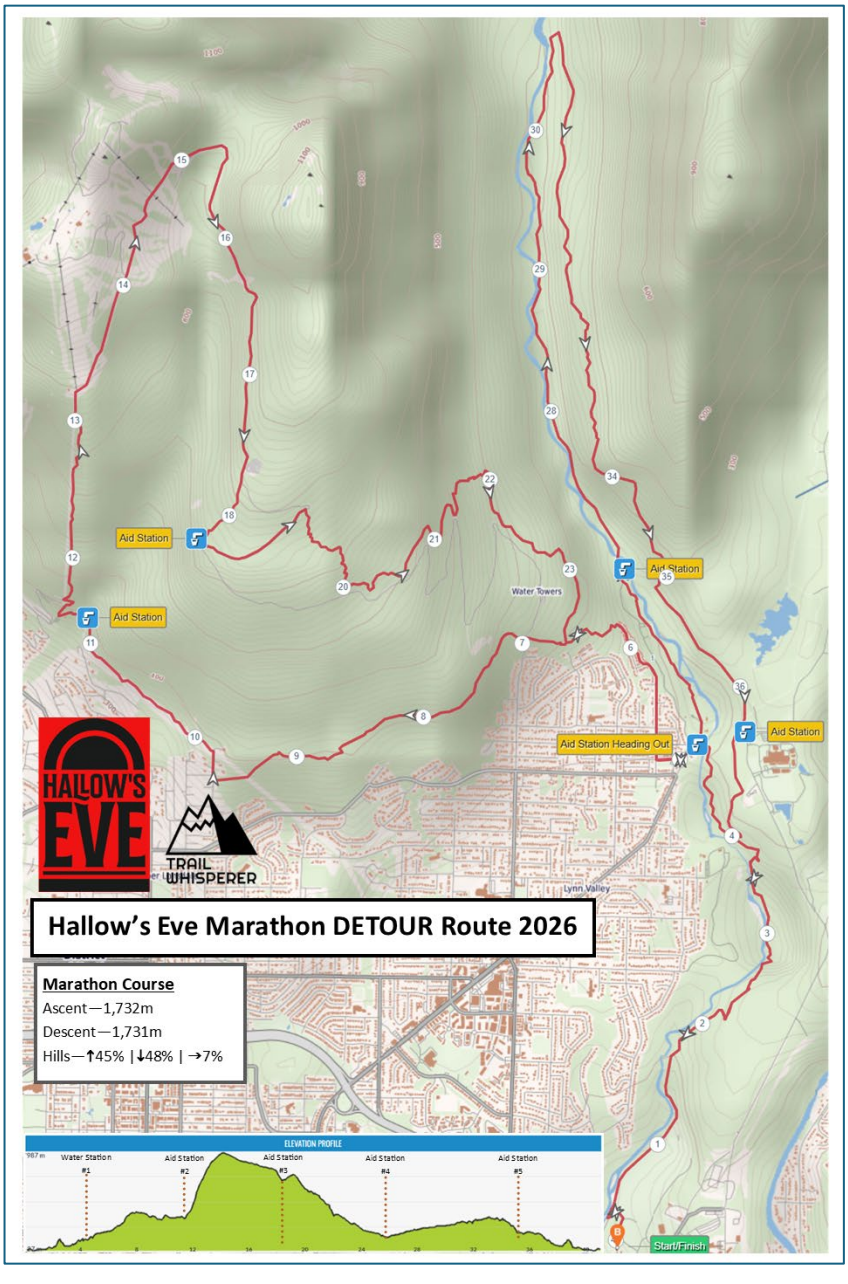
Marathon Hallow's Eve Course Description – 2026 Detour

The Hallow's Eve Marathon 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.

Hallow's Eve starts and finishes at Inter River Park near the entrance to the Lower Seymour Conservation Reserve park. The race begins by leaving the parking lot and heading north uphill on the Richard Juryn trail. At the T-junction turn left and follow trail down the hill to the gravel service road by the river. Turn right onto the roadway and head towards Sea-to-Sky trailhead. Beware this is a dog off-leash area – do not get knocked over by exited dogs. When the roadway turns, keep straight (left) onto the Sea-to-Sky trail. You will stay on this beautifully undulating trail for a few kilometers.



You will arrive at a T-junction with a post. Turn left and head down the stairs (yes, you are coming back up these stairs – bonus). You are now on Baden-Powell where you will run along boardwalks through the marsh.

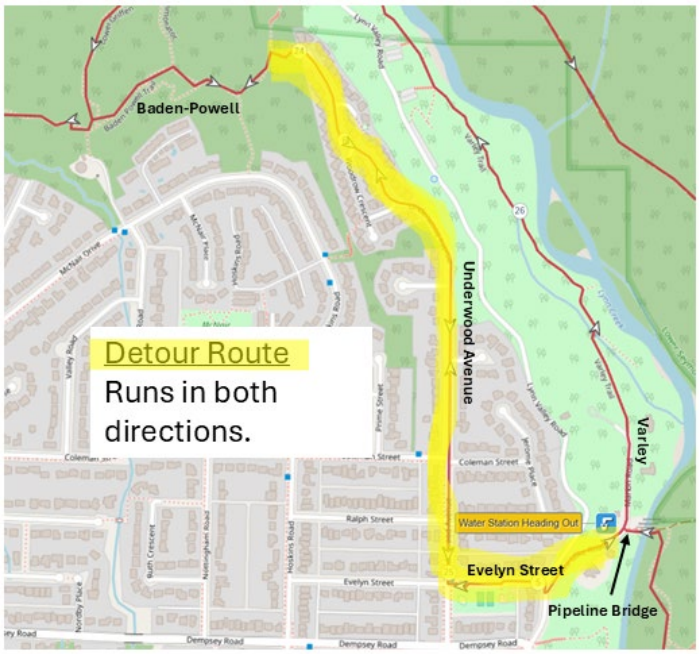
The first bridge you come to is Twin Falls bridge. Turn right and head up the stairs. Do not go over the bridge. Keep heading up the stairs and trail until you come to

[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 junction for the Lynn Valley Park Suspension bridge. Turn left towards the bridge and then turn right almost immediately to stay on the boardwalk and down the stairs. Do not cross the bridge and watch for other trail users.

At the end of the stairs, you will come to a T-junction. Keep right and run alongside Lynn Valley Creek. As you arrive at 30' Pool you will notice a bunch of stairs…going up of course. Head on up and at the top turn left to run along a chain link fence. At the next T-junction, turn left and head over the Pipeline Bridge. As you exit the bridge **Water Station #1** will be on your right.

Detour begins: After replenishing, head straight uphill on Rice Lake Road. **Obey the marshals at the top** to cross Lynn Valley Road and get onto Evelyn Street. Enter the pathway at the end of Evelyn Street, run past the tennis courts to the bus stop at Underwood Avenue. Turning right look for the **marshal** that will help you across the street safely (**obey marshal**). Head up (north) on Underwood Avenue, keeping to the sidewalk and watching for cars at the intersections and driveways. Follow Underwood Avenue all the way to the top and you will find the stairs leading onto Baden-Powell. **Detour ends.**



You will now stay on Baden-Powell trail all the way to Old Mountain Highway (also know as Grouse Mountain Highway). You are slowly ascending on this section of the trail. When you arrive at Old Mountain Highway, **obey the marshal,** watch for traffic and head across the roadway to the Baden-Powell trailhead. You continue to ascend until you arrive at the turn-off for Dempsey trail on your left.

Stay to your right along Dempsey. Watch for a T-junction with St. Mary's trail. You will turn right and go over a wooden bridge. Stay on St. Mary's trail continuing to go West towards Grouse Mountain. You will cross under the Powerlines and then 200 meters later, you reach St. Mary's road. Turn right and climb St. Mary's road (watch for traffic) until you are back under the powerlines. Turn left onto the gravel road under the powerlines and continue until it ends above Mosquito Creek. You will head back into the forest on your right and join back with Baden-Powell trail heading West.

Follow Baden-Powell to Mosquito Creek bridge. Cross the bridge, turn right then left and head up the hill. At the top of the hill, turn right and continue up a short, steep, narrow trail. You arrive at the end of Skyline Drive and **Aid Station #2**. Remember to give your bib number to the volunteer with the checklist. Replenish and get ready for the big climb.

You will follow the roadway around the curve to the trailhead for Skyline/LGMH. Turn right onto LGMH (do not climb Skyline). Take the next left onto Jetboy and settle in for a great climb. As you approach the top you might see the memorial for the 1954 F-86 Sabre Jet Crash. The top of Jetboy connects with the Skyline trail. Turn right and follow Skyline to the base of the Screaming Eagle Chair lift. Stay on the gravel road heading North and climbing up and away from the city. After approximately 1K, you intersect with Old Mountain Highway (Grouse Mountain Highway). Turn right and start the long descent on Old Mountain Highway.

Continue along the roadway for several kilometres. When you reach the gravel pit or garbage dump on your left, you are almost at your next turn. Per Gynt drops down and to the right off Old Mountain Highway. Take this trail down to the 6th corner switchback of Old Mountain Highway and to your next **Aid Station #3**. Provide your bib number to the volunteer with the checklist. Replenish yourself and then continue left out of the aid station and head back up Old Mountain Highway. Watch for the sign to Seventh Secret.

Here comes the best downhill fun. It is a combination of technical, black diamond mountain bike trails. Turn right onto Seventh Secret. Turn left onto Leopard which turns into Crinkum Crankum. Turn left from Crinkum Crankum onto Kirkford (if you come to Old Mountain Hwy you have gone too far). Follow Kirkford all the way down to the T-junction with Cedar Tree Trail. Turn right and follow Cedar Tree to the junction with Upper Griffen.

Cedar Tree and Upper Griffen intersection is tricky so please pay attention to the signs (there will be a marshal). There are multiple trailheads squeezed into this intersection. You want to avoid Roadside Attraction whose trailhead is right beside Upper Griffen and of course do not go out to Old Mountain Highway. *Keep left and stay left* at the intersection to get onto Upper Griffen. You now have another great descent that is not as technical, therefore quite runnable. Watch for the next junction (sign) and turn onto Lower Griffen. Stay on Lower Griffen all the way back to Baden-Powell. At the T-junction with Baden-Powell, turn left. You are now heading towards the detour you ran earlier.

Detour begins: Keep right onto the Baden-Powell Connector trail and ascend the stairs onto Underwood Avenue (**obey marshal & watch for traffic).** Run facing the traffic all the way down Underwood Avenue. Get onto the sidewalk just before the bus stop where you will turn left. Turn left onto the pathway to get to Evelyn Street. Run past the tennis courts and pop out onto Evelyn Street (**obey marshal & watch for traffic**). At Lynn Valley Road you will turn right, then cross the street **obeying the marshal**, and run down Rice Lake Road. At the bottom, turn left and follow Marion Road to the Varley trailhead. **Detour ends**.

Follow Varley to the end and turn right onto Lynn Valley Road leading into Lynn Headwaters Park. Watch for traffic as you are crossing through a small parking lot. You are now at **Aid Station #4**. Do not forget to call your bib number out to the marshal with the checklist.

After replenishing, head over the bridge and turn left to start the Lynn Loop. You will run on Lower Lynn Loop for approximately 2K before coming to the Lynn Loop Connector. Keep straight (left) at junction with connector. You are now on Cedar Mills trail. Continue along this trail until you come to a large rocky open area (Third Debris Chute). Turn right and head up the chute. At the top, turn right into Headwaters trail. This trail is a lot of undulating fun. You will arrive at the junction with Lynn Loop Connector. Stay left (straight). Do not go down the stairs.

You are now on Upper Lynn Loop. It is a fast descent to the Lynn Headwaters Connector trail (T-junction). Turn left and continue to the LSCR Gazebo area and **Aid Station #5**. Do not forget to call your bib number out to the marshal with the checklist. After replenishing you will head straight (South) along the Suspension bridge connector trail. Enjoy the flat, nice wide trail. Keep straight and at the end of the trail follow it to the right. You will keep right and head down the hill towards the Suspension Bridge junction. At the junction keep to your left to head back towards the finish line. You are now back 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 the next set of stairs. You can do it! At the top of the stairs turn right to get back onto the Sea-To-Sky trail. Watch your footwork through the roots and rocks.

You will come out onto the gravel service road by the river. Keep straight (right) and follow the roadway back to the post where you will turn left. This is a short, steep jaunt to get back to the finish line. At the next T-junction, turn right and get ready to look great for the cameras. Great race! Now you can enjoy the hearty soup and other goodies.

Elevation Profile



Marathon Course
Ascent—1,732m
Descent—1,731m
Hills—↑ 44% |↓ 48% | →8%

TRAIL WHISPERER