

Hallow's Eve Marathon Route 2015

Getting There

Take Lillooet Road north, past Capilano University, take first left on Inter River Park Drive. Turn left at first left turn.

Trailhead

- Lacrosse field area (bathrooms).

Sea to Sky Trail

- Along service road to dog walk area and then north along Sea to Sky Trail.

Baden-Powell

- At Baden-Powell post, turn left down the stairs.
- Go through marsh on Baden-Powell.
- At Twin Falls bridge, keep RIGHT (do not cross bridge).
- *At Suspension Bridge trail turnoff, turn LEFT toward bridge, go to boardwalk.*

30 Foot Pool

- **At landing before Suspension Bridge**, turn RIGHT to go toward 30 Foot Pool.
- Head up stairs (104) at 30 Foot Pool.
- At top, keep left, start heading down beside fence until you reach a gravel road.
- At the bottom of the hill, you reach aid station near Pipeline Bridge (Rice Lake Road).
- **AID STATION**

Varley Trail

- Turn right on the road and reach Varley trail straight ahead.
- Stay on Varley Trail and you come to the small last parking lot at Lynn Headwaters Regional Park. Turn left onto the paved road.

Baden-Powell

- Turn right and up the stairs of Baden-Powell towards Old Mountain Highway.
- Left on Mountain Highway on BP, go past water fountain, take next trail up on right
- Continue on BP to Dempsey sign.

Dempsey to St. Mary's Trail

- Turn LEFT onto Dempsey.

- Stay to your right and you come down to St. Mary's. Turn right on St. Mary's and cross wooden bridge over small creek.
- Stay on St. Mary's trail continuing to go **west** towards Grouse Mtn. You will cross under the Powerline and then 200 metres later, you reach St. Mary's Road.
- Climb up St. Mary's Road until back under the Powerline.
- Turn LEFT and stay on the Powerline until it ends above Mosquito Creek.
- Head back into the forest on your right and pick up Baden-Powell heading west.

Baden-Powell

- Continue along Baden-Powell down to Mosquito Creek bridge.
- Cross bridge and continue along Baden-Powell along the old roadway above Mosquito Creek on the west side. **AID STATION**
- Before entering back into the forest, look for the marked Skyline Trail and head straight uphill for the next while.

Skyline Trail

- Continue up Skyline until it opens up onto an old road way, pick up the trail heading to your right and back into the forest (Semic Trail) still heading uphill.
- You reach the base of the screaming eagle chair lift.
- Stay on the gravel road heading north and climbing up and away from the city.
- After about 1 km you intersect Old Mountain Highway, stay right and start your long descent on Old Mountain Highway.

Old Mountain Highway (OMH)

- Continue along OMH for several km.
- When you reach the Gravel Pit or garbage dump on your left hand side just a bit further up the trail, Per Gynt drops down and to the right off OMH.
- Take this trail down to the 6th corner switchback of OMH (**AID STATION**).



- Turn left out of aid and head back up OMH to watch for sign for Seventh Secret.
- Here comes the fun.

Fromme Mtn Bike Trail Descent

- Find Seventh Secret and start the descent.
- Take left onto Leopard and this leads into Crinkum Crankum. At Kirkford, go right and trail veers back left and down.
- Turn right to get on Upper Griffen at sign.
- At marked junction, turn left to stay on **Upper Griffen** until you reach junction for Lower Griffen. Follow **Lower Griffen (sign)**.
- Watch for left marked turn onto **Lower Griffen Switchbacks**; follow to Baden-Powell Trail.

Baden-Powell

- Left onto Baden-Powell.
- Down the set of stairs that you came up.
- LEFT onto the Lynn Headwaters paved road, through parking lot and into picnic area.
- **AID STATION.**

Long Lynn Loop (Lynn Headwaters)

- Cross bridge over Lynn Creek.
- Turn LEFT and head up river along Lynn Loop Trail.
- Continue straight on Cedars Mill Trail.
- At Third Debris Chute (clearing) turn right.
- At T-junction turn RIGHT to follow Lynn Headwaters Trail.
- At T-junction at bottom, turn LEFT onto Lynn Headwaters Connector Trail.

Lynn Headwaters

- Follow Lynn Headwaters Connector Trail to the Lower Seymour Conservation Reserve.

Lower Seymour Conservation Reserve

- Reach gazebo (water, bathrooms), find trail to Suspension Bridge. **AID STATION.**

Suspension Bridge Trail

- RIGHT onto Suspension Bridge trail.
- Go past turnoff to 30 Foot Pool (do NOT turn).
- Take next turnoff to RIGHT. Head down.

Baden-Powell

- Pass turnoff to bridge (keep straight).
- Keep straight at bottom toward Twin Falls, onto Baden-Powell trail.
- Through marsh, up switchback.
- At top of switchback, at post, turn **RIGHT.**

Sea to Sky Trail

- Follow Sea to Sky down to dog walk area.
- Follow flagging back to start area.

