

Mt Seymour Picnic Area to Old Buck 12.4 km Point to Point

Getting There

Follow Mount Seymour Pkwy to Mt Seymour Road, head north. Turn left onto Anne MacDonald Way and park on street.

Carpool: Turn left onto Mt Seymour Road. Drive past Baden-Powell sign, look for sign after 5 km marker for no liquor in park, take immediate right into small parking lot.

Trailhead

- Cross Mt Seymour Road and find trail post on your left.

Picnic Area to Ned's

- Keep right on trail heading down to Ned's. You come to big sign for Mushroom Historic Parking Lot Trail.
- Keep right and you reach junction of Ned's and unmarked Cabin Trail.

Cabin Trail to Dirty Diapers

- At fork for Ned's, go RIGHT (not Ned's).
- **Find mystery feature. Take photos of group to prove you were there.**
- **Find Dirty Diapers trail.**

Dirty Diapers

- Follow Dirty Diapers, cross stream, see pink then double orange markers.
- **Find human artifact visible from this trail on left side.**
- Come to Ned's at T-junction. Watch for bikes.

Ned's Atomic Dustbin

- Turn **LEFT** and head up Ned's. (Keep to side of trail to allow room for bikes.) At top, keep right.
- At fork, take **right** fork which goes straight down on Mushroom.

Mushroom

- Head down to Powerline.

Powerline Junction

- Pause here at post. This is aid station location for race.
- Cross Powerline, head down Mushroom and the trail joins Baden-Powell.

Baden-Powell

- Stay on B-P, pass by Old Buck post, and you reach Mt Seymour Road.
- Cross Mount Seymour Road and enter the trail on the other side.
- Start gradual descent with some uphill sections.

Indian River Road

- You come out on Indian River Road; turn **LEFT** (marker indicates 0.5 km to trail) and **take trail on lower side of road (B-P continues here)**.
- Back at the road, find trailhead on the right. Marked as 2.6 km to Deep Cove. (Aid station will be here.)

Quarry Rock

- Follow the B-P markers.
- Watch for turnoff to Quarry Rock.
- **Take photos to prove you reached Quarry Rock.**

Turn Around

- Return on B-P to Old Buck.

Old Buck

- Head down Old Buck to parking.

STRETCH