

## Mt Seymour Picnic Area to Old Buck 7 km

### **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 and picnic area.

### **Trailhead**

- Find trail post heading east from parking lot.

### **Picnic Area to Old Buck**

- Head east on trail from parking lot.
- About 1.3 km along, you reach Old Buck trail.
- Turn right down Old Buck.
- Cross Mt Seymour Road. Continue on Old Buck.

### **Powerline**

- At junction, turn RIGHT onto Powerline.
- Keep straight. Pass turnoff to Pingu.
- At Mushroom Trail (post), pause and regroup. This is aid station location in the race.
- **Take photos to prove you were here.**

### **Mushroom**

- Turn LEFT and head down Mushroom and the trail joins Baden-Powell.

### **Baden-Powell**

- Stay on B-P, and stop at Old Buck post.
- **Take photos to prove you were here.**

### **Old Buck**

- Head down Old Buck to parking lot.

# STRETCH