

Lynn Canyon to Circuit 8 Loop 7 km

Getting There

Take the Lynn Valley Road exit from the Upper Levels Highway. Follow Lynn Valley Road north till you see the Lynn Canyon Park sign just before Peters Road. Turn right and park in first lot on the left.

Trailhead

- Find the Suspension Bridge sign just across from the restaurant.

Suspension Bridge to Gazebo

- Cross the Suspension Bridge, keep right on boardwalk till T-junction and turn LEFT onto Suspension Bridge Trail. Stay on this trail.
- Come out at gazebo in LSCR.
- Head **RIGHT** into the main parking lot.
- Run through parking lot, pass the outdoor washrooms and find gravel trail straight ahead at far end, follow “chute” beside construction fence.
- Cross Twin Bridges trail (wide, looks like a road).
- Find gate at top of Homestead.

Homestead to Fisherman’s

- Head **down** Homestead trail.
- At the T-junction at the bottom on Fisherman’s, turn **LEFT**.

Fisherman’s to Circuit 8

- Follow Fisherman’s watching for a left turn onto trail (not marked) about 1 km along.

Circuit 8

- Go left up Circuit 8. Keep left on the way up.
- At fork at top, keep left.
- Trail veers right to road.
- Come to gate at old road. Cross road.
- Follow trail to Seymour Mainline and post.

**Carry water--
Every 2% loss in hydration
leads to a 10% loss in
performance.**

Rice Lake

- Turn right toward washrooms.
- Find trail to Rice Lake on your left. Short descent.
- Turn left to take Rice Lake trail to Headwaters connector T-junction.
- At T-junction, turn left to get to gazebo.

Suspension Bridge Trail

- Take Suspension Bridge trail (straight ahead) to **FIRST** marked right turn to 30 foot pool.
- Take stairs down.
- At T-junction at fence, turn **LEFT** to go down more stairs. You come to 30 foot pool.

30 Foot Pool to Suspension Bridge

- Head left, follow trail that meanders beside river (always on your right side).
- Reach two stumps shaped like columns, in the middle of the trail. Take **LEFT** just after stumps.
- You reach boardwalk at Suspension Bridge. Cross Suspension Bridge.
- Stretch.

Trail Tips

- Never leave a trace that you were there.
- Bathroom – bury the evidence.
- Let faster runners pass on the left.
- Say “track” or “passing on your left” to pass others.
- Give right of way to anyone coming downhill, bikers, hikers. Be gracious and SHARE.
- If lost, go back to last known point.
- Run with a partner.
- Carry water (water belt, hand-held, camelback).
- If you sight a bear, back away; do not run. If a bear charges, make noise, act big, throw things at it. Bears do not attack large groups.