

## Hyannis to Old Buck Loop 9 km

### Getting There

Follow Mount Seymour Pkwy to Berkley. Turn onto Berkley and head all the way to the end of the street till you reach the sports field on your right. Park on street.

### Trailhead

- Find marker indicating the trail at the small parking lot at the west end of Hyannis Drive.

### Hyannis Connector

- Start on Hyannis Connector heading north and stay on it till you reach Powerline trail junction (rocky).

### Powerline

- Turn **RIGHT** up Powerline.
- Power hike to the **Historic Mushroom Parking Lot Trail** intersection (marked). (Aid station will be here.)
- Regroup at this post and take photos.
- Turn **RIGHT** to continue on Mushroom and it eventually veers left to become Baden-Powell.

### Baden-Powell to Old Buck

- Keep straight on Baden-Powell (rocky).
- At the intersection of Old Buck (marked), turn **RIGHT** and head down.

### Bridle Path (Horse Loop)

- Turn **RIGHT** at the **Horse Loop** marker and take Bridle Path Trail.
- At chain link fence, keep right.
- You reach the Good Samaritan tree (marked), keep **left**, cross the stream. (Do NOT go up Good Samaritan.)
- Just over the stream, regroup at the **burned out stump on your left**.
- Go **LEFT** to stay on Bridle.
- **Descend** and keep right and you arrive at a marked junction for Baden-Powell.
- **Go LEFT** to reach the junction of Baden-Powell and Bridle Path (see photo).
- Cross the rock, go straight on Baden-Powell.



Intersection of Baden-Powell and Bridle Path

### Baden-Powell

- Follow Baden-Powell posts and you arrive back at Hyannis Drive.

### BEFORE

**Drink at least 1 cup water an hour before the run.**

### DURING

**Refuel every 45-60 minutes: with carb-rich foods or products like gels, bars, fig newtons, plus water.**

### AFTER

**Within an hour, replace carbs and protein. Drink 500 ml of water.**