LSCR, Lynn Loop, Varley 10 km Loop

Getting There

Take Lillooet Road north 3 km past Capilano University to the parking lot in the Lower Seymour Conservation Reserve (LSCR). This area is also called Demo Forest. Park at far right end of parking lot (unpaved).

Trailhead

- From the gazebo at marker 0 km, head toward Rice Lake.

Rice Lake

- Take first entrance to Rice Lake and do a loop around the lake.

Lynn Headwaters Connector

- Turn RIGHT onto Lynn Headwaters Connector and go as far as the kiosk at the junction of Lynn Loop trail. (If you reach the Lynn Creek bridge you have gone too far.)

Lynn Loop

- Turn RIGHT and ascend on Lynn Loop Trail.
- Watch for TURNOFF that heads down to Lynn Creek.
- Descend on switchback to lower part of Lynn Loop Trail.
- At bottom, turn LEFT to head toward picnic area/bridge.
- Cross the Lynn Creek Bridge.

Picnic Area

- Pass through picnic area (ranger cabin and outhouses) to small parking lot.

Varley Trail

- Take first LEFT onto Varley Trail (named after Frederick Varley).
- Stay on Varley and you reach a road.
- Go straight and you reach Pipeline Bridge on your left.

Pipeline Bridge to Parking Lot

- Cross the bridge and head straight up the trail to reach the gazebo, and return to stretch at far end of parking lot.

RUNNING UPHILL

- Doing uphill, if power walk is as fast as running, **then walk.** Pump arms and use small steps. You never make up time going uphill so take it easy.
- When running uphill, use toes, pump arms. Ball first, heel second.
- “Steady forward progress.”
- If very steep stairs, push down lightly on your knees to get you going.
- Good posture.
- Short, quick steps. If you can see your toes in front of you, you're over-striding and losing efficiency.
- Abandon expectations for a certain per-mile pace and focus on breathing, form and effort.
- **Use lunges, squats and box jumps to strengthen the exterior hip muscles** (gluteus maximus and hamstrings), which provide about 75 percent of your vertical power on hills," says Dr. Heiderscheit, who says the calf muscles produce horizontal thrust and support the mid-foot landing, adding, "If you aren't accustomed to landing on your toes, do calf raises for four to eight weeks to build the requisite strength.” Tip: start with a few calf raises and build GRADUALLY.