

Grouse Out and Back 10 km

Getting There

Take Capilano Road north to base of Grouse Mountain, turn RIGHT to park in gravel parking lot. Drive all the way down to the BOTTOM of the parking lot. **Note that this lot is now pay parking.**

Trailhead

- Grouse Mtn gravel parking lot, at end furthest away from the Grind entrance.

Skyline

- The Skyline trail climbs gradually, skirting the base of Grouse.
- Continue up the paved switchback for about 600 metres keeping RIGHT until the road gives way to trail again (on your **right**).

Baden-Powell to Mountain Highway

- Find the B-P marker on the right. Trail drops very steeply.
- It is 0.34 km to Mosquito Creek.

Mosquito Creek

- Cross the footbridge at Mosquito Creek.
- Turn **left** just over the bridge.
- Follow B-P markers.

Bench (St. Georges Trail) and Viewpoint

- At the bench, check the view of Burrard Inlet.
- Watch for marker indicating **LEFT** fork.

Baden-Powell Turnaround

- At marked post for Dempsey Road, turn around on Baden-Powell.
- Follow Baden-Powell back to base of Grouse Grind.
- Go down stairs, turn **LEFT** to return to your car.
- Stretch.

Carry Water!

Every 2% loss in hydration leads to 10% loss in performance.

Tip - Eat Before and After!!

Have breakfast (easily digested foods) before a Saturday run. This will give you "fuel" for about an hour. After that, start refuelling with high-carb foods like gels on your run.

After the run, eat foods rich in carbs and protein. Try chocolate milk for recovery.

Carbohydrates=energy.

Protein=recovery.