

Grouse to Mountain Highway 18 km

Getting There

Cleveland Park. Take Capilano Road north past the dam but before Grouse Mountain. Watch for Cleveland Park on right side of the road. Park on street (or park at the dam and walk up to the park).

Trailhead

- From Cleveland Park, head north parallel to Capilano Road/Nancy Greene Way (**keeping off the road**).
- Turn right onto gravel road before Grouse parking lot entrance.
- You reach Grouse Mtn gravel parking lot, at end furthest away from the Grind entrance.

Skyline

- The Skyline trail climbs gradually for two miles, skirting the base of Grouse. Continue up the paved switchback for approx. 600 m until the road gives way to trail again (on your **RIGHT**).

Baden-Powell

- Find the B-P marker on the right. Trail drops very steeply.
- It is 0.34 km to Mosquito Creek.
- Cross the footbridge at Mosquito Creek.
- Turn **left** just over the bridge.
- Follow B-P markers.
- At the bench, check the view of Burrard Inlet.
- Watch for marker indicating **left** fork.
- Start descent to Mountain Hwy.
- Cross steel and wooden footbridge.

Mountain Highway

- Follow hikers marker. Come out on gravel road at the top of Mountain Highway.
- Head **LEFT** up Mountain Highway wide trail.
- Pass by bathrooms and green water tower; go through gate.
- Go as far as post marked as Cedar Tree Trail.

Cedar Tree Trail

- Turn right onto Cedar Tree Trail (gravel trail).
- Turn **IMMEDIATE** right onto Another Roadside Attraction (not marked). If you reach Griffin, you have missed the trail.
- Follow this trail as it runs parallel to Mtn Highway as far as the green water tower.
- When you see the water tower, turn **LEFT** to stay on the trail.

King of the Shore (KOTS) Bike Trail

- Take first **RIGHT** to stay on King of the Shore bike trail (it is known by other names).
- Keep **RIGHT** on your descent **EXCEPT** when you come to trails that have huge logs that have been cut to allow you to continue. At those 2 points, go straight. (All these trails eventually get down to Baden-Powell.)
- You reach Baden-Powell Trail.

Baden-Powell Trail

- Turn **RIGHT** onto Baden-Powell, cross Mtn Highway.
- Follow Baden-Powell markers to Mosquito Creek, cross the bridge. Climb to Skyline junction.

Skyline

- At junction, turn left and head back down Skyline to the Grouse parking lot.
- Keep left through parking lot to reach Capilano Road/Nancy Greene Way.

Capilano Road

- At the road, head down to Cleveland Park, **keeping off the road**.

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.

Carbohydrates=energy.

Protein=recovery.

Try chocolate milk for recovery.