

LSCR to Deep Cove (Tender Knee 13 km)

Getting There

Park your car in Deep Cove **on Deep Cove Road** (before it curves down to Gallant Ave). Do **NOT** park in Panorama Park. Carpool: take Mt Seymour Pkwy to Lillooet Road and turn right to go all the way into Lower Seymour Conservation Reserve.

Trailhead

- Meet at gazebo area.

Suspension Bridge Trail to Lillooet Road

- Head into Suspension Bridge Trail.
- Take left fork at Y-junction (just **before** descent to Suspension Bridge) to get to Lillooet Road.

Lillooet Road Berm

- Cross Lillooet Road.
- Turn **RIGHT** onto the berm and follow it 900 m to turnoff to Richard Juryn Trail at post.

Richard Juryn Trail (West).

- Ascend RJ to post and turn **RIGHT**. Keep right at rock face.
- Follow RJ down to Baden-Powell.

Baden-Powell

- Turn **LEFT** onto Baden-Powell and follow it down to Riverside junction. Descend stairs carefully.

Fisherman's Trail

- Veer **LEFT** and follow Fisherman's to Mystery Creek post.

Mystery Creek Switchback

- Turn **RIGHT** and head up to Powerline.

Powerline to Mushroom

- Turn **RIGHT** along Powerline.
- Cross the Mystery Creek Bridge, go straight up.
- Practice your mantra (positive thought).
- High point is at **Historic Mushroom Parking Lot Trail** intersection (marked). (**Aid station**)

Mushroom

- At the Powerline **POST**, turn **RIGHT** to continue on Mushroom and it merges with Baden-Powell.

Baden-Powell

- Keep straight toward Old Buck.
- At the intersection of Old Buck, turn **LEFT** and then immediately **RIGHT** to stay on Baden-Powell. (Do **NOT** go down Old Buck.)
- Cross Mount Seymour Road and enter the trail on the other side. (Outhouse here on the right up a slight rise.)
- Start gradual descent with some uphill sections.
- You come out on Indian River Road; **cross the road** and find B-P trail on the other side of road, turn left onto trail.
- About 500 m later, you reach junction marked as 2.6 km to Deep Cove. (**Aid station**)

This next section of the trail is busy. Please respect all trail users and share the trail in a friendly way (chat with hikers).

- Follow the B-P markers. Some steep ascents and descents and bridges.
- You come out between two houses on Panorama Drive (2501 Panorama Drive).
- Turn **RIGHT** and cross road.
- Turn **LEFT** down paved path to picnic area near the water.

Tapering Starts Now: it is 2 weeks before race day so start tapering this week. Keep doing weekly runs and other workouts but make sure gym workouts are easy. Don't start any new activities.

**•Stretch. Soak
your legs in the
ocean.**