

## Mosquito Creek to Deep Cove 22 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 Hwy #1, take Lonsdale exit. Turn right onto Lonsdale; it veers to left. Turn right on Prospect Road. Follow to top near gate.

### Trailhead

- Pass the yellow gate and follow the service road.
- Keep left and take the lower road at the water towers. (**Aid station** will be here on race day.)
- Before the Mosquito Creek bridge, take a **right** to follow the B-P marker.

### Baden-Powell (B-P)

- **You reach bench (St. Georges Trail) and viewpoint. Take LEFT fork.**
- Start descent to Mountain Hwy.
- Cross steel and wooden footbridge.
- Follow **hikers** marker. Come out on gravel road at Mountain Highway. (**Aid station on race day**)
- Cross road and follow B-P marker toward Lynn Valley Road. Trail leads to stairs.
- Come out on Lynn Valley Road less than 0.5 km from main parking lot. Turn **LEFT** to go to Lynn Headwaters bridge (washrooms in picnic area).

### Lynn Headwaters Connector to Gazebo

- Cross Lynn Headwaters bridge.
- Turn **RIGHT** to take Lynn Headwaters Connector trail about 1.6 km to gazebo. (**Aid station on race day**)

### Suspension Bridge Trail to Lillooet Road

- Head into Suspension Bridge Trail.
- Take left fork at Y-junction 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.

### 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.
- High point is at **Historic Mushroom Parking Lot Trail** intersection (marked). (**Aid station on race day**)

### 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 almost immediately **RIGHT** to get back onto Baden-Powell. (Do **NOT** go down Old Buck.)
- Cross Mount Seymour Road and enter the trail on the other side. (Washroom here on the right.)
- Start gradual descent with some uphill sections.
- You come out on Indian River Road; **cross the road** and find **new** B-P trail on the right side of road, turn left onto trail.
- About 500 m later, you reach junction marked as 2.6 km to Deep Cove. (**Aid station on race day**)

**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.
- 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 a

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