

Lynn Canyon, 30 Foot Pool, Varley, Rice Lake, 6 km

Getting There

Follow Lynn Valley Road north until you see the Lynn Canyon Park sign just before Peters Road. Turn right on Peters Road, into park.

Trailhead

- Find the Suspension Bridge sign just across from the restaurant.

30 Foot Pool

- Cross the Suspension Bridge, keep left on boardwalk.
- Go to 30 Foot Pool.
- Climb stairs.
- At top, head down beside fence to get to Pipeline Bridge.

Varley Trail

- Cross bridge, head RIGHT to get to Varley Trail.
- Take Varley to paved road at Lynn Headwaters.
- Turn right through parking lot.

Lynn Headwaters

- Cross bridge over Lynn Creek.
- Immediately turn RIGHT onto Headwaters Connector.
- Take the connector as far as Rice Lake.

Rice Lake

- Take first entrance into Rice Lake.
- At north end of the lake, take exit to Seymour Valley Trailway.
- At T-junction, turn right onto Seymour Valley Trailway.

Seymour Valley Trailway

- Follow paved road to gazebo.
- Find Suspension Bridge Trail near gazebo.

Suspension Bridge Trail

- Head into Suspension Bridge Trail.
- Trail veers right and descends.
- At post, turn RIGHT onto boardwalk near Suspension Bridge.

REST

During rest, the body repairs the stresses placed on it during exercise. Every run and every weight-training session stresses the muscles, joints and bones. If such stress on the body is repetitive, the body does not have a chance to recover, which increases the chance of serious damage and injury.

The body repairs itself during the 12 to 24 hour period after a workout, which makes rest as important a part of training as anything else. Ultimately, rest and recovery allow you to attain a higher level of fitness.

HMAC tip: if you feel sluggish and don't have the usual energy to keep going, on a calendar list all the running and other training you have done recently. How much rest did you include? Did you do a race and give yourself a break? You may not realize it but you put a lot of physical and mental energy into ramping up training and into a race.