

Lynn Canyon, Varley, 30 Foot Pool, Circuit 8, 9 km

Getting There

Follow Lynn Valley Road to Peters Road and turn right. Park in first parking lot on left.

Trailhead

- Find Suspension Bridge from parking lot, walk across.

Suspension Bridge Trail

- After crossing bridge, at boardwalk, turn RIGHT to get to T-junction.
- Turn left and climb to gazebo in Lower Seymour Conservation Reserve.

Gazebo to Homestead

- Find gazebo and keep right to get to parking lot.
- Go RIGHT through parking lot to get to top of Homestead (trail on left at top).

Homestead (Descent)

- Head down Homestead.
- At the bottom, at Fisherman's, turn LEFT through the gate.

Fisherman's to Circuit 8

- About 1 km along, watch for LEFT turn onto Circuit 8. (Watch for this turn; there may be a little cairn.)

Circuit 8

- Climb Circuit 8.
- At FIRST fork, turn RIGHT to follow the ridge.
- **WATCH for first LEFT turn.** Turn left onto it.
- At next fork (Y fork), keep RIGHT and you come to the road.
- Cross road.
- You come to next road Seymour Valley Trailway. Turn RIGHT (there are outhouses here).
- Take first LEFT down to Rice Lake.

Rice Lake

- Turn RIGHT and go half way around the lake.
- You come out onto Headwaters Connector.
- Turn RIGHT toward Lynn Headwaters.

Lynn Headwaters

- Follow the connector to the hiker sign-in at the bridge.
- Cross the bridge.
- Go through small parking lot and take Varley Trail on LEFT.

Varley Trail to 30 Foot Pool

- Follow Varley Trail signs and you come out on a dirt road (Rice Lake Road).
- Go straight and look for Pipeline Bridge.
- Cross the bridge on your left.
- Look for FIRST trail on your RIGHT.
- Climb trail.
- Watch for right hand turn to stairs heading down to 30 Foot Pool.

30 Foot Pool

- Go down stairs leading to pool.
- Head straight ahead to get to boardwalk near Suspension Bridge.

Suspension Bridge

- Walk across 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.