

LSCR, Phantom Run Start and Berm ~6 km

Getting There

Take Lillooet Road past Capilano University and cemetery up into the LSCR park. At end of 3 km road, find parking lot marked as Public Parking on your right. (Or you can park at Dempsey Road and walk over by going down Rice Lake Road, cross bridge and head up hill.)

Trailhead

- Find the picnic area near the gazebo.

Rice Lake

- Start along Headwaters Connector toward Rice Lake.
- Take first gate into Rice Lake, follow trail to first LEFT turn. Turn left, and take next left again to exit at second gate. (Do NOT go around lake.)
- Turn left to go back to start area on sidewalk, pass gazebo.

Suspension Bridge Trail

- Head into Suspension Bridge Trail (post).
- Pass turnoff to 30 Foot Pool.
- Take next right turn toward Suspension Bridge.
- At bottom, keep straight toward Twin Falls. You are now on Baden-Powell (B-P).

Stretch

Baden-Powell Trail

- Follow boardwalk that runs through marsh. Power hike to fork at the top of the climb, turn **LEFT** to stay on B-P. **Marker** indicates 0.5 km to Lillooet Road.
- Cross Lillooet Road and find the Baden-Powell trail on other side.

Berm

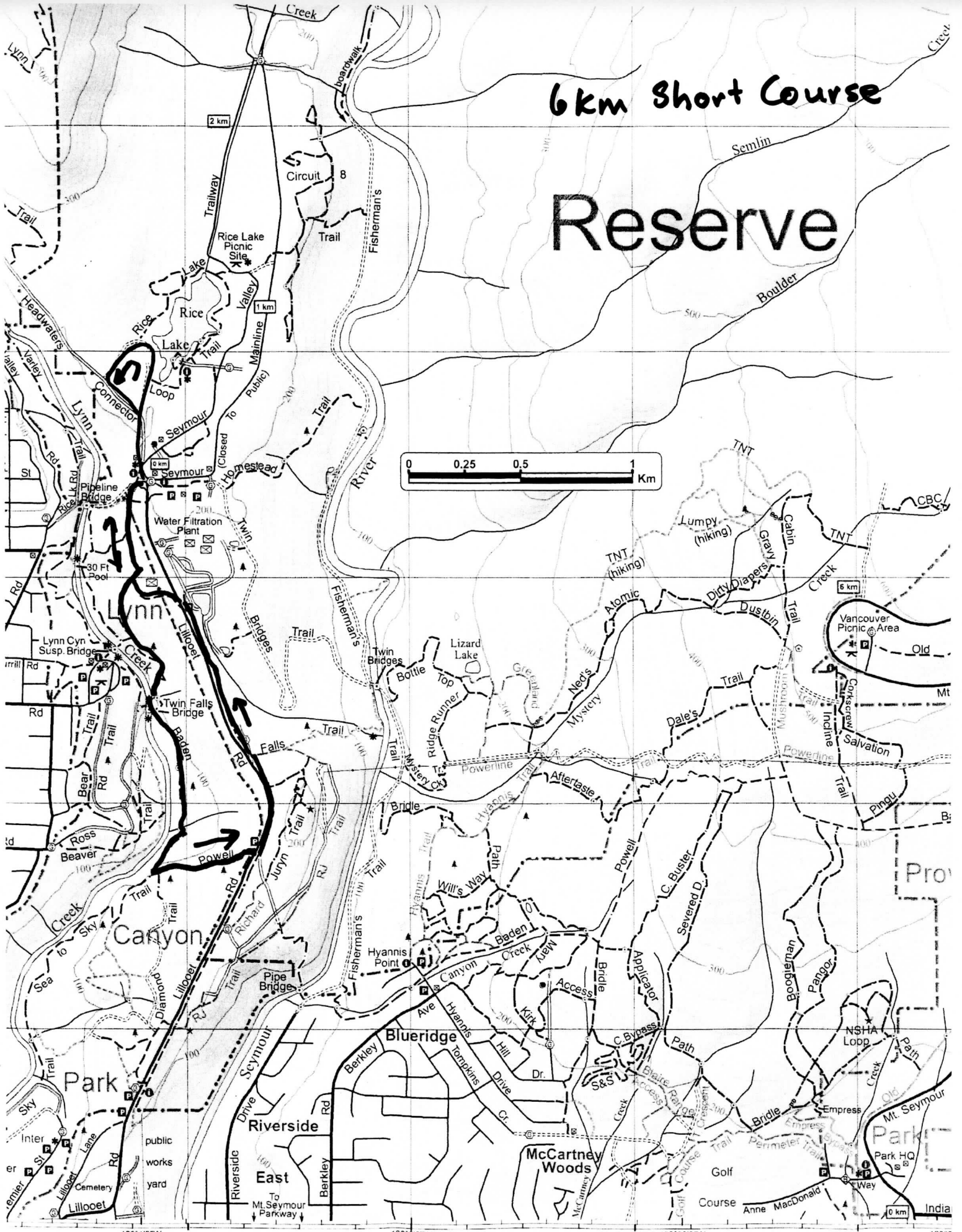
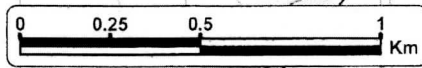
- Turn LEFT onto the berm that parallels Lillooet Road.
- Follow the berm back only as far as the small parking lot at the filtration plant; cross Lillooet Road.

Suspension Bridge Trail

- Take the detour trail and keep right to get back on Suspension Bridge Trail.
- Keep right to get back to gazebo and picnic area.

6km Short Course

Reserve



123°10'W 499000 500000 501000 122°59'0"W 502000 122°5