

LSCR, Twin Bridges, Phantom Start ~10.5 km

Getting There

Take Lillooet Road north 3 km past Capilano University to parking lot in Lower Seymour Conservation Reserve. This area is also called Demo Forest.

Trailhead

- Meet at the picnic area. From the gazebo at marker 0 km, head into the parking lot to go to Twin Bridge Trail.

Twin Bridge Trail

- Go past parking lot by filtration plant to get to top of Twin Bridge Trail.
- Head down Twin Bridge Trail.
- At bottom, turn LEFT.

Fisherman's

- Follow Fisherman's watching for a left turn onto Homestead.

Homestead

- Power hike up Homestead.
- Go along parking lot path (outhouses).
- Return to picnic area.
- Next you do the race start (below).

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).

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.

Stretch