

## Lynn Canyon Suspension Bridge and Sea to Sky 7 km Loop

### Getting There

Take the Lynn Valley Road exit from the Upper Levels Highway. Follow Lynn Valley Road north until you see the Lynn Canyon Park sign just before Peters Road. Turn right and park in first parking lot on left.

### Trailhead

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

### Suspension Bridge to Gazebo

- Cross the Suspension Bridge, veer right to follow the boardwalk to T-junction.
- Turn left toward gazebo.
- The trail eventually curves left and then right.
- You come out at the LSCR (demo forest) gazebo.

### Pipeline Bridge to 30 Foot Pool

- Turn LEFT and go down toward Rice Lake Road.
- Just before bridge, turn LEFT and follow fence.
- At landing, keep RIGHT to get down stairs to 30 Foot Pool.

### Suspension Bridge Landing

- Follow trail leading to Suspension Bridge landing where you were earlier (do not cross bridge).
- Keep left as far as T-junction; this time go RIGHT at junction onto Baden-Powell Trail.

### Baden-Powell to Sea to Sky

- Go toward Twin Falls. (Do not cross bridge at Twin Falls.) Take boardwalk that runs through marsh.
- Power hike to fork at the top of the climb. Sign indicates 0.5 km to Lillooet Road.
- Turn **RIGHT** at post to take Sea to Sky.

### Sea to Sky

- Take **FIRST** turnoff on LEFT. (Do NOT go down steep descent on right.)



- At Y junction, go RIGHT.



- At next Y junction, go RIGHT.



- Come to intersection that looks like 4-way interchange. Keep LEFT.



- Come to tree with 2 markers (D and R). Follow D.



- At Diamond Trail (gravel path) at the corner, turn LEFT onto Diamond Trail.

**Diamond Trail**

- Follow Diamond Trail to T-junction at Baden-Powell.
- Turn LEFT onto B-P.

**Baden-Powell to Suspension Bridge**

- At post, turn RIGHT onto stairs leading down B-P.
- Follow B-P to signpost for Suspension Bridge.
- Take a LEFT turn onto boardwalk.
- WALK cross Suspension Bridge.
- Stretch.

**Ball First, Heel Second**

Good mountain runners land on the ball of the foot, then lightly touch down on the heel. "This mid-foot strike spring loads your Achilles tendon to propel you up the hill and keeps your weight in front," explains Dr. Ferber. But landing exclusively on your toes can cause ankle pain and calf strains. On long uphill grinds, this will bum out your calves, so stretch them out by using the whole foot." [TrailRunner Magazine](#)

**Calf Raises**

Stand with the ball of your foot on a step and hold onto a railing for balance. With a straight knee and the non-exercising leg bent at the knee, raise yourself by pointing the toe of the exercising leg. Repeat 10 times on each leg. *Source: Trail Runner magazine*