

Lynn Headwaters Loop 9 km

Getting There

Take Lillooet Road past Capilano University and cemetery 3 km up into the park. At end of road, find parking lot marked as Public Parking on your right, go into furthest parking lot on the left.

Trailhead

- Find the gazebo.

Lynn Headwaters Connector

- Head toward Rice Lake, and follow Lynn Headwaters Connector.

Lynn Loop to Cedars Mill

- At hiker registration (and bridge), stay right and take Lynn Loop Trail.

Cedars Mill Trail

- Stay straight on Lynn Loop beside Lynn Creek and the trail becomes Cedars Mill (about 1.7 km along). Do not turn off to the right up the switchback.
- Cedars Mill Trail follows the creek. Watch for artifacts.
- You come out at Third Debris Chute (a wide clearing).

Headwaters Trail

- Head right into the clearing, look for Headwaters Trail on the **RIGHT**. Go toward Lynn Loop.
- After 2.5 km, you come to a bend (Lynn Loop switchback goes down), keep **LEFT** and you are on Lynn Loop Trail.

Lynn Loop

- Continue down on Lynn Loop Trail.
- At T-junction, turn **LEFT** to return to gazebo.

Lynn Headwaters Connector

- Follow the connector and you end up at the gazebo.
- Stretch.

Maximum heart rate

Your maximum heart rate is the peak amount of beats that your heart has the potential to reach. You'll reach your MHR when you've pushed your heart as far as it can go during an aerobic workout.

It's extremely difficult to accurately measure your MHR. Experienced endurance athletes do so at fitness laboratories using an electrocardiogram (ECG). Because this measurement is so sophisticated, scientists have developed a formula that everyone can use.

To get an idea of your maximum heart rate, subtract your age from the number 220. With this formula, if you're 35, your MHR would be 185. This formula is not an exact science and does not ensure complete accuracy. It's important to understand that it can be dangerous attempting to measure your maximum heart rate, as you can cause serious damage to your body if you push it too hard.

Training heart rate

Your training heart rate is the rate that you maintain during aerobic workouts in an effort to improve fitness. In order to properly train with a heart rate monitor, you should work out at a steady, rhythmic pace. This will allow you to capture consistent measurements.

The right number to train at depends on your fitness goals and is widely debated among professionals. To promote general fitness you can train as low as 50 percent or as high as 70 percent of your maximum heart rate.

For more experienced athletes, it's argued that this number can be above 70 percent and as high as 80 percent of your MHR. The lower numbers are recommended for beginners. You'll likely reach the 50 - 60 range while briskly walking. You'll likely reach the 60 -- 70 range while running for a steady period of time. And at 70 -- 80 you are running at a quick pace for extended periods of time.

Recovery heart rate

It's important to give your body proper rest after a workout. Your recovering heart rate is the rate that you should bring your heart down to after a workout. A good number to go by is 20 beats within your pre-workout resting heart rate.

How heart rate monitors work

Using a heart rate monitor is very simple. The most effective monitors measure your heart rate with a transmitter that is placed over the heart and held in place by an adjustable strap that wraps around your chest. Just like an electrocardiogram (ECG) the transmitter detects electrical activity. This activity is relayed by a cord connected to a wristwatch with a graphic display.

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