

## Varley and Lynn Headwaters Trail: 11, 14 or 18 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.

### 14 km Route

#### Varley Trail

- Near gazebo, at Suspension Bridge marked junction, head right on trail heading down to Rice Lake Road.
- At bottom, cross bridge, turn **RIGHT** and find Varley Trail sign. Follow Varley to parking lot.
- Turn right to go through parking lot.
- Cross the bridge over Lynn Creek.

#### Lynn Loop and Cedars Mill Trail

- Stay straight on Lynn Loop and the trail becomes Cedars Mill (about 1.7 km along). Do not turn off.
- Cedars Mill Trail follows Lynn Creek.

#### Third Debris Chute

- You arrive at Third Debris Chute (boulders and a wide clearing).

#### Headwaters Trail to Lynn Loop

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

#### Boulders Trail (I bet you never did this one!)

- Watch for **Boulders Trail sign** on left.
- Turn left and loop between the big boulders, then return to Lynn Loop.
- On Lynn Loop, turn left, continue descent.
- At T-junction, turn **LEFT** to LSCR and gazebo.

#### \*Rice Lake

- Loop around Rice Lake.
- Go to gazebo.
- Stretch.

Stay Strong: Heel walking. Raise your toes in the air and walk only on the heels of your feet for 15 to 20 yards.  
Source: Trail Runner magazine.

### 18 km Route

#### 14 km route plus:

##### Lynn Headwaters Connector

- Head toward Rice Lake, stay on Headwaters Connector.
- At hiker sign-in board, turn **LEFT** to cross the bridge and go through parking lot.
- Take first left onto Varley Trail.

##### Varley Trail to Gazebo

- Follow Varley Trail signs and you come out on a dirt road. Go straight and look for bridge.
- Cross the bridge on your left, go straight up, and after a short climb, you reach the gazebo.

### \*11 km for Tapering

- Do 14 km route and leave out Rice Lake loop at the end.

### SOME OPTIONS FOR TODAY

Hallow's Eve Race	Today	Notes
Marathon	11 km	Tapering
Half Marathon – racing	11 km	Tapering
Half Marathon – distance only, easy run	14 km	On Phantom long run, cut back so it can be a recovery run.
10 km Race	14 km	Hallows will be a down week before longest Phantom Run 15/19
Away Race Day	14 or 18 km	
Training for ultra	As needed	

Cut back on distance: taper before race, recover after race.