

Varley, Rice Lake, 30 Foot Pool, 7 km

Getting There

Follow Lynn Valley Road to the top and continue into Lynn Headwaters Park. Park in overflow lot closest to small lot.

Trailhead

- Find Varley Trail from parking lot by going down stairs.

Varley Trail

- Turn LEFT and follow Varley Trail.
- You come out at paved road and small parking lot.
- Keep right and cross bridge over Lynn Creek.

Lynn Headwaters Connector

- Turn right and take the connector as far as Rice Lake.

Rice Lake

- Take first entrance into Rice Lake.
- Do complete loop around the lake.
- Come out at Lynn Headwaters Connector T-junction.
- Turn LEFT.
- Go to gazebo area and Suspension Bridge Trail.

Suspension Bridge Trail

- Head into Suspension Bridge Trail.
- Trail veers right and descends.
- At post, turn RIGHT onto boardwalk near Suspension Bridge.
- Before the bridge, turn RIGHT to trail to 30 Foot Pool.

30 Foot Pool

- TAKE PHOTO at 30 Foot Pool!
- Climb stairs and keep LEFT AT TOP AT FENCE.
- **Descend trail beside fence.**
- At bottom, turn left and cross bridge.

Varley Trail

- Turn RIGHT and follow Varley Trail signs.
- Go along Varley back to parking lot where you parked.

Refuel every 45 min with your water: gels, bars, Fig Newtons, potatoes, Fruit Source.
Carbs: 0.5 g per pound body weight per hour.