

## LSCR to Deep Cove (Tender Knee 12 km)

### **Getting There**

Park a car in Panorama Park in Deep Cove. Carpool to Lillooet Road and turn right to go all the way into Lower Seymour Conservation Reserve.

### **Trailhead**

- Find path in parking lot beside bathrooms.

### **Twin Bridges Trail**

- Run through parking lot, follow “chute” beside construction fence.
- You come to Twin Bridges trail (wide, looks like a road). (**Water** station here.)
- Go **RIGHT**, down Twin Bridges Trail to Twin Bridge.
- **CROSS** the bridge and follow Fisherman’s Trail to Mystery Creek turnoff.

### **Mystery Creek Switchback**

- Find the **post** marker for Mystery Creek. Take a sharp **LEFT** and head straight up.
- After approx. 800 m, Mystery Creek Trail comes out onto the BC Hydro Powerline.

### **Powerline to Mushroom**

- Turn **RIGHT** along Powerline.
- Cross the Mystery Creek Bridge, go straight up.
- Think happy thoughts as you power hike to the **Historic Mushroom Parking Lot Trail** intersection (marked). (Mountain Madness Aid station will be here!)
- At the Mushroom Trail **POST**, turn **RIGHT** to continue on Mushroom and it eventually becomes Baden-Powell (post).

### **Baden-Powell to Old Buck**

- Keep straight on Baden-Powell.
- At the intersection of Old Buck (post), turn **LEFT** and then almost immediately **RIGHT** to get back onto B-P. (Do NOT go down Old Buck.)

### **Mount Seymour Road**

- Cross Mount Seymour Road and enter the B-P trail on the other side.
- Start gradual descent with some uphill sections.

### **Indian River Road**

- You come out on Indian River Road; turn **LEFT** (marker indicates 0.5 km to trail) and **take the road**.
- 500 meters later, find trailhead on the right. Marked as 2.6 km to Deep Cove. (Aid station will be here.)

### **Baden-Powell to Deep Cove**

- Follow the B-P markers. Some steep ascents and descents and bridges.
- Come out between two houses on Panorama Drive (2501 Panorama Drive). Turn right to return to parking lot.

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### **Sponsors:**

North Shore Athletics 1200 Lonsdale Avenue, North Vancouver.  
604-990-6888 [www.northshoreathletics.com](http://www.northshoreathletics.com)  
Moveo Sport and Rehab #101-135 East 15<sup>th</sup> St North Vancouver,  
604-984-8731 <http://moveo.ca/>  
Accelerade Protein-enhanced sports drink [www.accelerade.com/](http://www.accelerade.com/)  
Steed Cycles 969 Marine Dr North Vancouver, 604-987-2168  
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