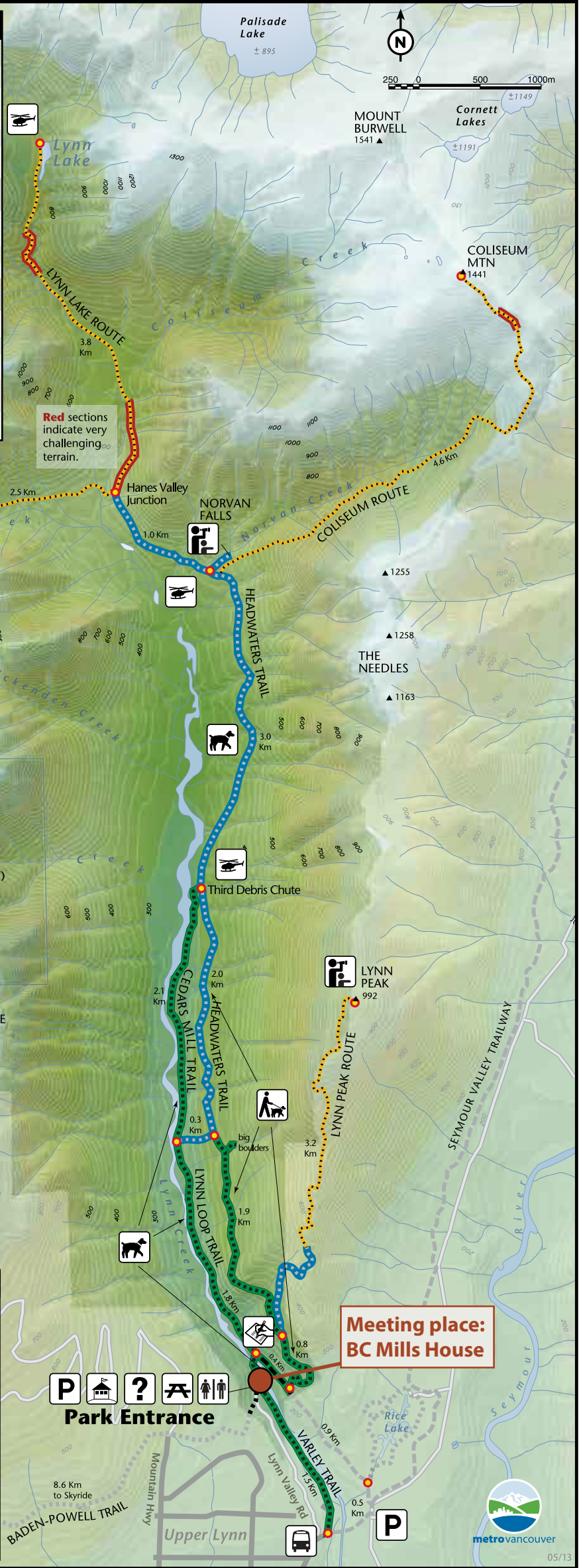


LYNN HEADWATERS REGIONAL PARK




TRAIL INFORMATION PARK ENTRANCE

| EASY TRAILS  Well-marked, suitable for families & children. | | | |
|---|-----------|------------|---|
| | KM RETURN | HRS RETURN | FROM PARK ENTRANCE HIKER REGISTRATION |
| VARLEY TRAIL | 3.0 | 1 | Boardwalks and stairs. |
| LYNN LOOP TRAIL | 5.2 | 2 | One steep section. |
| LYNN LOOP/CEDARS MILL to Third Debris Chute | 7.8 | 3 | Creekside trail only; return via the same route. |
| INTERMEDIATE TRAILS  Steep sections, rough and uneven surfaces. | | | |
| CEDARS MILL & HEADWATERS TRAIL LOOP | 8.0 | 4 | Via Lower Lynn Loop Trail. |
| NORVAN FALLS | 13.8 | 6 | Via Lower Lynn, Cedars Mill & Headwaters Trails. |
| CHALLENGING ROUTES  Steeper and rougher than hiking trails.  Red sections indicate very challenging terrain. | | | |
| LYNN PEAK ROUTE | 8.8 | 4.5 | Steep, steady climb. |
| LYNN LAKE ROUTE * | 21.4 | 10+ | Access only when creek is low. |
| COLISEUM MTN. ROUTE * | 21 | 10+ | Steep scrambling section. |
| HANES VALLEY ROUTE * | 14.8 | 8+ | Steep unmarked scree slopes. Creek crossings. Hanes Valley is a one-way hike. |


















*These routes are for **EXPERIENCED HIKERS ONLY**



TRAIL INFORMATION GROUSE ALPINE AREA

| INTERMEDIATE TRAILS  Steep sections, rough and uneven surfaces. | | | |
|---|-----------|------------|---------------------------------------|
| | KM RETURN | HRS RETURN | FROM GROUSE ALPINE HIKER REGISTRATION |
| RIDGE & ALPINE TRAIL LOOP | 3.4 | 1.5 | Via Little Goat and Dam Mtns. |
| THUNDERBIRD TRAIL | 3.4 | 2 | Via alpine trail |
| CHALLENGING ROUTES  Steeper and rougher than hiking trails.  Red sections indicate very challenging terrain. | | | |
| GOAT RIDGE * via Alpine Trail | 8.0 | 5 | Steep scrambling sections |
| GOAT MTN.* via Alpine Trail | 4.8 | 3 | Steep scrambling sections |
| CROWN MTN.* via Alpine Trail | 7.6 | 5 | Steep exposed scrambling sections |

*These routes are for **EXPERIENCED HIKERS ONLY**

-  Information
-  Toilets
-  Hiker Registration
-  Elevation in metres
-  Road
-  CHALLENGING ROUTE
-  Parking
-  Picnic Area
-  Emergency Landing Site
-  Distance Marker
-  Service Road
-  Bus Stop
-  Leash-Required
-  Leash-Optional
-  B.C. Mills House
-  Other Trails
-  EASY TRAIL