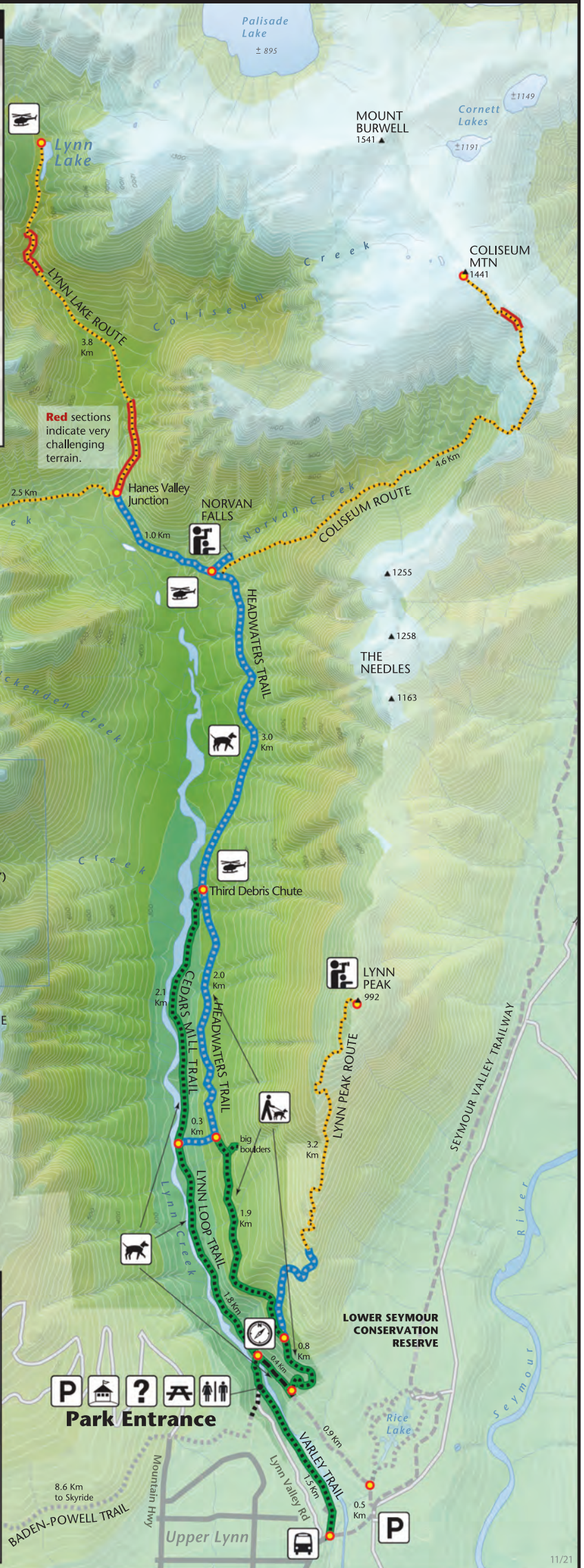


# LYNN HEADWATERS REGIONAL PARK

## TRAIL INFORMATION PARK ENTRANCE

| EASY TRAILS <span style="color: green;">●●●●</span> 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 <span style="color: blue;">●●●●</span> 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 <span style="color: orange;">●●●●</span> Steeper and rougher than hiking trails. <span style="color: red;">●●●●</span> 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 * (ONE-WAY)  | 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 <span style="color: blue;">●●●●</span> 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 <span style="color: orange;">●●●●</span> Steeper and rougher than hiking trails. <span style="color: red;">●●●●</span> 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 Safety Info
- Elevation in metres
- Road
- CHALLENGING ROUTE
- Parking
- Picnic Area
- Emergency Landing Site
- Distance Marker
- Service Road
- Very Challenging Terrain
- Bus Stop
- Leash-Required
- Leash-Optional
- B.C. Mills House
- Other Trails
- INTERMEDIATE TRAIL
- EASY TRAIL