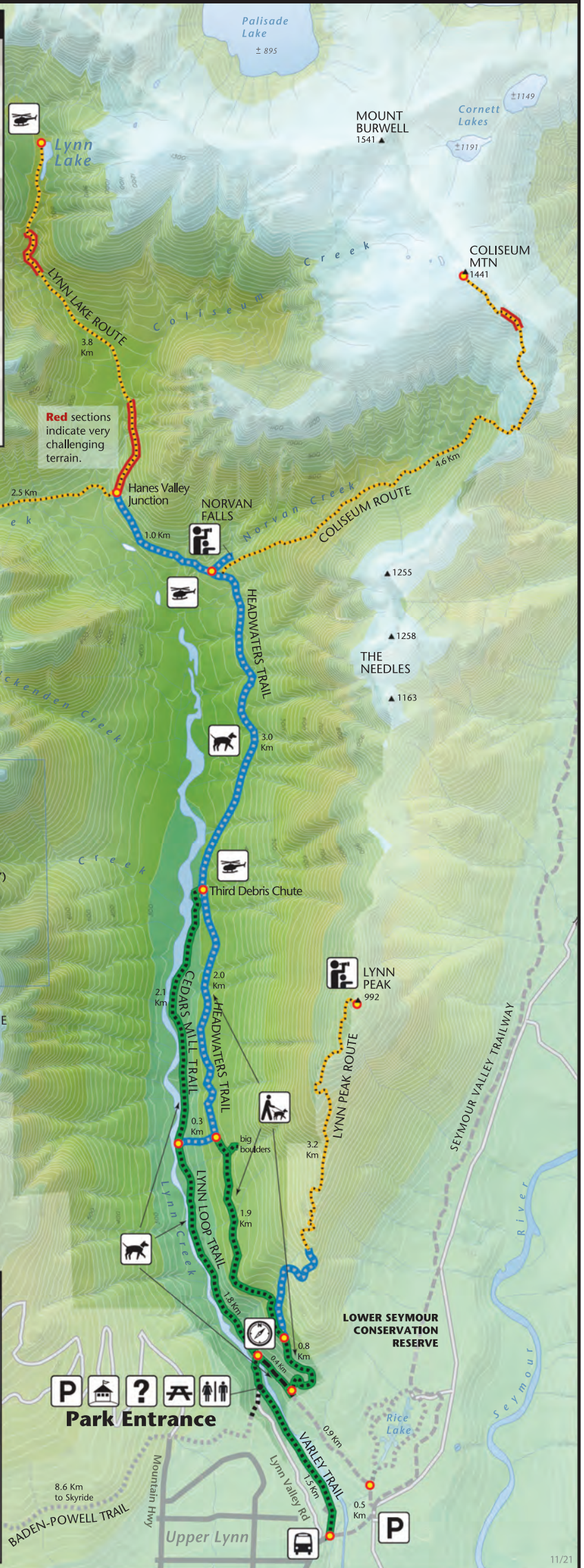


LYNN HEADWATERS REGIONAL PARK

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 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