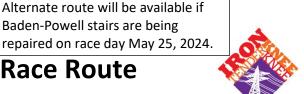


Iron Knee 2024 Race Route



Start

North Vancouver's Cleveland Park just north of Cleveland Dam on the right side of Capilano Road.

Cleveland Park to Grouse

- Loop around Cleveland Park. Head north on Nancy Greene Way staying off the road.
- Just past the Grouse Mountain sign, take first RIGHT and follow the gravel maintenance road towards the Skyline/Powerline trailhead and gate.

Skyline

- On Powerline Trail, continue towards Skyline Drive, stay on pavement through the S-curve, then keep right.
- Go straight about 100 m to Baden-Powell Trail.

Baden-Powell (B-P) Trail

- Turn RIGHT onto B-P and head down toward Mosquito Creek. Cross the bridge. AID STATION
- Take first LEFT (water tower is on your right).
- At St. Georges Trail bench and viewpoint, watch for flagging indicating LEFT fork.
- Start descent on B-P to Mountain Hwy.
- Cross steel and wooden footbridge and follow hikers trail. Come out on paved road at the top of Mountain Highway. AID STATION
- Cross road and follow B-P marker toward Lynn Valley Road. Trail leads to stairs.
- Come out on Lynn Valley Rd. Turn LEFT to Lynn Headwaters Bridge (washrooms in picnic area).

Lynn Headwaters Connector to Gazebo

- Cross Lynn Headwaters Bridge.
- Turn RIGHT to take Lynn Headwaters Connector trail about 1.6 km to gazebo. AID STATION

Suspension Bridge Trail to Lillooet Road

- Head into Suspension Bridge Trail.
- Take left fork at Y-junction (just past parking lot on left) to get to Lillooet Road.

Lillooet Road Berm

- Cross Lillooet Road.
- Turn RIGHT onto the berm and follow it 900 m to turnoff to Richard Juryn Trail at post. (Sign shows Camp Brick Bypass.)

Richard Juryn Trail (West).

 Ascend RJ to post and turn RIGHT. Keep right at rock face and follow RJ down to Baden-Powell.

Baden-Powell

 Turn LEFT onto Baden-Powell and follow it down to Riverside junction.

Fisherman's Trail

 Veer LEFT and follow Fisherman's to Mystery Creek post.

Mystery Creek Switchback

Turn RIGHT and head up to Powerline.

Powerline to Mushroom

- Turn **RIGHT** along Powerline.
- Cross the Mystery Creek Bridge, go straight up.
- High point is at Historic Mushroom Parking Lot Trail intersection (marked). AID STATION

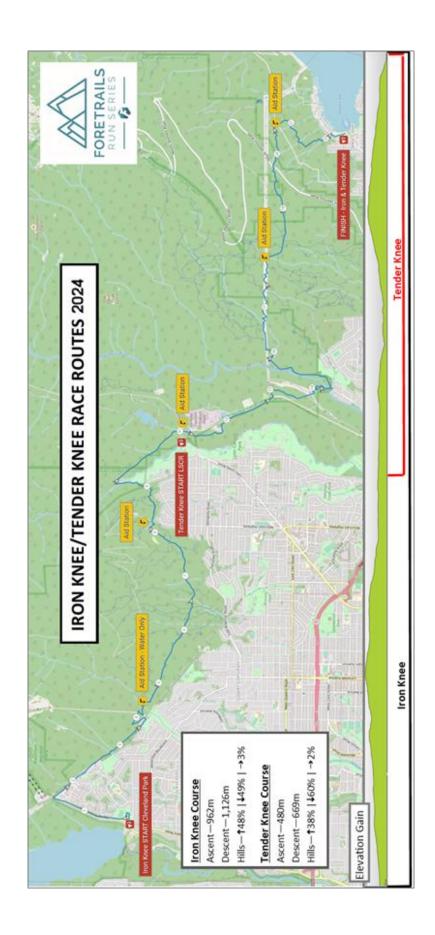
Mushroom

 At the Powerline POST, turn RIGHT to continue on Mushroom and it merges with Baden-Powell.

Baden-Powell

- Keep straight toward Old Buck.
- At the intersection of Old Buck, turn LEFT and then almost immediately RIGHT to get back onto Baden-Powell. (Do NOT go down Old Buck.)
- Cross Mount Seymour Road and enter the trail on the other side. (Washroom here on the right.)
- Start gradual descent with some uphill sections.
- You come out on Indian River Road. AID STATION
- From aid station, cross the road, turn RIGHT and head along Indian River Dr for approx. 50 m, then turn LEFT onto Holly Goes Lightly.
- At next junction, turn RIGHT onto Cove Runner/Rain Dancer.
- Continue until Panorama Creek Trail. Turn LEFT and follow Panorama Creek until it joins Baden-Powell.
- Turn RIGHT on Baden-Powell and descend stairs.
 This next section of the trail is busy. Please respect all trail users and share the trail.
- Come out between two houses on Panorama Dr.
- Cross road and turn RIGHT onto sidewalk.
- Turn LEFT down paved path to picnic area.

Aid Station	Distance to Next Aid
Mosquito Creek	3 km
Mountain Highway	3.5 km
LSCR (gazebo)	7 km
Powerline	3.5 km
Indian River Road	2.7 km



Rev: April 23, 2024