

# Tender Knee 2024 Race Route

## 12 km



### Start

- Lower Seymour Conservation Reserve. Lynn Canyon Park Parking lot on left side of Lillooet Road across from filtration plant.

### Suspension Bridge Trail to Lillooet Road

- Head into Suspension Bridge Trail.
- Take left fork at Y-junction 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). **POWERLINE AID**

### 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 stay on 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.)
- You come to 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.

### Soak your legs in the water.

Aid Station	Distance to Next Aid
LSCR (gazebo)	7 km
Powerline	3.5 km
Indian River Road	2.7 km

