



32 SEYMOUR VALLEY



NORTH VANCOUVER Paved greenway, hardpacked trails; adventurous return option **24km • 29km**

Ride in the Seymour Lower Conservation Reserve on a car-free paved multi-use trail rolling through the forest to the Seymour Dam. A great ride on a hot summer's day under the canopy of hundred-year-old trees. Bring a picnic and enjoy the lake view from the observation point, explore the Bear Creek Bridge, peek at the fish hatchery, then return via same trail or try the hilly adventurous Spur 4 route on the east side of Seymour River.

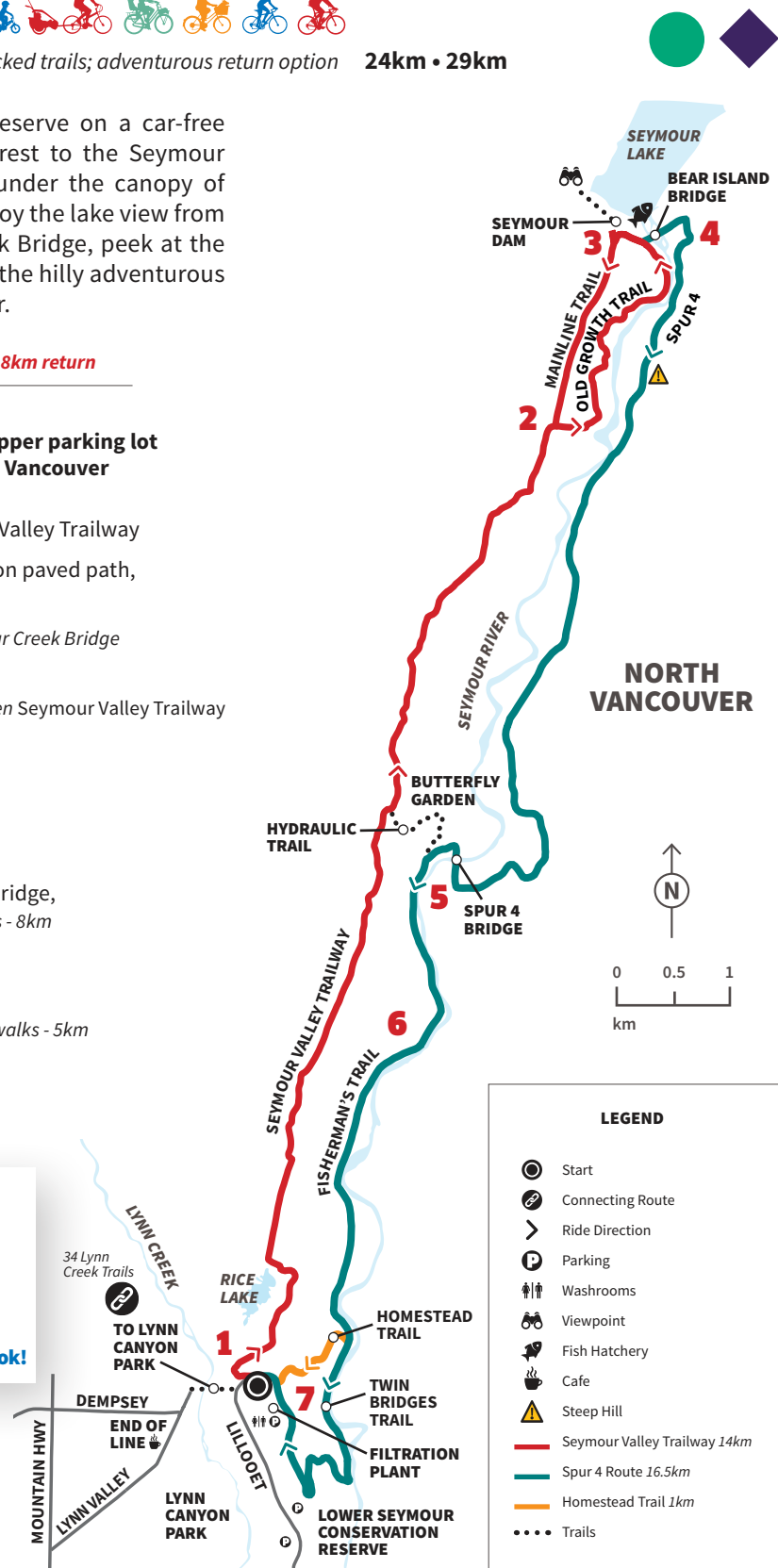
SEYMOUR VALLEY TRAILWAY • 14km one way • 28km return

START at Seymour Capilano Filtration Plant upper parking lot
Lower Seymour Conservation Reserve - North Vancouver

- 1** Enter park at roundabout, **NORTH** on Seymour Valley Trailway
 - 2** At intersection cross Mainline Trail, go straight on paved path, **LEFT/N** on Old Growth Trail
 - 3** *Visit dam observation platform, see hatchery and Bear Creek Bridge
- Choose a return:
- a) SAME ROUTE:** Return **SOUTH** on Mainline Trail then Seymour Valley Trailway
 - b) SPUR 4 RETURN:** See cues below

***SPUR 4 RETURN • 16.5km**

- 4** North of hatchery **RIGHT/** cross Bear Island Bridge, **RIGHT/S** on Spur 4 - hilly gravel road, steep sections - 8km
- 5** **RIGHT** across Spur 4 Bridge *Hydraulic Trail to Butterfly Garden and Seymour Valley Trailway
- 6** **SOUTH** on Fisherman's Trail - singletrack + boardwalks - 5km
- 7** Choose route - both hill climbs:
 - a) SOUTH** on Twin Bridges Trail: 3km
 - b) HOMESTEAD TRAIL:** 1km



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