



# LOWER SEYMOUR CONSERVATION RESERVE

metro  
vancouver

**The Lower Seymour Conservation Reserve is used by a variety of users groups. Please be courteous to other visitors.**



**Cycling** is permitted throughout the forest with the exception of Rice Lake Loop Trail, Homestead Trail, and the Old Growth Trail. Bikes must be walked along these routes due to limited visibility and steep slopes.



**Dogs** are not permitted north of Rice Lake Gate House. This includes the Seymour Valley Trailway and the Rice Lake Loop Trail. Dogs are permitted on designated trails. Please keep your dog under control and remove droppings. See dog brochure for more trail information.



**Horses** are not permitted north of Rice Lake Gate House. Horses are permitted on the same trails that are open to dogs, and have the right-of-way over pedestrians and cyclists.

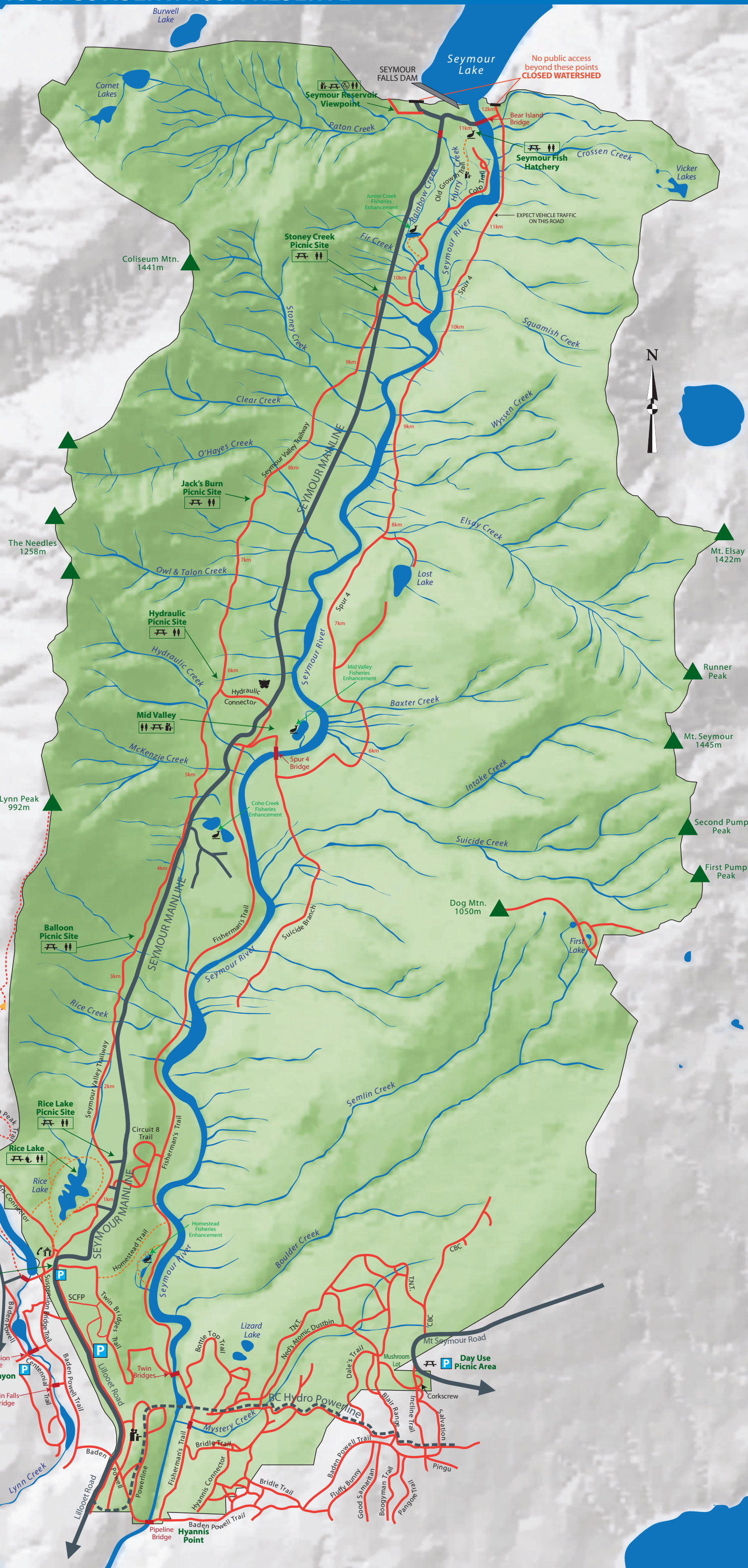
## Popular Trail Routes

- Twin Bridges Trail/Fisherman's Trail/Homestead Trail
- Twin Bridges Trail/Fisherman's Trail/Seymour Valley Trailway
- Lynn Headwaters Connector/Varley Trail
- Suspension Bridge Trail to Baden Powell Trail/Fisherman's Trail

TRAIL	TERRAIN	LENGTH*
Rice Lake Loop Trail	Flat	2km
Varley Trail	Rolling	1.5km
Fisherman's Trail	Flat	7km
Old Growth Trail	Flat	2.3km
Coho Trail	Flat	1.7km
Baden Powell Trail	Steep sections	**
BC Hydro Powerline	Rolling	**
Twin Bridges	Steep	2.2km
Homestead Trail	Steep	1km
Bridle Trail	Steep sections	1.5km
Mystery Creek Trail	Steep	3km
Lynn Canyon Trail	Steep	**
Lynn Peak Trail	Steep	4km
Dog Mountain Trail	Steep sections	3km

\* All distances are one way.

\*\* These trails continue outside the LSCR boundaries.



**LEGEND**


Please note: Map is not exactly to scale. Routes on map are for general direction only.