

OUTDOOR

See Seymour Insert Guide



Explanation of Ratings

- **Easiest**
Flat and wide. Often an old road.
No special skills required.
- **More Difficult**
Moderate single track. Some structures,
but no technical terrain. Expect some off-trail

1 CBC (Faultline)	12 Switchbacks	22 The Incline
2 TNT (Red Shed)	13 Hyannis Trail	23 Corkscrew
3 Lumpy Gravy	14 Willie's Way	24 Powerlines
4 Dirty Diapers	15 Bridal Path	25 Pingü
5 Old Mushroom Trail	16 Mary Kirk Access	26 Pangor
6 Dale's Trail	17 The C**t Buster	27 Slash
7 Upper Dale's Trail	18 Severed Dick	28 Easy Out Connector
8 Ned's Atomic Dustbin	19 Cardiac Bypass	29 Empress
9 Bottle Top	20 Blair Range Access	30 Old Golf Course
10 Mystery Creek Trail	21 Boogie Man	31 Golf Course Access Trail
		32 The Old Buck Trail
		33 Baden Powell
		34 Cabin Trail
		35 Power Line Access Road

Emergency Number

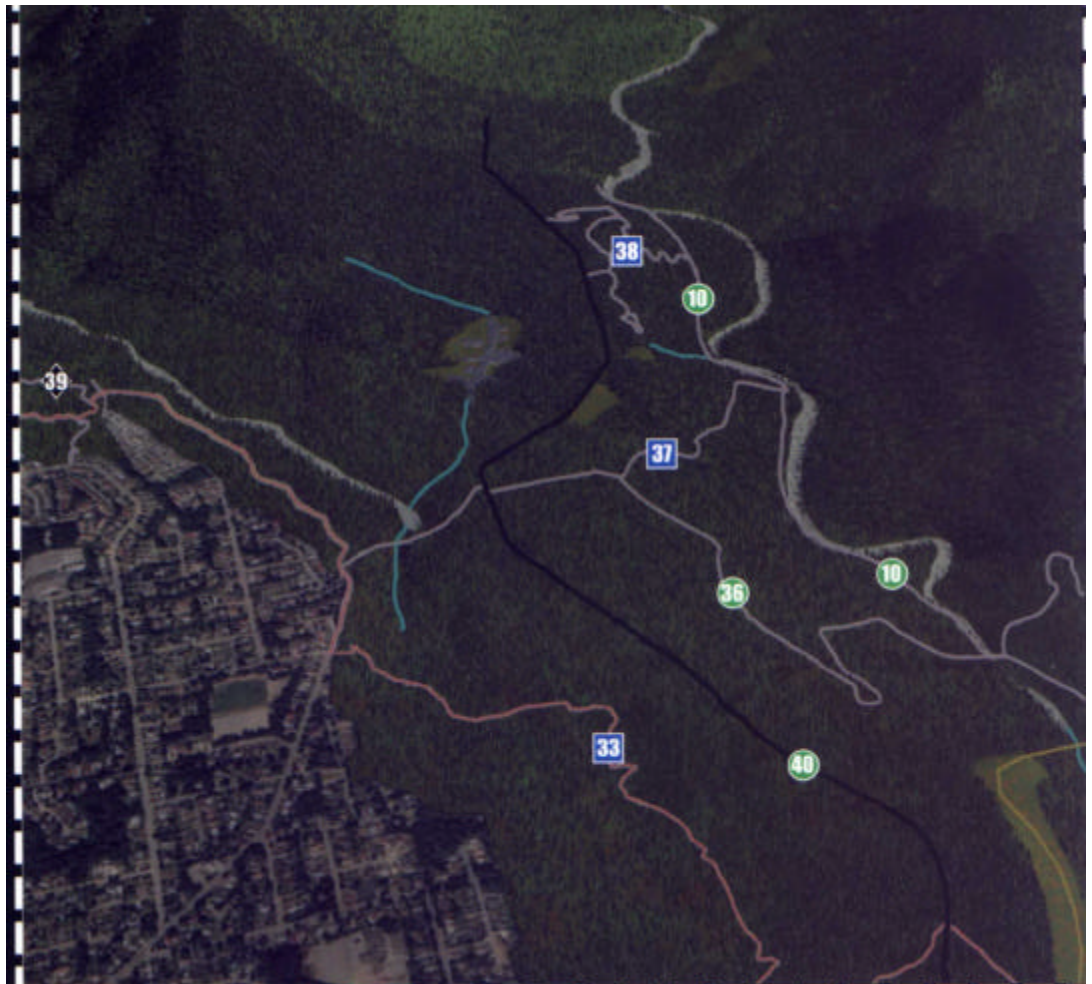
Call 911

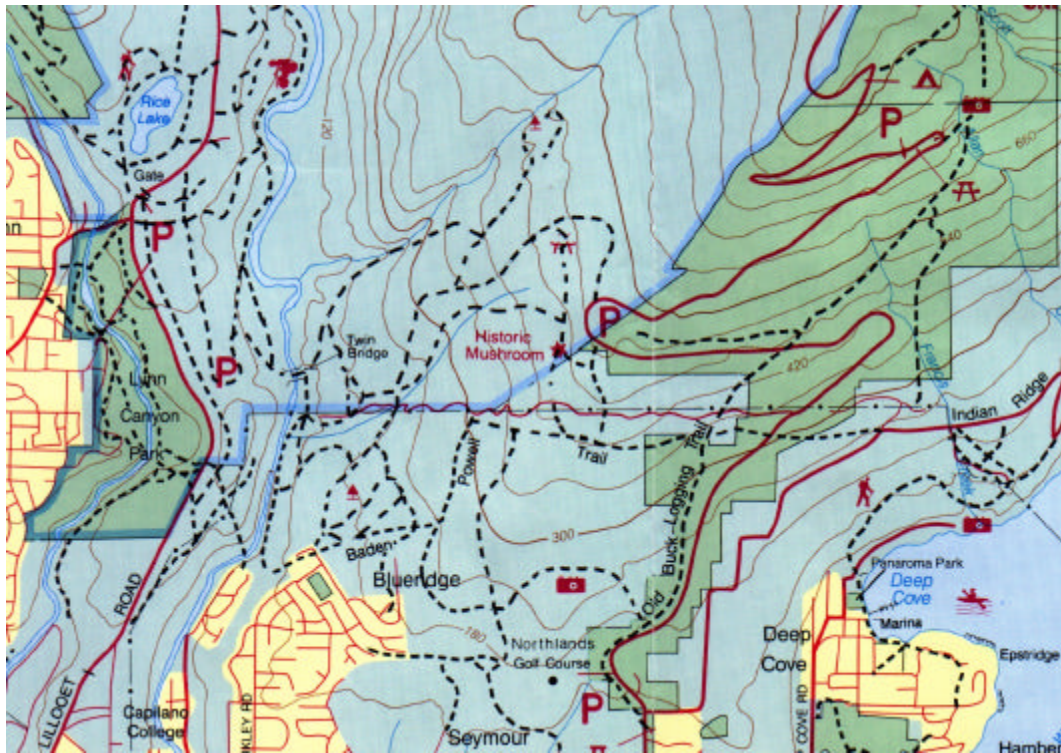
ASK FOR THE POLICE
Tell them your name, your location,
and the nature of your emergency.

Please note: Cell phones will not always function in all areas.

Non-Emergency Number

- 1 **CBC (Facilline)** - New and improved for 2001! Awesome bridgework. Incredible old growth forest.
 - 2 **TNT (Red Shed)** - Part of an old system of corduroy logging roads. Can get pretty wet.
*Note The lower section of TNT is closed to cyclists.
 - 3 **Lumpy Gravy** - Bumpy logs with a tasty sauce.
 - 4 **Dirty Diapers** - A tight little connector from the top of Lumpy Gravy over to Ned's.
 - 5 **The Old Mushroom Trail** - There used to be an old shelter made out of a stump capped by a roof. It's gone, but the trail still rocks.
 - 6 **Dale's Trail** - A cool little technical trail. Bumpy with some very steep sections.
 - 7 **Upper Dale's Trail** - A cool little technical trail. Bumpy with some very steep sections.
 - 8 **Ned's Atomic Dustbin** - Sometimes called the rutbin. Fairly fast descent to the Seymour River. Watch out for slippery planks.
 - 9 **Bottle Top** - The last part of Ned's to the Seymour River. Watch out for the last drop.
 - 10 **Fisherman's Trail** - An old rail line from the end of Riverside Drive up the Seymour Canyon. Good swimming just North of Twin Bridges.
 - 11 **Mystery Creek Trail** - Sometimes also called the Switchbacks. A short connector to the powerline road.
 - 12 **Switchbacks** - I know it's tempting, but don't cut the corners please.
 - 13 **Hyannis Trail** - A labyrinth of short trails connecting Hyannis Drive to the Baden Powell, the Powerlines, and the Fisherman's Trail.
 - 14 **Willie's Way** - Why this way, Willie? Why?
 - 15 **Bridle Path** - The collector. Want to become a mountain biker? Start here.
 - 16 **Mary Kirk Access** - Another short connector trail. The top of Mary Kirk Rd leads to the Baden Powell; the top of Hill Road goes to the Bridle Path.
 - 17 **The C**T Buster (C Bester)** - Longer and harder than the Severed Dick.
 - 18 **Severed Dick (Good Samaritan)** - The classic. Imagine it's 1989 and you're racing Joe Murray.
 - 19 **Cardiac Bypass** - Go west, young man go West!
 - 20 **Blair Range Access** - Slight hazard of unexploded ordnance. Stay on the roads. Lots of jumps to be found.
 - 21 **Boogieman** - A double-black, but so well built that pretty much any experienced rider can ride it. Watch out for the final pitch. It's really tough.
 - 22 **The Incline** - Straight fall line with lots of round rocks. Check your fallings.
 - 23 **Corkscrew** - Tricky multiple logrides and maddy roots. Bring a camera.
 - 24 **Powerlines** - Sure it's easy going down... Try climbing the western side (it's been cleaned before).
 - 25 **Plugs** - An old road with some mud bogs.
 - 26 **Pangor** - Super cool. Lots of little bridges and planks. Another great trail for novices. Novices? Intermediates!!!
 - 27 **Slash** - The continuation of Pangor. Sweet dessert courtesy of the Bear.
 - 28 **Easy Out Connector** - Part of the old NSHA Loop. The loop is now overgrown.
 - 29 **Empress** - Short and tough, with a savage rock face into a hole.
 - 30 **Old Golf Course** - A mish mash of old trails that used to intersect with the Blair Range Road. A nice alternative to the Bridle Path. Watch for other trails leading to Mt Seymour Parkway.
 - 31 **Golf Course Access Trail** - Blue gravel highway. Watch your speed.
 - 32 **The Old Buck Trail** - Climb this. It used to be a lot harder.
 - 33 **Baden Powell** - Please don't ride east of the access road. And don't bother with the section east the C**T Buster to the junction to the Bridle Path. It's really rocky and sick.
 - 34 **Cable Trail** - Like you even own a cable. This is the way back from TNT.
 - 35 **Power Line Access Road** - Yep, it's another road a'right. A steep road.
- Seymour Insert Guide Trails**
- 36 **Fisherman's Trail** - An old rail line from the end of Riverside Drive up the Seymour Canyon. Good swimming just North of Twin Bridges.
 - 37 **Baden Powell** - Please don't ride east of the access road. And don't bother with the section east the C**T Buster to the junction to the Bridle Path. It's really rocky and sick.
 - 38 **Twin Bridges Trail** - Yet another road. Be aware that vehicles/trucks are sometimes on this road.
 - 39 **Homestead Trail** - This one is CLOSED TO MOUNTAIN BIKING.
 - 40 **The Healer** - A.K.A. The Figure Eight. Have you rehabilitated yourself?
 - 41 **Lower Griffen Trail** - This one has a nice view and an old cabin.
 - 42 **Old Lillocet Road** - Watch for cars accessing Rice Lake and the Seymour Demonstration Forest.





LYNN CANYON

