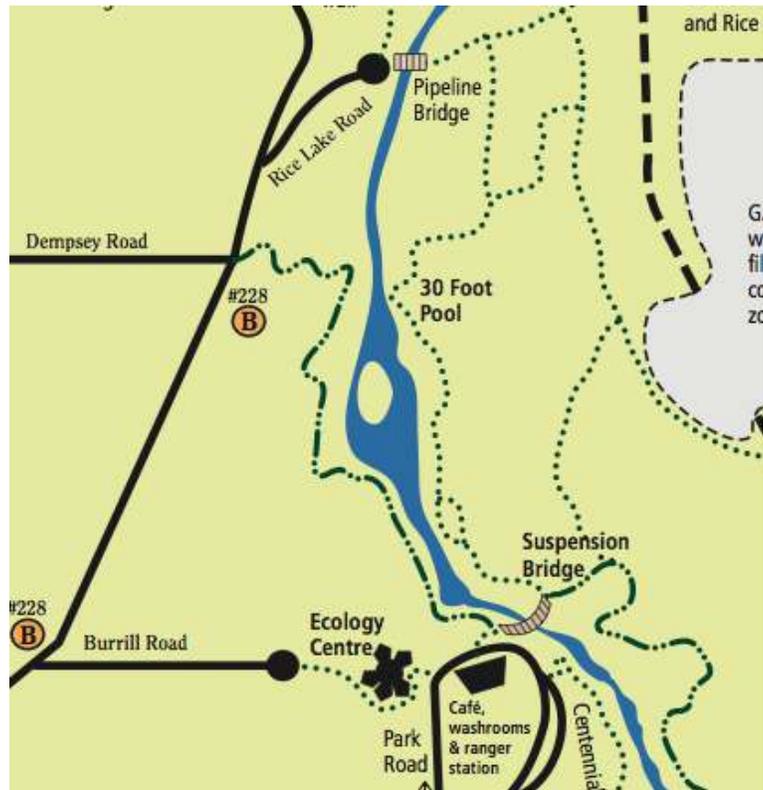


Baden-Powell Trail: Dempsey to Lynn Canyon

This hike takes in a range of natural and park attractions, so is a great choice for entertaining sturdy-shoed visitors. Dogs allowed? Yes. Stroller-friendly? No. Time needed? Less than an hour. Want a map of the area? Click [here](#).

Bus or drive to the top of Lynn Valley Road; parking is available up Lynn Valley Road beyond the three-way stop, or around the End of the Line General Store (please be aware of the 30-minute parking limit in front of the store, and leave space for store customers).

This section of the Baden-Powell trail begins at the trailhead marker across Lynn Valley Road from the store's front door. Walk downhill and along the west side of Lynn Creek, through the salal, salmonberries and sword ferns that live under the canopy of vine maples, hemlocks and cedar trees. A chain-link fence separates walkers from the steep walls of the creek, and heeding any posted safety signs is important - rescue personnel are not infrequent visitors to the rugged Lynn Canyon area.



Map excerpt courtesy NV Parks 1

Wooden steps lead down to the river level, where beautiful boardwalks traverse skunk cabbage marshes. Soon the broad creek takes a sharp turn, and begins its journey through the steep cliffs of Lynn Canyon. Your path will take you up several flights of stairs to the infamous Lynn Canyon Suspension Bridge, built in 1912.

You can stop off here to have a bite in the Lynn Canyon Cafe or wander up the parking lot to the Lynn Canyon Ecology Centre, a by-donation haven for curious naturalists of all ages.

Pushing on, you'll cross the suspension bridge that swings 50 metres above the roaring waters below. On the other side, you'll leave the Baden Powell trail and turn left; after walking ten minutes upstream you'll arrive at 30-Foot Pool, a longtime local swimming hole for the brave-hearted.

At this point, you can retrace your steps, or face the 160-plus stairs that will take you from the canyon floor up to the forested trails of the Lower Seymour Conservation Reserve. At that point, keep left and you will intersect the Pipeline Bridge trail that will lead you back over Lynn Creek and left up the gravel road to the End of the Line General Store.

Forty-five minutes is usually ample time for the average walker to complete this trail, minus stops along the way. Further descriptions and maps are available at access points such as the general store, Lynn Headwaters Park, Lynn Canyon Ecology Centre, and in the Lower Seymour Conservation Reserve.

We hope you had a great day out! If you'd like to share photos or trail updates, please post your experiences on the [LynnValleyLife Facebook page](#), or email us at info@LynnValleyLife.com.

