

Lynn Creek and Seymour River Hike – Feb. 18th, 2023

On Saturday morning around 9:00 a.m. 7 BOC members and 2 guests arrived at the trailhead on Hyannis Drive in North Vancouver to hike the Seymour River Trail. The hikers had prepared for inclement weather and had to endure relentless rain for 5-10 minutes at the beginning of the hike. Once the rain broke, we hiked comfortably in the sputters of light or no rain for the rest of the hike. The first part of the hike began on the Baden Powell trail just off Hyannis drive. It was in this area where the forest seemed to cradle us in amongst its greenery and the many small creeks and streams. We crossed the Riverside Bridge and then walked up quite a few stairs before starting an ascent on switchbacks. The trail continued to where many stairs led us down to Lynn Valley Creek and a 30 foot pool. From there we went up and across the Twin Falls Bridge to the Lynn Valley Ecology Center where we stopped for a drink and quick bite. When we were done, we crossed the Lynn Valley Suspension Bridge and continued up until we arrived at the parking lot at Rice Lake. Our seasoned hiker Gerard, took us down a tiny path just off the Homestead trail which opened up to a large area of river rock on the Seymour River. What an amazing spot to lunch! Thank-you Gerard! After lunch we headed down the Fisherman's trail which follows close to the Seymour River. It was there that we found a secret cave but unfortunately it was too wet to explore that day. Soon we made it to a newer suspension bridge with interesting signage indicating maximum capacity of people and horses too. We made another moderate ascent before descending via the Hyannis Connector Trail which took all hikers back to the parking area safely at around 1:30.

By: Lina Scigliano