

Lynn Loop

This Lynn Headwaters Park hike is categorized as a beginner trail on the park's information board, and it is indeed a pleasant, 5.2 km walk, much of which parallels the bank of Lynn Creek. Dogs allowed? Yes. Stroller-friendly? No. Time needed? Under two hours. Map? Click [here](#).

The Lynn Loop trail is a beautiful walk on which you'll find remnants of pioneering industry and enjoy the sights and sounds of the river. Be aware, though, that the journey includes a steep, switchbacked slog at its northern end – one that is only $\frac{1}{3}$ of a kilometre long, but may feel longer! This is probably not the walk on which to bring visitors who aren't used to getting at least some exercise now and then.

To begin, you'll walk or drive to the Lynn Headwaters parking lot at the top of Lynn Valley Road, and cross Lynn Creek via the footbridge in the Headwaters Park. Once on the other side, you'll see the map and information board listing current trail conditions, and decide if you want to do the Loop in a clockwise or counter-clockwise direction.

If you choose clockwise, you'll turn left and spend the first almost-two kilometres traipsing along the east bank of the creek, on an easy path. Then you'll turn right to tackle the aforementioned steep section, after which you'll find yourself on top of a wooded ridge.

You have the option here of turning left and taking the two-kilometre Headwaters Trail back down to the creek level, but to complete Lynn Loop you'll want to turn right and take the trail that takes you on a gradual slope back down to the elevation from which you started.

When your path emerges back onto the main trail, you'll have overshot the information board from which you started your trek; just turn right and you'll soon make your way back. Lynn Loop generally takes about 1.5 hours to complete; it's an excellent way to enjoy the beauty of the creek, the fresh mountain air in the forest, and even a short cardio workout in a reasonable amount of time. If you happen to be in the park on a Sunday, you'll also have a chance to poke your head into the B.C. Mills House near the parking lot, where volunteers and historical displays help visitors imagine the mining and logging operations that took place in these forests long before they became a haven for hikers and joggers.

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.

