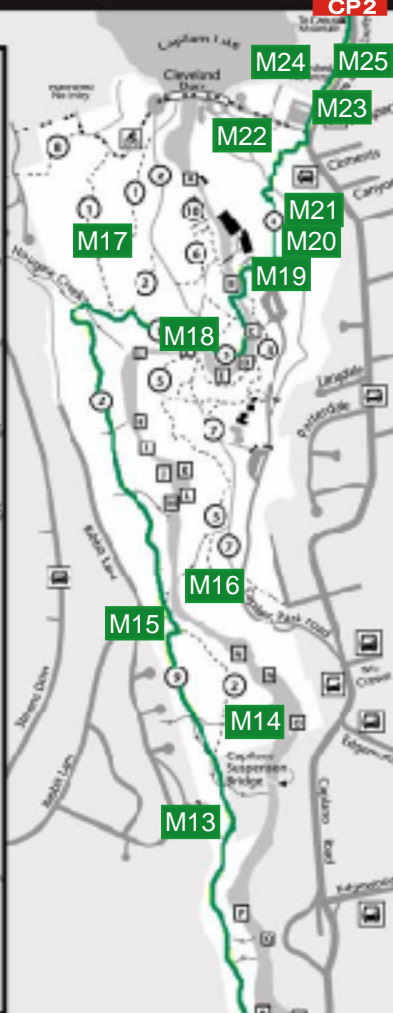
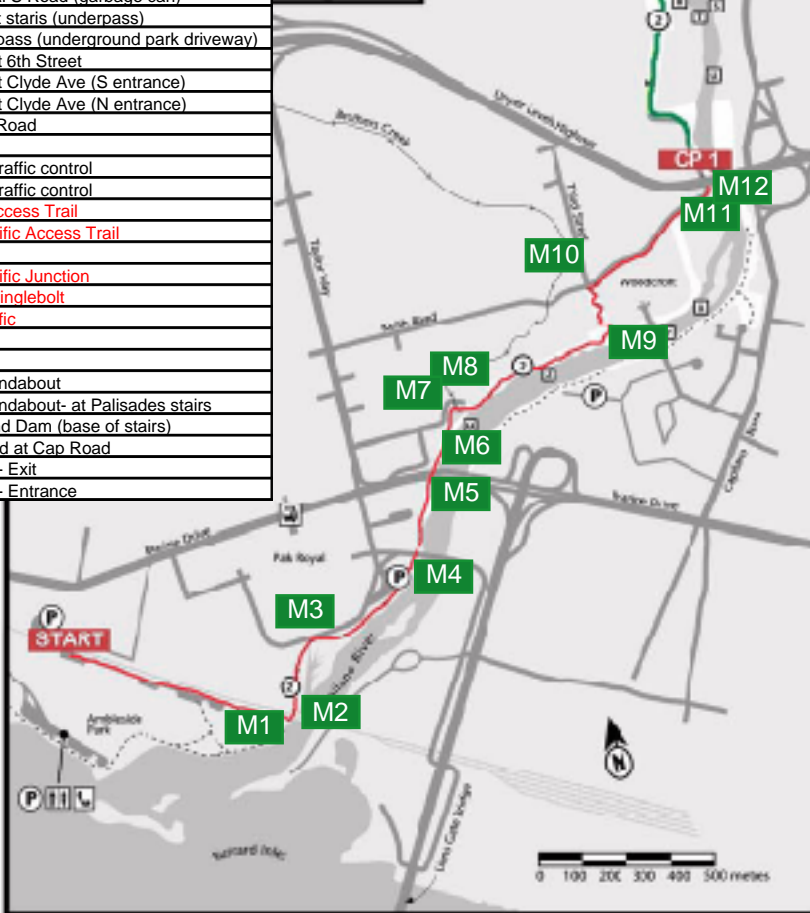


SEEK THE PEAK RELAY '09

Capilano River Regional Park



m1	Park Royal Trail Seawall merge
m2	Park Royal Access Trail - North of railroad
m3	Capilano Pacific - Park Royal S Road (garbage can)
m4	Capilano Pacific at Bridge St stairs (underpass)
m5	Cap Pac at Marine Dr. Overpass (underground park driveway)
m6	Capilano Pacific Trailhead at 6th Street
m7	Capilano Pacific Trailhead at Clyde Ave (S entrance)
m8	Capilano Pacific Trailhead at Clyde Ave (N entrance)
m9	Capilano River exit to Keith Road
m10	Keith Road - Woodcroft trail
m11	100m from Check Point 1- Traffic control
m12	100m from Check Point 1- Traffic control
m13	Moyno & Capilano Pacific Access Trail
m14	Rabbit Lane & Capilano Pacific Access Trail
m15	Rabbit Lane turnoff
m16	Rabbit Lane & Capilano Pacific Junction
m17	Capilano Pacific & Lower Shinglebolt
m18	Shinglebolt at Capilano Pacific
m19	Cable Pool Bridge
m19	Cable Pool Bridge
m20	Capilano Fish Hatchery Roundabout
m21	Capilano Fish Hatchery Roundabout- at Palisades stairs
m22	Gravel Road below Cleveland Dam (base of stairs)
m23	Cleveland Dam Service Road at Cap Road
m24	Cleveland Dam Parking Lot - Exit
m25	Cleveland Dam Parking Lot - Entrance



- ### Trail
- 1 Shinglebolt
 - 2 Capilano Pacific
 - 3 Coho Loop
 - 4 Palisades
 - 5 Chinook
 - 6 Giant Fir
 - 7 Pipeline
 - 8 Baden Powell
 - 9 Rabbit Lane
 - 10 Second Canyon Viewpoint

- ### Legend
- ? Information
 - P Parking
 - Toilets
 - Telephone
 - Bus Stop
 - Drinking Water
 - Picnic Area
 - Picnic Shelter
 - Viewpoint
 - Park Boundary
 - Hatchery
 - George Capilano (services only)
 - Interpretive Signs
 - Creek
 - Gate
 - River Boulder Bar
 - Hiking Trail
 - Commuter Cycling Path
 - Service Road

- ### Special River Features
- Rinabolt Pool
 - Cable Pool Bridge
 - Cable Pool
 - House Rock
 - Dog Leg Pool
 - Pipeline Bridge
 - Three Rocks Pool
 - Big Mother
 - Ran Canyon Pool
 - Little Spencer's Pool
 - Granny's Cove
 - The Rock
 - Spencer's Pool
 - Sandy Point Pools
 - Suspense Deep
 - Wire Rope Pool
 - Kanger Pool
 - Badger Hole
 - Head Wall
 - Byron Williams Pool
 - Cedar Run
 - Doctor's Pool
 - Keith Road Falls
 - Railway Reach
 - Woodcroft Bridge Run
 - Nude Rock
 - Brothers Creek Mouth Run

