After finishing the G8, cross Cougar Creek to do the entrance of the Montane Traverse Loop. When you get near the end by Harvey Heights (you will be immediately above the radio tower), backtrack the Montane Trail to the junction that takes you down to the Douglas Fir Bench Trail. When you hit the road at the entrance to Silvertip, follow that and bikepaths back to your start.

Option: You can descend towards Harvey Heights, and pick up the Meander Trail and take that back to Montane Trail, where you can then continue as above to the Douglas Fir Bench Trail. However, the Meander Trail is poorly marked so you may not find it.