

discover
Burnaby's

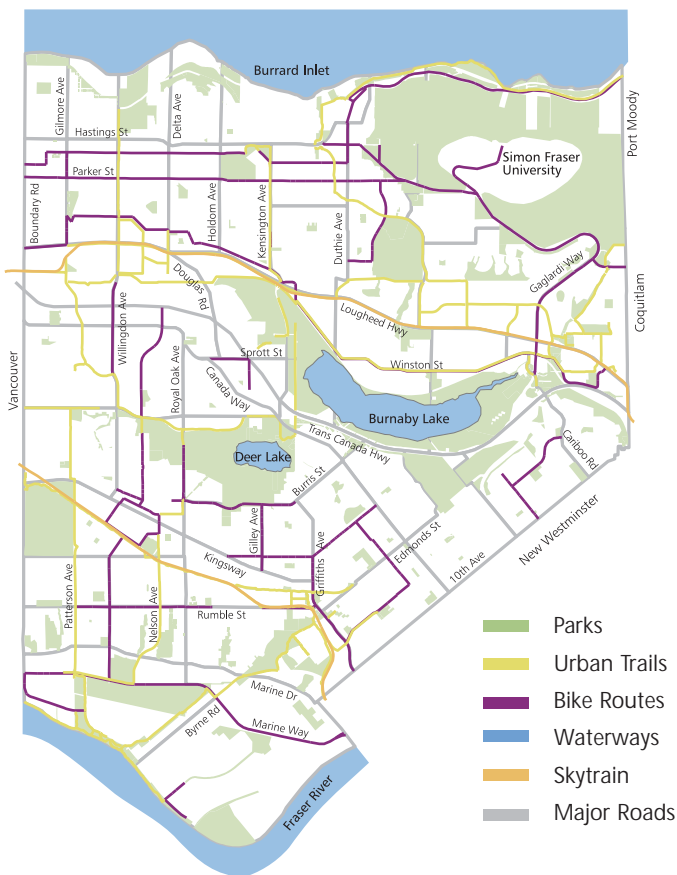
Parks & Trails



Burnaby is a city of

ocean shores, rivers, mountains, lakes, wilderness areas—and parks.

Our parks are an important part of Burnaby's superb quality of life, and their natural beauty and tranquillity are a treasured aspect of this community. A world of adventure and healthy living awaits you in this city's many beautiful parklands, whether you choose to cycle a mountain, jog an ocean shoreline, rollerblade along urban pathways, or take a walk along one of the trails outlined in this guide. Take the family for a picnic or find a quiet natural retreat where you can read and relax. The city's excellent recreational facilities encourage sports enthusiasts of all ages to try their hand at everything from golf to horseshoes. Burnaby's parks can accommodate it all. However you choose to spend your leisure time, be sure to enjoy Burnaby parks and trails to their fullest potential. We've created this guide so you can do just that.





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Personal Safety Tips

A walk in a park or along a nature trail is a wonderful way to get away from the bustle of city life, but it doesn't mean leaving your "street smarts" behind. Here are some tips to help everyone have a safe and relaxing walk, jog or hike through Burnaby's amazing system of parks and trails.

Before you set out for your walk, let someone know where you're going and how long you'll be.

Pick a route that goes through open, well-lit areas so you can see who is ahead of you and behind you. Avoid dark, secluded short cuts through forested areas. If you'd like to explore a more isolated trail, go with a friend. When you can, walk with or near others along the trail.

Dogs are excellent companions in parks and along trails. They're constantly alert and want to protect you.

Relax and enjoy your walk, but try to stay aware of your surroundings so you'll know if anything unusual is going on. If you feel uncomfortable about a situation, pay attention to that feeling and leave the area.

Wear comfortable shoes that you can easily run in.

Leave your valuables at home. If they're with you or in your car, you're just giving a thief a tempting target. If you need to bring them, put them in a fanny pack or an inside pocket out of sight.

If you think you're being followed, leave the area and go to the nearest house or business.

Carry a whistle, alarm or other personal safety device. It gives you a sense of security and can draw attention if you find yourself in trouble.

Leave your personal stereo and headphones at home. You'll be able to hear the sounds of the birds and the wind in the trees, and you'll also be safer hearing and seeing everything that's going on around you.

When you have children with you, make sure you can see them at all times. Always accompany children into public washrooms.

Does something or someone seem suspicious to you? Report it to the police or park employees.

Emergencies: 911; non-emergencies: 604-294-7922



Recommended Walks

The recommended walks on the following pages are outlined on the maps for each park with > > >

Walks are rated by difficulty considering the entire length of the walk according to the following classifications.



Easy
Relatively flat with only gentle inclines and maintained trail surfaces.



Medium
Relatively flat with three or less steep inclines for a short distance; grades no greater than 10%.



Difficult
Some lengthy steep sections; must be strong walker to complete full walk.

Trail surface types vary from maintained gravel pathways to rocky and rooted paths. Conditions can change quickly, so be prepared with sturdy shoes and proper clothing for all walks.

Each walk has a learning objective, so as you walk along be sure to read the recommended walk section for each park to learn about the natural environment and park history surrounding you.

Many of the parks are close to Skytrain Stations or one easy bus transfer away. Consider cycling, walking or taking transit to enjoy these recommended walks.

Map Legend		
Trails	Picnic	Trail Start
Trails (urban)	Playground	Trail End
Washrooms	Golf Course	Trail Turn Around
Parking	Note: Maps and trails are not drawn to scale and may not show the entire park. Distances include return trip to starting point.	

Barnet Marine Park

Whether you visit Barnet Marine Park for an early morning walk, an afternoon picnic with the family or to watch the sunset, you'll be rewarded by spectacular views of Burrard Inlet alongside remnants of Barnet's rich pioneering history. Many of your steps will carry you over the footprints of generations past.

Take a walk along the shoreline, then lay down a blanket and read a book on a warm summer day. Or stop for a rest on one of the many pocket beaches and enjoy those magnificent views of the inlet.

The foreshore section of Drummond's Walk is a popular dog-walking trail in the western portion of the park. And the mixture of open lawn and shaded picnic tables in the eastern portion of the park is perfect for outdoor dining or an impromptu game of soccer or bocce ball. Group picnic sites are also available by contacting the Parks Administration Office at 604-294-7459.

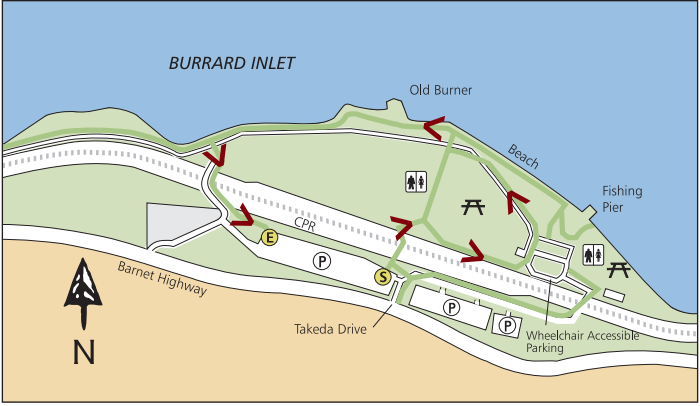
The large sandy beach is a popular spot for swimming in the summer. Prefer to be on the water rather than in it? Just launch your canoe or kayak on either side of the swimming beach.

No matter where you are in the park, the sounds and smells of Burrard Inlet are a welcome escape from your daily routine.

did you know?

At high tide, the water can rise as much as 4.25 metres (14 feet), making the marine traffic appear closer than it really is.





> > > > 1.3 km ■ walk

Start in the upper parking lots to the west of the entrance and cross the train tracks via the pedestrian overpass. This picturesque walk follows the shoreline before looping back on a short trail to the parking lot.

As you walk along, look for reminders of Barnet Marine Park's remarkable past, including the evocative ruins of the old sawmill and powerhouse. The Barnet townsite has a rich history. Starting as a small mill town in 1900 with a population of 150, it eventually grew to be a busy industrial area before the first Park Commission Development Plan in 1973 helped shape this spectacular foreshore park. For more information, a book titled *In the Shadow by the Sea* is a wonderful recollection of Burnaby's Barnet Village.



This is also a great place for families to discover some of the mysteries of marine life together. Some of the intertidal pools are abundant with starfish and other crustaceans.

You will pass by the entrance to Drummond's Walk, which is marked by three poles topped by a sculpture of a raven, a cormorant and an eagle. All of these birds are common to the area, but keep your eye on the marine shoreline for sandpipers, black oystercatchers and other shorebirds.



Brunette River Conservation Area

William Holmes, the first settler in Burnaby, named the Brunette River for the brown colour of its water, the result of the peaty soils that make up its watershed. These brown peaty soils are nutrient rich and encouraged 19th-century homesteaders to settle in the area.

This river has a rich cultural heritage. It was here that the Kwantlen First Nations people had their winter villages. By the early 1900s, sawmills were well established, followed by meat-packing plants and other manufacturing warehouses. Over time, the increased industrial use and the urbanization of the river watershed introduced a great amount of pollutants to the water nearly destroying the river habitat. In recent years, volunteer organizations have completed a tremendous amount of work to help re-establish the fish and wildlife populations that once relied on this river. Now you have the chance to enjoy a walk along the banks of this river, but remember to stay on the trail and leave only your footprints.



did you know?

The Brunette River watershed is shared by four cities including Vancouver, Burnaby, New Westminster and Coquitlam.



> > > 4 km ● walk

Park on Cariboo Place and make your way to the end of the cul-de-sac where the trail enters the woods. This is an out-and-back trail so you can enjoy the same trail from two different perspectives. The walk is level and parallels the river, crossing several small feeder streams. It forms part of the Brunette-Fraser and Central Valley Greenways connecting North Burnaby and False Creek in Vancouver to the Fraser River in New Westminster.

Watersheds are land areas that drain all the surface water runoff into a particular stream or river. For example, Stoney Creek is part of the Brunette River watershed, while on a larger scale the Brunette River is part of the Fraser River watershed. The Brunette River watershed is primarily located in an urban setting and drains approximately 70 square kilometres of residential, commercial and industrial land. The watershed has played an important role in shaping the City of Burnaby and now provides critical salmon habitat.

Be sure to stop at the feeder-stream crossings for a chance to view fish. In the fall, you are almost guaranteed to see salmon spawning up the Brunette River and Stoney Creek.

Burnaby Lake Regional Nature Park

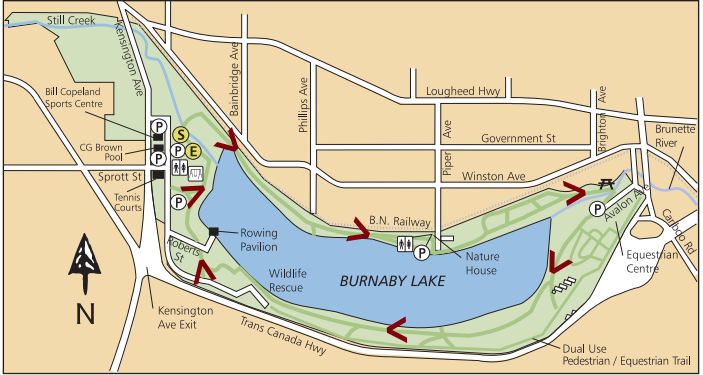
This regional park, right in the heart of Burnaby, is a place to reconnect with the natural world without leaving the city. The area is a stunning wildlife sanctuary where birdwatchers regularly spot great blue herons, bald eagles, belted kingfishers, osprey and even rarer birds such as the small green-backed heron.

The lake was created by a glacier 12,000 years ago, and only a century ago its shores were home to bustling sawmills. Today, a viewing tower on that same shore provides a bird's-eye view for spotting wildlife. You can view the lake from your canoe or kayak to get an up-close look at the busy beavers, diving ducks and turtles feeding in the marsh.

Burnaby Lake has a rowing course suitable for canoeing, kayaking and rowing training. The rowing pavilion at Burnaby Lake Sports Complex has change rooms and a public canoe launch.

Don't miss the north shore of the lake for a picnic at Cariboo Dam or a visit to the Nature House. The Nature House is open summer weekends, and its interpretive nature classes and displays are fun learning experiences for parents and children.





> > > > > 11 km ● walk

Access the trail from the north portion of the parking lot behind Bill Copeland Sports Centre near the playing fields. Cross the bridge and begin your journey around the lake. The trail is relatively flat the whole way and well maintained. Metro Vancouver also provides a more detailed brochure for this area.



Watch for ducks along the shoreline and in the small streams and ponds beside the trail. These areas are ideal habitat for diver and dabbling ducks. Many build their nests on the ground in tall grasses, so be sure to stay on the trail with your children and leashed dog.

did you know?

The bufflehead duck can nest in holes as small as eight centimetres wide.

One duck that does not use the tall grasses for nesting is the bufflehead. These small diving ducks choose to nest in tree cavities that are often abandoned woodpecker nests.

You could easily spend a whole day walking around the lake with excursions to the Nature House, rowing pavilion, wildlife look-out towers, viewing docks and, last but not least, a stop at the sports complex to watch some of the local teams competing in their favourite sport.



Burnaby Mountain Conservation Area

From high atop Burnaby Mountain, you'll have breathtaking views of the mountains, the inlet and the city. Be sure to bring your camera to capture this beauty in each changing season. Burnaby Mountain has natural, recreational and cultural elements, making it a wonderful place to visit any time of the year.

From the parking lot on Centennial Way, you have room to throw a frisbee or send a kite soaring in the open area beside the forest playground. The Centennial Rose Garden, with its vibrant colours, heady scents and stunning array of roses, is sure to awaken city-dulled senses. In the summer, Tancho crane eco-sculptures nest in the gardens.

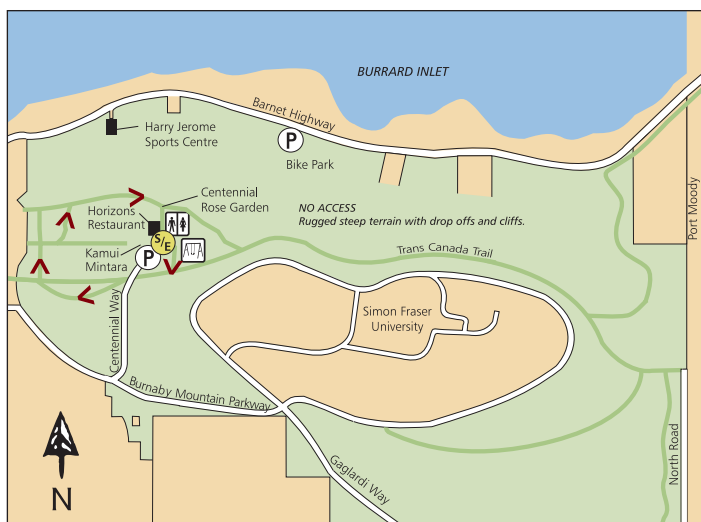
Diners can satisfy their taste buds at the acclaimed Horizons Restaurant, then walk beneath the Kamui Mintara sculpture, an impressive landmark that commemorates the goodwill between Burnaby and its sister city Kushiro, Japan. The carved poles were created by two sculptors, Nuburi Toko and his son, Shusei. Sitting under these poles is one of the most popular places in the Lower Mainland to watch the sunset. The outline of downtown Vancouver and the North Shore Mountains provide a stunning backdrop.



did you know?

Red huckleberries favour soils rich in decaying wood. This means you often find them growing on stumps or logs on the ground.





> > > 3.6 km ◆ walk

Access the trail from just above the Centennial Way parking lot. This walk offers spectacular views along the upper slope before leading you through deciduous and coniferous forests. Approach this trail with some caution; it is one of the most difficult in this guide due to its steep grades and uneven trail surfaces.

As you walk along, you are sharing this diverse mountain ecosystem with blacktail deer, coyotes, bald eagles, the occasional black bear and a wide variety of smaller animals and birds. Many of these animals depend on the shrub layer of the forest for food and shelter. Shrubs are woody plants less than 10 metres tall, and more than 50 percent of the region's shrubs produce fleshy fruits. This is not surprising considering animals eat the fruit and then disperse the seeds throughout the forest.

Mountain trails are wonderful places for contemplation, so pause for a breath, take in the view and consider how the preservation of this area ensures that generations to come can enjoy and appreciate our natural heritage.

A detailed trail map with difficulty ratings and trail wisdom is available at www.burnaby.ca/active, click on Parks. 11

Confederation Park

Families often come to Confederation Park for the entire day. They can picnic among the trees before taking a ride on the model steam railway that operates on the weekends during the summer. On a hot summer day, everyone can cool off in the spray pool or go swimming at the Eileen Daily Leisure Pool and Fitness Centre.

If your family likes to play, play, play, they can serve an ace on the tennis court, score a goal on the soccer pitch, take a shot on net in the lacrosse box, count eight points playing bocce, curl a shot towards the jack on the lawn-bowling green or drop into the skateboard park. Still got plenty of energy? The 400-metre track is perfect for running laps. For those with more relaxed pursuits in mind, there are plenty of open spaces to lay out a blanket or a lawn chair and enjoy a book from McGill Library, located near the Confederation Community Centre for the Retired and the Summit Youth Centre.



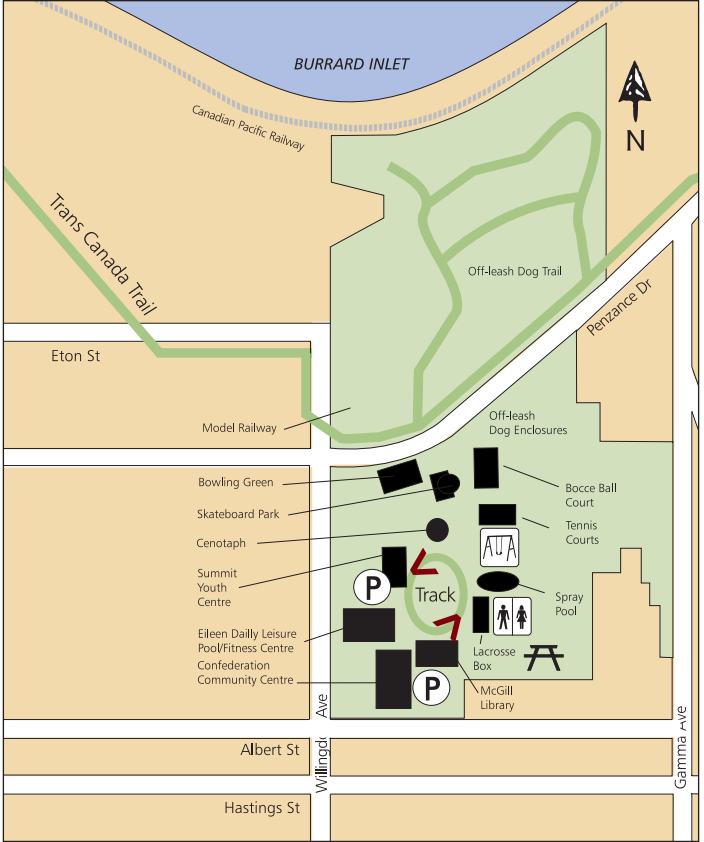
With all the activities available at Confederation Park, you may want to invite everybody you know for a large picnic near the playground. You can book one of two picnic shelters by calling 604-294-7459.

The north side of the park across Penzance Drive has been left in its natural state, except for a 1.3-kilometre trail also designated for off-leash dog use. The trail meanders through deciduous forest, and some steep hills afford appealing views of Burrard Inlet.

did you know?

This park was originally known as Queen's Park and is now called Confederation Park in honour of Canada's confederation in 1867.





> > > any distance ● walk

Many people enjoy walking around the 400-metre track or in the wide open spaces between park amenities. This is a pleasant place to watch people taking part in their daily recreational activities.

While enjoying your walk, see if you can spot the following activities: skateboarding, family picnic, dog walking, bocce ball game, tennis game, track and field event, lawn bowling, children playing in the water or on play structures, lacrosse game, soccer game.

A detailed map is available at www.burnaby.ca/active, click on Parks.



Forest Grove Area

The Forest Grove area lies at the south foot of Burnaby Mountain and provides many opportunities for forested walks through local parks and quiet neighbourhoods.

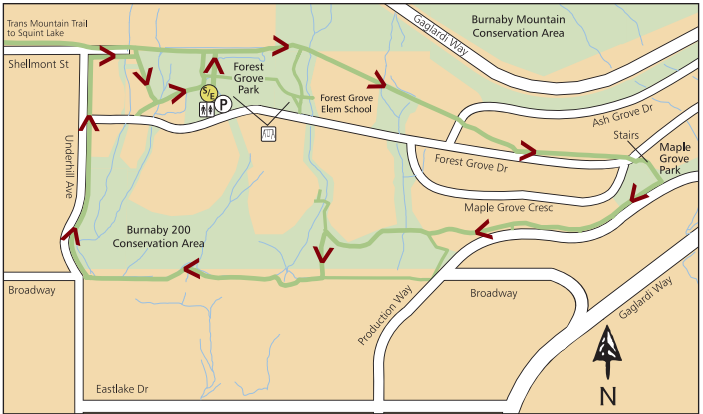
At Forest Grove Park you may hear the thumping of tennis balls or the slapping of sticks in this forest setting because the western portion of the park has tennis and ball hockey courts located atop a regional water reservoir. This part of the park is also home to two different playground areas and a sports field. So whether you're visiting Forest Grove Park to walk or to play, take time to appreciate its forested setting.



did you know?

Coyotes are native to the plains and southwestern deserts in the United States but have adjusted quickly to other habitats since European contact.





> > > 4.2 km walk

Starting from the main parking lot of off Forest Grove Drive, this walk follows a forested trail through the neighbourhood, crossing several streets, ravines and play areas before returning along the street to the parking lot. The trail provides a pleasant walk through a variety of forest stands ranging from young deciduous forest to mature coniferous forest. Here you will hear songbirds singing in the branches or see squirrels foraging for their next meal.

If you walk this trail either early in the morning or late in the evening, you may hear the high-pitched howl or bark of coyotes. Coyotes live in most forested areas of the city and are often referred to as the ghosts of a city because they are occasionally heard but rarely seen.

In urban areas, coyotes can potentially become a nuisance. Nuisance coyotes are usually a

direct result of people feeding them either intentionally or unintentionally. If you encounter a coyote that fails to exhibit fear of humans or acts aggressively by barking or growling, report it to the regional Conservation Officer Service, phone 604-582-5250. Nevertheless, coyotes serve important ecological functions.

Because a coyote's primary food source is rodents, they keep the rodent population under control. This can, in turn, result in an increase in songbird populations because fewer rats means greater nesting success for the birds. Coyotes have also slowed the population growth of Canada geese by stealing their eggs. So as you walk along this forested trail listening to the chirping of songbirds, take comfort in knowing that you are in a healthy, functioning, urban ecosystem.



Squint Lake Park

Squint Lake is nestled between the 18-hole Burnaby Mountain Golf Course and Squint Lake Park, which has walking trails, softball diamonds, tennis courts and a playground. The walking trails weave around the park amenities and provide glimpses of golfers swinging for a hole in one. The park is also a popular place for softball in the summer because its fields are lit.

In the winter months, the park is not as busy and walkers can enjoy the quiet forest and the sounds of trickling creeks nearby.



did you know?

Up until the mid-19th century, golf balls were typically made of boiled feathers stuffed into a leather pouch sewn into a ball shape.





> > > 1.8 km ● walk

This forest walk along the perimeter of the golf course follows a series of gravel paths and urban trails. It can be a quiet, calming walk or a walk full of life and activity, depending on what time of the day and what season you visit the area. Start in the Squint Lake Park parking lot, taking the trail near the washroom building that leads around the softball diamonds.

Squint Lake wasn't always called by this usual name. In 1910, when a Vancouver real-estate firm tried to sell their new subdivision on the mountain, they printed ads in the *Vancouver Daily Province* that announced, "Adjoining this desirable property is the beautiful Quinte Lake, where it is proposed to erect a tourist hotel." According to the 1993 Heritage Advisory Committee, local citizens apparently, "thought the name was hilarious and much too grandiose a description for a beaver pond. Instead, Lochdale residents joked that 'you had to squint to see it,' and the name Squint Lake stuck."

Stoney Creek Park

Stoney Creek is one of Burnaby's healthiest streams and supports a remarkable diversity of wildlife. It is also an important part of the northeast drainage of the Brunette watershed.

Your walk on the Stoney Creek trail system leads you through the Stoney Creek Community School grounds where you can play a game of tennis or play in the playground and on the gravel sports field. The school site is also home to community gardens, Creekside Youth Centre and the Burnaby Environmental Centre.



did you know?

You probably won't see redds (salmon nests) in the gravel because they are well camouflaged.

Dogs and people entering the stream can crush their hidden nests.



The walk is level and provides excellent opportunities to view the stream from a series of bridges.

Some parts of the stream are straight and fast-flowing; others meander along the flats creating natural pools. Throughout its length, you will see all the elements that create a healthy stream: trees, shrubs, water, logs, boulders and gravel. Stoney Creek is also a corridor for animals travelling between Burnaby Mountain Conservation Area and Burnaby Lake.



> > 1.2 km ● walk

The creek is home to returning salmon each fall and has become a success story thanks to the careful management of the local streamkeepers, who ensure that salmon can complete their life cycle. Coho salmon spawn from mid-October to December in the creek. The eggs hatch from January to March and the fish remain in the creek for a year. By the following May, when they are about one to one and a half years old (smolts), they leave the creek to live in the ocean, returning to spawn 18 months

later and complete their life cycle.

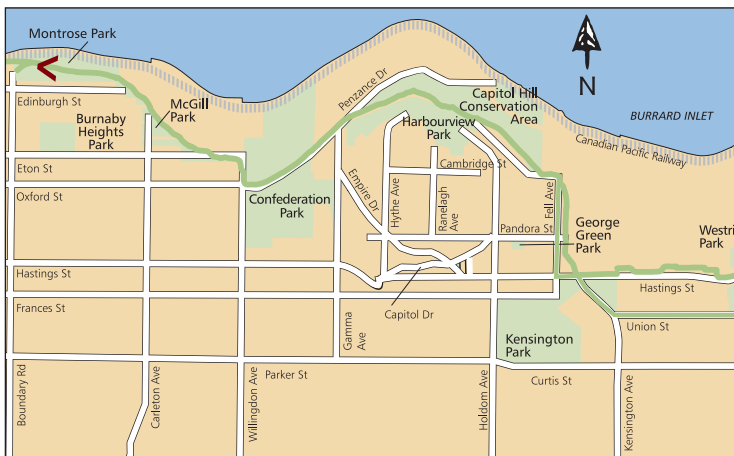
In the fall, be sure to watch for information posters provided by the Stoney Creek Streamkeepers. They'll give you information and directions for the best spots to watch for spawning salmon.



Trans Canada Trail

The Burnaby portion of the Trans Canada Trail is a 12.1-kilometre route incorporating a number of trails across the city. The trail links Burnaby Heights trail, Scenic View trail, and Hastings Street Urban trail to Burnaby Mountain trails. Along the forested route are fantastic views of Burrard Inlet. For information on the Burnaby Mountain portion of the Trans Canada Trail, refer to the Burnaby Mountain Conservation Area page in this guide.

If you're feeling adventurous, you can walk, bike or hike the trail from downtown Vancouver, making a loop around Coal Harbour, Stanley Park, English Bay and False Creek before striking east to Burnaby, Port Moody and Port Coquitlam and crossing the Fraser River on the Albion ferry to Langley. If you're really adventurous, you can follow the Trans Canada Trail all the way to St. John's, Newfoundland, and discover how the East Coast lifestyle differs from that of the West Coast in one of North America's oldest cities.



did
you
know?



> > > 12.1 km ■ walk

The Burnaby portion of the Trans Canada Trail is enjoyed by cyclists and walkers. It can be accessed from the west at the end of Boundary Road at Montrose Park or from the east along Barnet Highway. As you walk along this trail breathing in the sea air, staying cool in the shadows of the forest or strolling along a road, you begin to realize the importance of community. Industrial areas, forested parks, residential neighbourhoods and light commercial areas are all equally important pillars of a strong community, not only in Burnaby but across the nation.

The Trans Canada Trail is a testament to communities working together. When complete, it will link more than 800 communities, connecting all of Canada's distinct regions, its three oceans and its people in a new way for generations to come. Because of the sheer magnitude of the project (the proposed length is 18,000 kilometres), this is a unique opportunity for Canadians to come together to fulfill a common vision: a trail stretching from sea to sea to sea, a physical symbol of Canadian unity.



The 18,000-kilometre Trans Canada Trail, which stretches from Victoria, British Columbia, to St. John's, Newfoundland, is a shared-use recreational trail developed to accommodate walkers, cyclists, horseback riders, cross-country skiers and snowmobilers.

Plants & Animals

People are attracted to Burnaby's natural environment because it offers rest and respite from city life. It is also important to remember that the natural environment is home to a wide array of wildlife and plants that rely on natural areas for nutrients, protection and shelter.

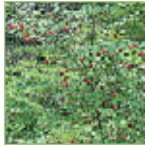
Please respect the homes of the wildlife and plants around you while visiting our natural areas by staying on the trails, remembering to leave only footsteps and take only pictures.

Burnaby is home to an abundance of flora and fauna (plants and wildlife). As you enjoy the parks, look and listen for some of the common flora and fauna found here.

Common Flora



cedar



huckleberry



hemlock



dull Oregon grape



alder



twinberry



cottonwood



sword fern



deer fern



“The ultimate test of man’s conscience may be his willingness to sacrifice something today for future generations whose words of thanks will not be heard.”

—Gaylord Nelson, co-founder of Earth Day

“Our choices at all levels—individual, community, corporate and government—affect nature. And they affect us.”

—Dr. David Suzuki,
award-winning scientist,
environmentalist and broadcaster

Common Fauna



coyotes



ducks



deer



turtles



squirrels



fish



skunks



bears



birds



cougars



BC Parkway & Highland Park Line

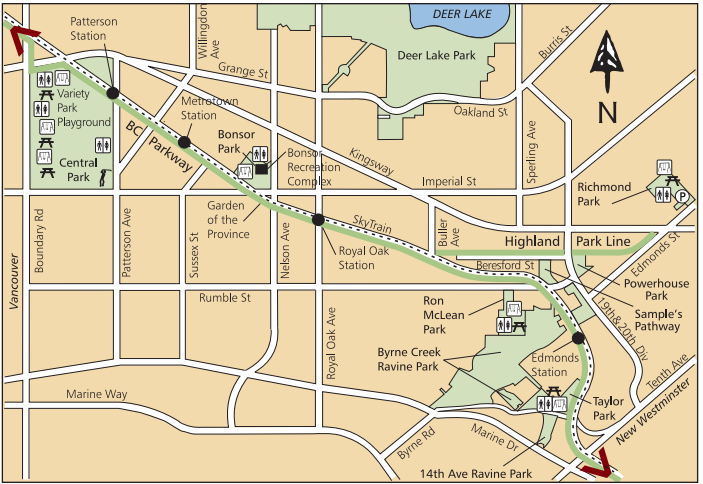
Burnaby's BC Parkway urban trail is part of a 19-kilometre linear park strip connecting Surrey and New Westminster's Quay to False Creek in Vancouver. The parkway's cycle and pedestrian trail provides the ideal alternative transportation corridor and has been beautifully landscaped.

Hop on your bicycle and explore the city from a new perspective while getting some healthy exercise. You can stop and enjoy a picnic lunch in one of the many parks you pass through. Joggers and walkers love this car-free corridor.

The BC Parkway is very accessible—walk or wheel one way, then hop on the SkyTrain back to your starting point.

Along the way, visit Central Park, the Metro Skate Park within Bonsor Park, take a detour on the Highland Park Line, or enjoy one of the parks in the Stride Hill neighbourhood, including the bike skills area at Taylor Park.







Burnaby Fraser Foreshore Park

Along the continental divide in the Rocky Mountains, a drop of water falls into a stream from a tree. This droplet takes an incredible journey of more than 1,300 kilometres before passing you here at Burnaby Fraser Foreshore Park on the north arm of the Fraser River.

Take the wheel aboard the riverside pirate ship in the playground and allow your imagination to flow freely with the passing boats on this busy working waterway. Here you can have a picnic along the shoreline, challenge friends and family to your favourite leisure activity on the open grassy areas or enjoy some time with fishing rod in hand in hopes of catching the “big one.”



If you would rather dine on the water's edge with a large group, two group picnic areas are available for reservation. Phone 604-294-7459 for more information.



did you know?

Of the 73 species of freshwater fish found in the province, 41 species inhabit the Fraser River.





> > > 3.9 km ● walk

Starting from the main parking lot on Fraser Park Drive, this walk is relatively flat on well-maintained trails. It follows the shoreline eastwards before winding through a raptor meadow east of the railway bridge, looping around the meadow, then connecting back to the original trail and returning to the parking lot.

As you walk along, you will notice many small channels and a pond near the meadow. These areas were created as back channels for fish habitat. This mixture of pond and stream habitat provides safe refuge for fish against high water events in the winter and between tides throughout the year.

The marsh areas are just as beneficial. They supply vegetative cover for fish, habitat for the invertebrates (such as spiders) that fish feed on during each of their life stages, as well as critical bird habitat.

Keep an eye on the river for the large tugboats hauling logs up and down the river. If you're lucky, you may see the train trestle bridge rotate to allow boats to pass safely through.

A detailed trail map is available at www.burnaby.ca/active, click on Parks.

Byrne Creek Ravine Park



This large forested creek ravine separating Taylor Park and Ron Mclean Park has a variety of trails ranging from urban pathways for a pleasant forest walk or more challenging hiking trails on the ravine's south slopes. On a hot summer day, walking in the shadow of the ravine is a sure way to stay cool.



Ron Mclean Park offers a ball diamond, playground, tennis courts and a wading pool for you and your family's enjoyment. Taylor Park, built on an old land-fill site, has a bike skills course, basketball court, dog off-leash area as well as a playground with wonderful views of Burnaby's south slope, Richmond and planes on approach to Vancouver International Airport.

did you know?

An abundance of mayflies in a stream is an indicator of good water quality. Mayflies need healthy streams with balanced levels of dissolved oxygen and low industrial pollutants.





> > > 3.2 km ◆ walk

Start your walk at the parking lot of Ron McLean Park. While you will find green (easy) and blue (medium) routes in this area, the recommended walk here is a black (difficult) route due to the long set of stairs and a few sections where the trail is steep and the surface underfoot is loose. The walk loops around a portion of Byrne Creek, leading you back to your starting point.

As you amble through the ravine, consider the fact that water temperatures are very important for healthy fish populations. One of the factors that changes water temperature is

solar radiation (direct sunlight). Too much direct sun can make stream temperatures too hot for fish to live in. However, a stream in a wooded ravine has lots of shade to cool the warm waters entering the creek system from urban runoff.

Local streamkeeper groups have completed restoration projects for some unshaded portions of Byrne Creek to enhance fish habitat and cool the streams. As you walk, take a moment to see if you can identify the difference in creek transparency. The very bright areas are a result of the sun's rays hitting the stream bed.

Central Park

Just minutes away from Metropolis at Metrotown, this urban forest of immense Douglas fir, western hemlock, cedar, poplar and maple transports you far away from the hustle and bustle of city living. Central Park also offers a wealth of recreational opportunities for the entire family.

Walkers and joggers enjoy the many marked routes that wind throughout the park and around the ponds under the dense forest canopy. If you'd rather walk in the sun, visit the Earl and Jennie Lohn Perennial Garden. You can also swim in the outdoor pool near the Korean War memorial in the summer. Children enjoy playing in the upgraded Variety Park playground, which is fun and challenging for all ages and abilities. This area was opened by Prince Charles and Diana, Princess of Wales, during their visit in 1986.

You can also enjoy a wide variety of sports at this more than century-old park. Practice putting at the 18-hole pitch-and-putt golf course, visit the lawn bowling green, the 16 horseshoe pitches and the tennis courts. You may want to use the fitness circuit to keep yourself in shape for all those other activities. Or you may just want to visit Swangard Stadium with friends and family to sit back and cheer on your team.



did you know?

Central Park was part of a government reserve set apart for military use by the Royal Engineers in the early 1860s.



> > > 5 km ● walk

Start in the parking area off Boundary Road. This park has many trails and it is easy to get lost, so stop at the kiosk and familiarize yourself with the map. Follow the Terry Fox markers for an enjoyable walk that weaves around the park.

Large towering evergreen trees create the forest canopy up to 60 metres above you. Evergreens are referred to as conifers because their seeds are usually found in cones. Cedars, in particular, are culturally important evergreens and are often referred to as the “tree of life” because they provided aboriginal people with shelter, clothing, tools and transportation.

With a tree identification book, you can practice identifying some of the common conifers found in Central Park. See if you can find Douglas fir, western hemlock, western red cedar and yellow cedar.

A detailed trail map is available at www.burnaby.ca/active, click on Parks.





Deer Lake Park

Deer Lake Park is situated in a peaceful natural environment that serves as the cultural precinct for the City of Burnaby's arts and heritage amenities. Leisurely walking trails with scenic views connect the lake, the Burnaby Art Gallery, Shadbolt Centre for the Arts, Burnaby Village Museum and Hart House Restaurant. During the busy summer festival season, the park is a bustling hub of activity.



Enrich your visit to the park by taking part in a variety of challenging and exciting visual art exhibitions at the Burnaby Art Gallery. Enjoy a live performance in one of two theatres at the Shadbolt Centre for the Arts, an architecturally stunning arts centre overlooking tranquil Deer Lake. Or experience hands-on-heritage at Burnaby Village Museum by exploring the urban tram and taking a whirl on the vintage carousel. To complete your visit, enjoy fine dining at the elegant and historic Hart House Restaurant.



did you know?

The winter wren can sustain its song for up to 10 seconds using 113 notes.





> > > 5.6 km ■ walk

Start your walk from the parking lot on Royal Oak Avenue (this lot can only be accessed northbound on Royal Oak Avenue). The trail winds by a wildlife viewing tower, an excellent place to pull out your binoculars and watch birds whisk through the meadows and over the lake before you continue along the shoreline to the Shadbolt Centre and festival lawn.

Don't forget to keep your eyes high in the sky where birds of prey are often seen soaring overhead. A common visitor to Deer Lake Park is the red-tail hawk. Hawks use thermals and updrafts to soar many kilometres without flapping their wings.

The meadows and fields are busiest in the spring and fall when male songbirds are belting out their unique courtship songs. Songbirds are often identified by their songs long before they are seen. So enjoy the many harmonies of the meadows as you stroll along the trails and boardwalks.



A detailed trail map is available at www.burnaby.ca/active, click on Parks.

Discovery Place Conservation Area

This conservation area, located at Gilmore Way and Sanderson Way, preserves some of the original natural setting of the Discovery Place high-technology complex site. Burnaby City Council approved the original Discovery Parks Community Plan in 1980, establishing a site intended to accommodate future development sites for advanced scientific and technological research activities. Through the rezoning process, some of the site was preserved as public conservation area for your enjoyment.

did you know?

The Electronic Arts building uses green roof technology resulting in protection and longer material lifespan of the roof membrane, savings on energy heating and cooling costs, and insulation to absorb, reflect or deflect sound waves.



Start the walk near Moscrop Secondary School and follow the trail through the deciduous forest. When you come out at Kincaid Street, turn around and return on the same trail noting the different views of Discovery Place.



> > > 1.7 km ● walk

As you walk through this forest, you'll note that it is younger than many of the other forest trails throughout Burnaby. This is because forests go through a series of growth stages, known as succession, after being disturbed by fire, disease or human activity. This is a natural, orderly change in plant and animal communities and occurs over time.

Grasses and wildflowers are usually the first plants to appear before shrubs and tree seedlings start emerging in the

second stage. The third and current stage of most of Discovery Place is that of a young forest. The forest will grow to a mature forest stage (51-150 years) before reaching a climax, which includes both decaying standing trees as well as young trees and shrubs growing in the understory. As you walk this trail over the years, note how the forest around you changes not only seasonally but over longer periods of time.

Robert Burnaby Park

Robert Burnaby Park offers a combination of quiet walks and outdoor activities that make it ideal for family picnics or individual exploration.

This network of trails in quiet surroundings of forested creek ravine was built during the Great Depression of the 1930s and is still heavily used by walkers and joggers. Nature lovers enjoy the diversity of creeks that flow beneath the towering conifer canopy.

The southeast corner comes alive with children playing in the playground or people splashing in the outdoor pool uphill from the tennis courts. People also enjoy playing baseball at the Fourth Street ball diamond or challenging themselves and friends to a game of disc golf. The disc golf course is accessed from the parking lot at the bottom of Hill Avenue.



did you know?

Stream pools are used by female spawning salmon, who may lay up to 7,500 eggs each in gravel nests called "redds."



> > > 1.4 km walk

Starting at the outdoor swimming pool parking lot, travel north down the gravel path along the ravine banks. The steep ravine slowly changes into a gentle waterway known as Ramsay Creek whose pools were restored as part of a creek restoration project to provide habitat for juvenile and spawning salmon from Burnaby Lake.

Good water quality is crucial to the survival of humans and fish, and it is important to recognize that the battle for water quality is generally won or lost in the small creeks.

When it rains in urban watersheds, such as the neighbourhoods around Burnaby Lake, the water flows off the surface and down the drains. This water or urban runoff drains into the creeks carrying pollutants and other material. If the urban runoff is poor quality, containing toxins or fertilizers, it decreases the water quality in the creeks.

It is far easier to manage the water quality in smaller waterways than it is to influence water quality in a large river where the channel is tens of metres wide. So remember to do your part by reducing the chance of pollutants entering the streams from urban areas. This helps keep these creeks clean for you and your children to enjoy now and for many generations to come.

Dogs in Parks



dogs on leashes are welcome in all Burnaby parks and are allowed off-leash in designated areas. For the safety and consideration of park users, dog owners must follow basic rules.

off-leash dog code

(Based on Burnaby Animal Control Bylaw 9609 and Burnaby Park Regulations Bylaw 7331.)



- The dog owner or handler must be present and in verbal control of the dog(s) at all times. Consider obedience training courses for yourself and your dog.
- Owners must clean up and properly dispose of their dog's waste.
- Dogs must wear a valid licence and have current vaccinations.
- Dogs must be leashed before entering and upon leaving the off-leash site.
- Owners must have a leash in hand at all times.
- Any dog exhibiting aggressive behaviour (e.g. biting, fighting, excessive barking) must be leashed and removed immediately.
- Owners are responsible for any damage or injury inflicted by their dog.

dog walking etiquette

- Use your common sense around other people and do not allow your dog to approach strangers uninvited.
- Ensure you have enough strength to restrain your dog in case of difficulty.
- If your dog is aggressive or "grumpy," make sure it is wearing a muzzle.
- For the protection of your dog and other dogs, do not leave your dog unattended.
- Remember that objects in the hands of children may be attractive to dogs and they may accidentally knock children down.
- When walking in on-leash and off-leash areas, be respectful of other dogs, especially smaller or older dogs.
- Protect the natural environment and prevent disturbance of wildlife by keeping your dog on the trails.
- Water edges and fields are environments for burrowing animals, so make sure your dog doesn't dig holes.

Report any problems with dogs and/or dog owners to the SPCA at 604-291-7201.



designated off-leash areas

Specific off-leash areas have been designated in portions of the following parks and are places where responsible dog owners can exercise and train their dogs off leash. These sites are not exclusively for dogs and are shared with all park users.

- Confederation Park (enclosures and year round on trail north of Penzance Dr.)
- Robert Burnaby Park (year round on hydro corridor and adjacent lawn area west of Ramsay Creek)
- David Gray Park (enclosure, year round)
- Taylor Park (enclosure, year round)
- Warner Loat Park (enclosure, year round)
- Malvern Park (trail and open area, year round)
- Barnet Marine Park (portion of Drummond's Walk area with restrictions*)

Trial off-leash hours:

- October 1-April 30 No time restrictions, dawn to dusk
- May 1-September 30 Weekday mornings dawn to 10:00am
Weekday evenings 6:00pm to dusk
Weekend mornings dawn to 10:00am

Statutory holidays are equivalent to weekend schedule.

- Burnaby Fraser Foreshore Park
 - Byrne Creek Dyke trail (year round)
 - Picnic Meadow (lawn north of picnic shelters with restrictions*)

Trial off-leash hours:

- October 1-April 30 No time restrictions, dawn to dusk
- May 1-September 30 Dawn to 9:00am and 6:00pm to dusk

** Please respect the seasonal or time restrictions posted at these off-leash areas.*



dogs are NOT allowed

- On beaches, specifically at Barnet Marine Park and Deer Lake Park for sanitary reasons.
- In environmentally sensitive habitats, such as the tidal area at Barnet Marine Park, the banks of the Fraser River and Deer Lake's ponds and streams.
- In any park area where dog restriction signs are posted

Park Amenities

at some of Burnaby's parks

* Central and Confederation Parks may be reserved for group picnics. Call 604-294-7459.

** A park is considered wheelchair accessible if there are designated parking spots and accessible washrooms.

NB No ball diamond.

NF No playing field.

	Barnet Marine	Bonsor	Burnaby Fraser Foreshore	Burnaby Lake	Burnaby Mountain	BC Parkway & Highland Park Line	Cariboo Hill	Central	Charles Rummel	Confederation	David Gray
BALL DIAMONDS/ PLAYING FIELDS		✓		✓			✓	✓ ^{NF}	✓	✓	
BIKE SKILLS					✓						
CAR TOP BOATING/ LAUNCHES	✓			✓							
CYCLING					✓	✓		✓			
DOGS OFF-LEASH AREAS	✓		✓							✓	✓
DRINKING WATER	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓
FISHING	✓		✓								
ICE ARENA				✓							
LACROSSE BOX							✓			✓	
LAWN BOWLING								✓		✓	
PARKING STALLS	318	306	64	1034	403	—	64	597	61	476	—
PAVED PLAY COURT/ HOOPS		✓								✓	
PICNIC SITES	✓		✓	✓	✓			✓*	✓	✓*	
PITCH & PUTT GOLF								✓			
PLAYGROUND		✓	✓	✓	✓			✓	✓	✓	✓
POOL - INDOOR		✓					✓			✓	
POOL - SPRAY/WADING									✓	✓	✓
POOL - OUTDOOR								✓			
SKATEBOARD		✓								✓	
TENNIS		✓		✓				✓		✓	✓
WALKING/HIKING TRAILS	✓		✓	✓	✓	✓		✓	✓	✓	✓
WASHROOMS	✓	✓	✓	✓	✓		✓	✓	✓	✓	
WHEELCHAIR ACCESSIBLE**	✓	✓	✓	✓	✓			✓	✓	✓	✓



City of
Burnaby
Parks, Recreation
& Cultural Services

www.burnaby.ca/active