



TRANS CANADA TRAIL CHALLENGE 2009 – DESTINATION MAILLARDVILLE GUIDE AND INSTRUCTIONS

THIS IS NOT A RACE

Take the time to enjoy and above all

THINK OF YOUR SAFETY AND THE SAFETY OF OTHERS

FOLLOW ROAD REGULATIONS WHEN CROSSING AND GOING ALONG ROADS

BEWARE: ALL WOOD SURFACES CAN BE EXTREMELY SLIPPERY WHEN WET – WALK YOUR BIKE

STAY ON THE RIGHT SIDE OF THE TRAIL WHEN YOU CAN

ASSIST WHERE YOU CAN AND DON'T LEAVE YOUR TRACE

PLEASE DISPLAY YOUR NUMBER TAG PROMINENTLY IN FRONT OF YOUR CLOTHING

WATER AVAILABLE AT STATIONS ALONG THE WAY

The TCT K Signs = the TCT distance between pavilions starting at the Pavilion on Burnaby and starting again in Coquitlam Centre Park up to the Pitt River Bridge.

PORT MOODY

0 km ROCKY POINT PARKING LOT

Before leaving note that the Port Moody Train Station Museum is under the overpass. Other features in the park are the Quay and the service building also built in the style of a train station.

From the Rocky Point parking lot take the pathway to the quay on the waterfront on Moody Inlet and continue on the path going east on **Shoreline Trail**. Follow the **Trans Canada Trail signs**. Just as you enter the forest you will have a choice of the gravel walking path or the paved cycling path. You can walk your bike on the gravel path for 1 km. It is worth walking your bike on this trail if you never have done it before - it includes a boardwalk over **tidal mud flats**, a great place to watch bird life. You are in typical **west coast forest**. You will note several interpretive signs on the walking path that explains the fawn and fauna of this park.

1 km AT THE PORT MOODY COMMUNITY CENTRE SPORT FIELDS OVER THE RAILROAD TRACKS

Turn right over the tracks towards the sport fields and follow the path on the left side along **Noons Creek**. You will see the fish hatchery across the creek. Keep to the path past the arena and turn right at the road. Watch for the TCT signs that will lead you through the small Pioneer Park across from City Hall. Once on a sidewalk turn right towards a traffic light. Cross loco Rd. into **Newport Village (YOUR BEST CHANCE FOR A CUP OF COFFEE)** and walk through this unique self-contained complex of shops and apartment towers to Ungless and turn right to Guildford Way.

3.5 km AT GUILDFORD WAY

On Guildford head left/eastward using the north sidewalk past Eagle Ridge Hospital. You are now in Coquitlam. FOLLOW THE SIGNS ON THE NORTH SIDEWALK ALONG GUILDFORD.

COQUITLAM

Along Guildford cross Falcon, pass **Eagle Ridge Elementary**, **Scott Creek Middle**, and over **Scott Creek** passing **Eagle Ridge Park** to Lansdowne. As you continue there is **Gleneagle High** on your right on the way to Johnson St. Just past a winding sidewalk is **Hoy Creek**, a highly productive salmon creek. Watch for interpretive signs.

5.4 km HOY CREEK ENTRANCE

Turn left at Hoy Creek and follow the trail past the fish hatchery to a sharp turn right taking you to **Pinetree Community Centre** and home of the David Lam campus of Douglas College and Pinetree High. You will find **washrooms** here.

6.2 km PINETREE COMMUNITY CENTRE

Head across Pinetree Way to **Coquitlam Centre Park** (unbelievably this park including the lake used to be a gravel pit) and follow the shore of **Lafarge Lake** to the Trans Canada Trail Pavilion and turn left past tennis courts the stadium right up to David Pathan Ave.. Turn right and watch for a TCT sign getting you off this path on the right. **DO NOT CROSS THE COQUITLAM RIVER**. At the end of this short path turn left in front of a convenience store and then right onto a trail on a utility right of way into the West side of Coquitlam River Park.

8.1 km START OF COQUITLAM RIVER PARK

The Coquitlam River Park is an extraordinary trail through a typical west coast forest. In the second half you will spot salmon spawning channels and rearing ponds. **MAKE SURE TO TAKE THE PATRICIA PEDESTRIAN BRIDGE OVER THE COQUITLAM RIVER.**

10.6 km EAST SIDE OF THE PATRICIA PEDESTRIAN BRIDGE OVER THE COQUITLAM RIVER

Once over the bridge immediately take trail along the east side of the Coquitlam River going north. **CAREFUL HERE GO NORTH TOWARDS THE MOUNTAINS.** You are now on the POCO Traboulay Trail and in the east side of Coquitlam River Park where there are many fish channels. **TAKE GREAT CARE TO FOLLOW THE TCT SIGNS.** The trail will lead you across Shaunessy St. to continue in another great forested park up to Oxford St. You are now in Port Coquitlam proper.

PORT COQUITLAM

12 km Corner of Oxford and Lincoln - TRICKY CORNER LOOK FOR TCT SIGNS

Head east on Lincoln and turn, at the first opportunity, into **Wellington Park** with its impressive trees on the right and follow the trail to the corner of Patricia and Wellington. You are at l'Ecole des Pionniers. This was **Terry Fox's High School** before he headed off on his cross-country run.

12.6 km ECOLE DES PIONNIERS DE MAILLARDVILLE - CHECK POINT

Continue on Patricia and cross Coast Meridian at the start of the **Hyde Creek Trail** and continue to the Hyde Creek Community Centre. This is the home of the Terry Fox Run.

13.3 km Hyde creek Community Centre - WASHROOMS.

Continue on Hyde Creek Trail and follow the PoCo Trail or the Trans Canada Trail signs to Deboville Slough. This creek is full of spawning salmon at the end of October and beginning of November. It is quite spectacular.

15.1 km Start of Debouville Slough dikes.

Follow the south dike to the Pitt River - Look for blue herons feeding in the water.

17.1 km Starting to follow the Pitt River

On these dikes there are **spectacular views** of the mountains, especially the Golden Ears Mountain in Alouette Park. This river is tidal as is Pitt Lake, the largest fresh water tidal lake in the world. This is also a great place to view log booms and boat traffic.

20.7 km PITT RIVER BRIDGE - LEAVING THE TRANS CANADA TRAIL

Because of the bridge construction there is a detour using the traffic lights on Lougheed and later at Kingsway. At Kingsway you turn left and follow the road to the dikes. Follow our arrows carefully to get to the dike trail on the other side of the bridge. This is the continuation of the PoCo Trail but it is no longer the Trans Canada Trail. The Trans Canada Trail crosses the bridge to Pitt Meadows. Continue to Peace Park.

23.3 km PEACE PARK - SHELTER FOR A BREAK

Continue to the end of the dike and take the path past the Gillnetter Pub

24.3 km Gillnetter Pub

Continue on the PoCo Trail to the next Check Point

25.3 km CITADEL LANDING - CHECK POINT - WASHROOMS (12.3 km from Hyde Creek Community Centre)

Continue on Citadel Landing waterfront now following the Fraser River across from Douglas Island and leaving the Pitt Meadows shoreline that was across the Pitt River. This is where the two rivers meet. Soon you will cross the Mary Hill By-Pass and enter the Colony Farm trail system - still the PoCo Trail.

27.1 km Start of the COLONY FARM TRAIL.

Follow this trail until you come to a bridge that crosses the Coquitlam River. Look for wildlife. This used to be a well run farm by Riverview Hospital giving its patients work experience. It is now a Greater Vancouver Regional Park. Note this is the second time crossing the Coquitlam River using a pedestrian bridge if you started at Rocky Point. You are now back in Coquitlam.

28 km COQUITLAM again - FOLLOW OUR ARROWS ONLY

Turn left and continue to follow the Coquitlam River past the Kwikwetlem Band (meaning red salmon) houses. Turn left again and follow the trail under the Port Mann Highway. At the point where the trail turns to the right it is where the Coquitlam River flows into the Fraser. Continue on this trail to Maquabeak Park.

29.9 km MAQUABEAK PARK - CHECK POINT - WASHROOMS

The route from here is somewhat tricky and mainly along roads. You may need to follow these instructions if you lose sight of our arrows.

- Go up Burbidge Street to Rogers Ave.
- Turn left on Rogers to Leeder Ave and turn right.
- Follow Leeder St. to United Way.
- Turn left on United Way and go to Fawcett Rd.
- Turn left on Fawcett Rd. to Hartley Ave.
- On Hartley Ave continue past the Casino and Home Depot to Brigantine Drive.
- Turn left on Brigantine Dr. to a small trail on your right.
- Follow this trail to the Como watercourse and turn right to United Blvd. again.
- Turn left on United Blvd to King Edward and turn right. If you look towards the Fraser there used to be a lumber Mill here called Fraser Mills. This is the reason why people from Quebec settled here in 1909 and founded the community of Maillardville. At one time it was the largest lumber mill in the Commonwealth.

35 km

MAILLARDVILLE

Turn right on King Edward. Imagine this as a dirt road with a wooden sidewalk bordered by small white company houses.

- Continue under the freeway, across Lougheed Highway. Head into Mackin Park and follow the path that parallels King Edward.
- At Brunette Ave. turn right and head into the Place des Arts Plaza.
- It is a short walk/ride from here back to Laval Square by following a path between homes. Follow the signs.

36 km

LAVAL SQUARE

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