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TRANS CANADA TRAIL CHALLENGE 2007 – NORTH SHORE GUIDE AND INSTRUCTIONS FOR CYCLISTS

HORSESHOE BAY/DUNDARAVE/CLEVELAND DAM TO WATERFRONT PARK

THIS IS NOT A RACE

Take the time to enjoy and above all

KNOW YOUR ABILITY LEVEL

THINK OF YOUR SAFETY AND THE SAFETY OF OTHERS

FOLLOW ROAD REGULATIONS WHEN CROSSING AND GOING ALONG ROADS

WALK YOUR BIKE WHEN PASSING AND MEETING PEDESTRIANS

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

PRIZES ARE MATCHED WITH YOUR TAG NUMBER AT WATERFRONT PARK

WATER AVAILABLE AT STATIONS ALONG THE WAY

TOILETS ARE AVAILABLE AT EVERY STATION AND OTHER PLACES ALONG THE WAY

- If you have a cell phone and need help call **604-312-5859**

In General

The route goes from the Horseshoe Bay to the Cleveland Dam. It mainly follows existing cycling routes through West Vancouver using quiet residential streets before heading over to the Cleveland Dam. The cyclists and the walkers will be on the same trail as they leave Capilano Regional Park for North Vancouver. As West Vancouver implements a comprehensive cycling plan known as the Spirit Trail, and establishes greenway corridors in future developments, it is hoped that the two routes will be combined or closer together. Note that the Trans Canada Trail Pavilion is at K33.5, that is, 33.5 km from the Ferry Terminal at Horseshoe Bay.

Seaview Walk Trail (2 KM) - YIELD TO PEDESTRIANS ON THIS POPULAR PATH.

This used to be BC Rail grade and offers sensational views over Fisherman's Cove and Eagle Island. The Trail continues over the BC Rail tunnel entrance. **You will need to push your bikes past a set of stairs and a few steep inclines to get over the tunnel to the main trail.**

Nelson Creek Trail (0.5 km)

This trail goes over the BCR/CN tunnel entrance and onto the former Trans Canada Highway Bridge over Nelson Creek. **This is where walkers/runners separate from cyclists. Cyclists**

continue on the access road that heads under the Highway (Don't go up with the walkers)

Step by Step Street Directions. Watch for Cycling Commuter signs with a Trans Canada Trail Logo. Yellow arrow signs take precedence over any other signs.

- Turn left and follow Westport Road uphill and down past a four way stop, this is now Woodgreen Drive.
- Follow Woodgreen Drive skirting a few rock bluffs keeping to the right to
- Woodcrest Road and still keeping to the right to
- Almond Road, then, under the highway to (Ignore vehicle restriction signs and barrier)
- Ripple Road to
- Westridge Avenue turning right to
- Southridge Avenue then turn right on Bayridge to
- A 60 m trail between two cul de sacs to
- Mathers Avenue
- Follow Mathers to 31st Street– **Ignore Commuter Cycling signs**
- Cross busy Marine Drive with care and continue on 31st then at the next street turn left on
- Proctor Lane turning into Park Lane
- Turn right on 29th St. (Don't miss the view at then of 29th) to
- Bellevue Ave to **CHECK POINT** at 25th St. – (Bathroom and other amenities here)
- Follow Bellevue to 18th Street and turn right and quickly turn left again in lane that will take you to Ambleside Park –
- Follow Bellevue to 14th Street at the start of Ambleside Park
- Turn left up 14th Street(Walkers and Cyclists split again)
- After more than a km turn right on Kings Avenue onto
- Burley Drive and onto
- Inglewood Avenue to Taylor Way and **turn left**
- Veer to the right on Stevens Drive.
- Follow Stevens Drive past the Capilano Golf Club and turn right on Deep Dene Road.
- As it turns it becomes Glenmore Drive. Watch for a cycling/pedestrian right-of-way on the right before Morven Drive and
- Follow this path to the Cleveland Dam. **CHECK POINT at K24.8** on west side of the Dam.
- Cross the Cleveland Dam and ride for about 100 m and watch for a service road on the right. **You are now in North Vancouver.**
- Follow the service road on the east side of the Capilano River to Capilano Park Road (not to be confused with the Capilano Road outside the park. Take Capilano Park Road westward (turn right) to the fish hatchery.

- Retrace your step back and continue on Capilano Park Road going east.
- Watch for a narrow trail on your left and take it to Eldon Road
- Follow Eldon Road to Capilano Road and cross it at the pedestrian crosswalk. (Watch for driveways and yield to pedestrians).

Edgemont Trail (2..2 km)

Follow and cycle on the sidewalk on the east side of Capilano Road south to Edgemont Blvd. Turn left and follow Edgemont Blvd. through Edgemont Village. The clock at Highland Blvd is at **K29** on the trail and is a great corner to grab a snack. Turn east (left) on Queens Road to Mosquito Creek and turn south (right) on the west side of Mosquito Creek.

Mosquito Creek and Waterfront Trail (3 km)

The Mosquito Creek Trail is a natural trail with adjacent spawning channels enhancing the fisheries potential of the creek. The Mission Reserve off Forbes Road includes St. Paul's Church, a heritage site. The Elders Garden next to the church is also a unique attraction. There are informative interpretive signs in Waterfront Park, providing insights into the Harbour activities and their history.

Follow the west trail of Mosquito Creek to 16th St at the entrance of the park. Cross 16th to the south side at the nearest traffic light. From here, go east/right on the sidewalk to the east side of the creek and follow it to Marine Drive. Turning right, again cross at the nearest traffic light (3 corners) and work your way on the sidewalk on the south side of Marine Drive. Head east to the east side of the creek and follow it to Bewicke Ave. and turn left. Follow Bewicke north for a short block to 2nd and turn right ending on 3rd Street veering right. Follow 3rd Street east to Forbes and turn right. Follow Forbes, cross Esplanade (but before do take a short trip west onto the Mission Reserve to see the heritage site, St Paul's Church), go over the tracks and follow the foreshore into Waterfront Park. **Here the Native Theme Trans Canada Trail Pavilion in Waterfront Park is a definite photo opportunity at the end (or half way for some of you) of a successful journey.**