

Distances:

Description	Km
SeaBus ride	3
Coal Harbour Trail	2.4
Stanley Park Trail	8.2
West End Trail to across Burrard Bridge	3.6
South False Creek Trail to Science World	4.3
Chinatown and Portside Trail (Science World to Burnaby Boundary)	8.8
Total Distance including SeaBus (halfway)	30.3 km



**TRANS CANADA TRAIL CHALLENGE 2007 – NORTH SHORE
GUIDE AND INSTRUCTIONS FOR
CYCLISTS
CITY OF VANCOUVER ROUTE**

**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
WALK YOUR BIKE WHEN PASSING AND MEETING PEDESTRIANS
STAY ON THE RIGHT SIDE OF THE TRAIL, WHEN YOU CAN**

**PLEASE DISPLAY YOUR NUMBER TAG PROMINENTLY IN FRONT OF YOUR CLOTHING AT
NEW BRIGHTON PARK – LAST CHECK POINT**

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Coal Harbour Trail (Seaside Bikeway)

The trail through the city starts at the SeaBus Terminal and goes along the shoreline of Coal Harbour (a temporary path is in place for a short section while the seawall and Convention Centre is being completed). Take the exit on the bottom floor of the SeaBus Terminal towards the Heli Jet Terminal and head west towards Stanley Park. At the end of the road don't turn left but, instead, go through the EasyPark to the Float Plane Terminal. That will put you on the Coal Harbour seawall. Follow it to Stanley Park.

Stanley Park Trail (Seaside Bikeway)

Continue around Stanley Park keeping to the right passing by Totem Park, The Harry Jerome Monument, Brockton Point, and Lumberman's Arch.

As you approach the Lion's Gate Bridge overhead you will need to take **Detour B** because of the Seawall Closure. This interesting detour will allow you to experience Beaver Lake and the great forest of Stanley Park and some of the damage caused by the winter storms. This will put you back on the Seawall at Third Beach. Don't forget to look back at Siwash Rock at you proceed past Ferguson Point on the south side of Third Beach. Continue past Second Beach to the West End.

West End Trail (Seaside Bikeway)

The Trail continues along English Bay, Sunset Beach and crosses False Creek over the historic Burrard Street Bridge. Follow the bike path right up to the Aquatic Centre. Go past the Aquatic Centre and take the first path to the left to Beach Avenue. Follow Beach to Burrard. Follow the signs up to the bridge and head south on the west sidewalk of the bridge.

South False Creek Trail (Seaside Bikeway)

The logistics of getting off the Burrard bridge are still being worked out. For now, the best and most interesting route is to turn westward (right) on the first street you come to, Chestnut Street, and, within a short distance, turn north towards the water on a path along the right side of a playing field. This section through Vanier Park and under the Burrard Bridge has not been signed allowing for a variety of options between leaving the bridge and the path along the water.

Once having reached the water's edge, start heading east along False Creek towards Granville Island. You will soon see the Trans Canada Trail signs again as you near Granville Island. Once under the Granville Street Bridge cross the road and continue on the cycle/walking path.

The Trans Canada Trail Marker Pavilion site is behind the False Creek Community Centre at the end of Alder Bay on Granville Island. Watch for the sign post that has the following 3 signs: Island Park Walk, Birch Walk and Granville Island to go to the TCT Pavilion and to find the washrooms at the False Creek Community Centre.

Completing nearly 18 km of seawall, the Trail continues east from here along the banks of South False Creek after crossing Granville Island. With its striking views of the city and the North Shore, the Trail heads eastward to Science World. There is a temporary path from Cambie Street Bridge to Science World, an area that is slated for new housing and park development.

From Science World follow Quebec Street to Keefer Street and turn right into Chinatown.

Chinatown Trail

Follow Keefer eastward through the Chinatown markets. Cross Main Street along Keefer passing a Chinese Temple, the Strathcona Community Centre (pool and restrooms), the historical Strathcona School, and Maclean Park to Hawks Avenue. Restrooms may be

open in the park. Note the colorful and historical residences around this park and along Hawks Avenue. Follow Hawks Avenue south (turn right) to Union Street.

Portside Trail (includes Adanac, Lakewood and Portside bikeways)

Turn east (left) on Union Street on one of Vancouver City's commuter bikeways. Follow Union Street which becomes Adanac Street (Canada spelled backwards) after making a short jog to the left (north) on Vernon Drive. Follow Adanac Street crossing Clark and Commercial Street (the Italian Quarter). Continuing along Adanac cross Victoria to Lakewood Street. Here, the Trail heads north (left) following a pathway through the Templeton School Yard. The school built a plaza for the enjoyment of Trans Canada Trail travelers. Pay close attention to the Mosaics made by the students of this school. Can you identify the provincial birds? Follow Lakewood Street beyond the school grounds. Cross Hastings and Dundas Streets and follow a pathway through a small park to Wall Street.

Follow Wall Street eastward taking in several small parks overlooking Burrard Inlet along the way. Pass 'Dusty' Greenwell Park, cross Renfrew Street and continue along Wall Street to the path that goes up to a crosswalk onto the Overpass to New Brighton Park and the industrial waterfront.

Take the east sidewalk on the overpass to the bottom of the ramp and turn right towards the seawall. Follow the seawall east while viewing the port and the north shore mountains along with the Cascadia Grain Elevators. Pass the pool area and public restrooms. Do read the bronze historical marker across from the washrooms. Proceed under the railroad tracks and follow a path eastward into the New Brighton Park gravel parking lot. You made it!