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**TRANS CANADA TRAIL CHALLENGE 2007 – NORTH SHORE  
GUIDE AND INSTRUCTIONS FOR  
WALKERS AND RUNNERS  
DUNDARAVE 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**

**BEWARE: ALL WOOD SURFACES CAN BE EXTREMELY SLIPPERY WHEN WET**

**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**

**THERE IS NO WATER FOR THE WHOLE LENGTH OF THE CAPILANO PACIFIC TRAIL (6 KM)**

**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**

**West Vancouver**

**Note: This is the same trail as the Heart Stroke Foundation signs. There is a sign for each km that have 'km' printed on them. Follow the yellow signs over any other. There are no formal Trans Canada Trail signs for the first 8.5 km.**

**From Dundarave Park Follow the Seawall and pathways to Ambleside (2.4 km)**

**Ambleside (1.2 km)**

Keep following the trail closest to Burrard Inlet to the Capilano Pacific Trail. There is a split between the cyclists and walkers at 14<sup>th</sup> Street.

**Capilano Pacific Trail (6 km)**

Watch for the welcoming figure on the shore of the Squamish Nation lands. Note how it lines up with Siwash Rock in Stanley Park.

Follow the great Capilano Pacific Trail along the Capilano River to the Cleveland Dam **check point**. **This is a change.** Please try not to miss this check point. Here you can wander onto the dam and **double back** to the Giant Fir Trail. The Second Canyon Viewpoint Trail is worth

the detour. Watch for signs to the fish hatchery over the Cable Pool Bridge. The display at the fish hatchery includes a viewing area that shows the salmon in a fish ladder. There are, also, public washrooms.

### **North Vancouver**

#### **Capilano Regional Park Trail (1.7 km)**

In Capilano Regional Park the trail generally follows the Capilano River Canyon in a typical coastal forest.

From the fish hatchery follow the Coho Loop and Chinook Trails. Cross Capilano Park Road and follow a trail northward to Eldon Road. Follow Eldon Road to Capilano Road and cross it at the pedestrian crosswalk.

#### **Edgemont Trail (2..2 km)**

Follow 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).

#### **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.**