

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.**



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

HORSESHOE BAY/CYPRESS/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

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

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
- Note the k markers – You are heading for K34.

Note:

Those following the upper route, starting from Gleneagles Community Centre at K1 in Horseshoe Bay or from Cypress, should realize that the first support station is at the start of the Skyline Trail at **K16.5**. (15 km from Horseshoe Bay and (5.5 km from Cypress). The second station is at Cleveland Dam at **K24.5** (the next 8 km). Anyone undertaking this hike must be in good physical condition and must carry water along with other hiking provisions. Be prepared for changes in the weather and possible encounters **with bears**.

Seaview Walk Trail (2 KM)

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.

Nelson Creek Trail (1.5 km)

The trail goes over the BCR/CN tunnel entrance and over the former Trans Canada Highway Bridge over Nelson Creek. **This is where walkers/runners separate from cyclists.** Watch for an access road going north at a water reservoir and follow it to next water reservoir. Continue on a trail on the east side of the water reservoir. Follow this path through the pristine forest east of Nelson Creek to a set of stairs up to a service road.

Event Supporters and Sponsors

- City of North Vancouver
- District of North Vancouver
- West Vancouver
- Vancouver
- Greater Vancouver Regional District
- Canadian Ski Patrol
- The Runner's Den (Port Moody)
- TD CanadaTrust (Coquitlam)
- Société Maillardville Uni
- Squamish First Nation



Eagle Creek Trail (2.2 km)

Once on the service road above the stairs follow it for a short distance going somewhat uphill. Look for a trail in the forest on your left. Follow this mountainous forested trail to the Eagle Lake Access Road that goes down to the West Cypress Creek Trail. Along this road there are extraordinary views of Caulfield and Georgia Strait.

West Cypress Creek Trail, and East Cypress Creek Trail

Proceed north on West Cypress Creek Trail for 5.7 km. **At about the K10 marker, a bit after the elevated toilet, it becomes quite a bit easier. The steady climb is basically over.** Note that, at the highest point of the Cypress Creek Trail (**K12 marker**), it is possible to go up to the Cypress Ski area about 15 minutes further up the trail.

The Cypress Ski Hill Parking area is the Cypress starting point. Follow the east side of the Construction fencing besides a large parking lot and keep heading south to the **K12 marker and head east towards North Vancouver. You have now connected with the Trans Canada Trail.**

The bridge over Cypress Creek at **K12.6** is the start of the East Cypress Creek Trail (4.1 km). This stretch to Skyline Trail is a **popular bear area – be noisy and keep your distance from them.** Stay on a trail that parallels the BC Hydro Power Lines. Nearing **K16** you will be surprised by a picnic table with a superb view. Once past the British Pacific Properties' Gate turn east to Cypress Bowl Road. Cross the road to start the Skyline Trail.

Skyline Trail (7.8 km) - Check Point

Access the Skyline Trail off Cypress Bowl Road at the second lookout (a former quarry) at marker **K16.5**. Take advantage of the sensational view over Indian Arm at this location. There are **toilets** here. Proceed eastward to the Cleveland Dam. Use extreme caution on this trail the rocks, logs and bridges are very slippery when wet. It can get quite overgrown in places. This trail features vestiges of early century logging, picturesque ravines, water falls, and west coast forest. Access trails to Cypress Bowl, Hollyburn Mountain and several other heritage trails are interesting side trips for another day. For a short side trip, cross the Cleveland Dam to get good views of the Capilano Canyon and outflows from the dam and to access water and restrooms.

- **Skyline Trailhead – K16.5** – Halfway point for those coming from Horseshoe Bay
- **Rodgers Creek – K18**
- **Marr Creek - K19.2**
- **West branch of McDonald Creek – K19.5**
- **Main Branch of McDonald Creek – K20**
- **Lawson Creek (Baden Powell Trail Junction) – K20.8**
- **Brother's Creek – K21.2** – Great Waterfall (About the halfway point for those

coming from Cypress)

- **Cleveland Dam – K24.8 (Check Point)**

West side of Cleveland Dam is a Check Point (If starting here stay on the west side of the dam and follow the trail on the west side of the river)

From the west side of Cleveland Dam follow the Capilano Pacific Trail, the Giant Fir Trail, and the Second Canyon Viewpoint Trail -- watch for signs to the fish hatchery over the Cable Pool Bridge (1 km). Do take the viewpoint trail at K25.5 and do not miss visiting the display at the fish hatchery where one can observe, through glass, the salmon in a fish ladder. There are, also, public washrooms here.

The Cable Pool Bridge is the **check point** for those coming from Dunderave

Elevations

Description	Metres /feet
Seaview Walk Trail	110 m /360 ft
High point on Eagle Lake Access Road	420 m /1350 ft
Low point on West Cypress Creek Trail	395 m /1295 ft
High point on Cypress Creek Trail	830 m /2720 ft
Cypress Provincial Park Viewpoint on the Cypress Bowl Road	620 m /2030 ft
Highest point on the Skyline Trail - Descent begins near McDonald Creek West	650 m /2130 ft
Capilano Lake - Height of dam is 90 m (300 ft)	146 m /480 ft
Fish Hatchery	45 m /150 ft

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 crossing Capilano Park Road follow a trail northward to Eldon Road (after crossing Capilano Park Rd. Follow Eldon Road to Capilano Road and cross it at the pedestrian crosswalk.

Edgemont Trail (2..2 km)