

TRANS CANADA TRAIL CHALLENGE 2006 – LOWER FRASER VALLEY

GUIDE AND INSTRUCTIONS

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 – 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

PRIZES ARE MATCHED WITH YOUR TAG NUMBER AT HYDE CREEK

WATER AVAILABLE AT STATIONS ALONG THE WAY

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

Trip Distance = the distance traveled

The K Signs = the distance between pavilions starting at k11 going down and starting again at Harris Rd Pavilion, etc.

Trip Dist.	K Sign	Location/Directions/Descriptions
MAPLE RIDGE		
0	11	On 224 th St. on the boulevard facing the Band Stand and Leisure Centre – The start of the TCT Challenge 2006.
FOLLOW 224 TH ST. NORTH TO 122 ND AVE. AND TURN LEFT.		
1	10	Half way between Maple Ridge Secondary School and 224 th St. on 122 nd Ave.
GO THROUGH THE EAST END OF THE MAPLE RIDGE SECONDARY SCHOOL PARKING LOT TO MERKLEY PARK PAST A FIELD AND WASHROOMS.		
2	9	The north entrance of Merkley Park at 124 th Ave.
PROCEED WEST ON 124 TH AVE., CROSS 216 TH ST. AND CONTINUE TO LAITY ST.		
3	8	At 124 th Ave and 214 th St is the middle of a residential block lined on both sides with enormous cedars and Douglas firs, thanks to a legacy left by the land owner, Harry Roberts – quite a sanctuary for these residences.
FOLLOW LAITY ST. NORTH TO 128 TH AVE. AND TURN LEFT FOR ABOUT 60 METRES ONTO THE DIKE.		
All the way along this trail there are interpretive signs detailing the activities and heritage of this area. They are well worth the time to read and contemplate.		
4.2	6.8	Start of dike at Laity and 128 th Ave. As the dike turns quite sharply to the left you start following the South Alouette River. For the next 150 metres look across the river at large cottonwoods where you can spot dozens of heron nests. This is a great place to view herons doing all of their rituals.
5.2	5.8	South Alouette dike parking area with toilet – 210 St and 132 Ave. – continue on the dike.
6	5	South Alouette dike – 200 metres east of Neaves Road – Farmland country.
PITT MEADOWS		
Neaves Road is the boundary between Pitt Meadows and Maple Ridge --Farmlands, many of which are blueberry farms.		
7	4	South Alouette dike – West of Neaves Rd. – Look north to get a glimpse of the Pitt Polder (this used to be a huge swamp) in the distance and the mountainous terrain beyond that is the location of the UBC Research Forest. Another great hiking area.
7.8	3.2	South Alouette dike – Sharpe Rd.
9	2	South Alouette dike – McKechnie Rd
10	1	South Alouette dike - Hale Rd
11	18/0	TCT Pavilion at Harris Rd parking area and toilet – This is the Harris Rd Station. At Harris Road the north dike is being developed as a trail by G.V.R.D. all the way to Pitt Lake.
12.2	16.8	South Marina driveway. This is the entrance to the South Alouette River from the Pitt River.
13.6	15.4	Between Marina on Alouette and Pitt River Bridge. Take the time to notice the activity of the Pitt River and be reminded that this river is tidal and empties the largest tidal lake in the world, Pitt Lake. There are many log booms along the edges of the River waiting to be towed to a mill site. You might be able to spot an osprey high in the trees along the dike or on the pilings in the river.
PORT COQUITLAM		
CROSS THE PITT RIVER BRIDGE. THEN MAKE A SHARP RIGHT HEADING NORTH ACCESSING THE WEST DIKE OF THE PITT RIVER.		
Today the Pitt River Bridge is made up of two bridges. This will be replaced by one 6 lane bridge between the two existing spans. The centre span swings open to allow boats to go through. The new bridge will be high enough to eliminate the need		

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		for this. Take in the views.
15	14	West end of Pitt River Bridge is the north PoCo Trabouley Trail. Keep an eye out for the interpretive signs along this portion of the PoCo Trail to Hyde Creek.
16.2	12.8	Dominion Rd.
17.8	11.2	Prairie Rd viewing platform. On a bright day the Golden Ears and Mount Baker are quite a sight from here. There is much waterfowl activity all the way along this dike.
19.5	9.5	Approx 200 metres west of marina on Deboville Slough – The slough is the entrance for thousands of spawning salmon in the Fall heading for Hyde Creek.
		AT THE END OF DEBOVILLE SLOUGH CROSS CEDAR DRIVE AND GO TO THE WEST SIDE OF HYDE CREEK CHANNEL AND TURN LEFT.
21.2	7.8	South end of the bridge just before reaching Cedar Drive – Turn right and keeping the main part of Hyde Creek on your right. This creek will be full of spawning salmon in the Fall even if it can almost completely dry up in the Summer.
21.7		Hyde Creek Station is behind the Hyde Creek Sports complex along the trail. This is the site of Terry Fox's home town run and marker.
23	6	Hyde Creek Fish Hatchery – It is well worth a visit. Volunteer staff will be on site to answer your questions.
		CROSS COAST MERIDIAN AND FOLLOW PATRICIA AVE. On your left was Terry Fox's high school. It is now a regional French school – Ecole des Pionniers.
		AT THE CORNER OF PATRICIA AVE. AND WELLINGTON ST. RE-ENTER THE TRAIL IN WELLINGTON PARK TO THE CORNER OF OXFORD AND LINCOLN.
COQUITLAM		
24	5	Coquitlam Park at the NE corner of Oxford and Lincoln (PoCo Trail). Land north of Lincoln is in Coquitlam but nonetheless accommodates the PoCo Trail. It is the start of the Coquitlam River Park, a great example of our coastal forest.
		THE TRAIL THROUGH THIS SECTION OF COQUITLAM PARK CUTS AWAY TO THE LEFT TOWARDS SHAUGHNESSY ST. – WATCH THE SIGNS. IT CONTINUES ACROSS SHAUGHNESSY.
25	4	PoCo Trail and some of the Coquitlam River fish channels.
		AT THE PATRICIA PEDESTRIAN BRIDGE: GO UNDER THE BRIDGE AND IMMEDIATELY TURN LEFT TO ACCESS AND CROSS THE BRIDGE OVER THE COQUITLAM RIVER. AT THE OTHER END IMMEDIATELY FOLLOW THE TRAIL TO THE RIGHT OR NORTHWARD.
26	3	Coquitlam River Trail east of Grist Creek Bridge. Note the fish channels and ponds that have been recently put in place in this section.
27	2	Coquitlam River Trail parallel to Gabriola Ave.
28	1	End of utility trail leaving Coquitlam River Park. On the other side of the convenience store is the newly constructed extension of David Ave. allowing for another crossing of the Coquitlam River.
		CAREFULLY FOLLOW THE TCT SIGNS TO PINETREE AVE. TO ACCESS THE TRAIL IN COQUITLAM TOWN CENTRE PARK AND HEAD SOUTH. (BECAUSE OF ROAD CONSTRUCTION THERE MAY BE TEMPORARY SIGNS)
29	15.6 /0	Tri-City TCT Pavilion at Lafarge Lake, Coquitlam Centre Park. This park was once a gravel pit.
30	15	Pinetree Community Centre Station – site of David Lam Douglas Campus and Pinetree Secondary.
		CONTINUE TOWARDS THE FOREST TO PICK-UP ON THE HOY CREEK TRAIL, the site of another fish hatchery. This is another very productive spawning creek. Note the TCT interpretive signs among others.
		TURN RIGHT AT GUILDFORD
31	14	Between Johnson St. and Hoy Creek Trail on Guildford. This boulevard had been designed for Skytrain.
32	13	Scott Creek Middle School on Guildford
PORT MOODY		
		AFTER PASSING FALCON DRIVE TAKE CARE TO TURN RIGHT ON UNGLESS WAY JUST PAST EAGLE RIDGE HOSPITAL THEN TURN LEFT TO THE CENTRE OF NEW PORT VILLAGE
33	12	New Port Village, a great example of a compact community, with stores, market, etc.
		CROSS TO THE OPPOSITE SIDEWALK ON IOCO ROAD. TURN RIGHT FOR ABOUT 30 METRES TO ACCESS PIONEER PARK. ONCE ACROSS THE PARK CROSS ANOTHER ROAD, TURN RIGHT ON THE OPPOSITE SIDEWALK TO THE LAST ENTRANCE TO THE ARENA.
34	11	Junction to Port Moody arenas
		HEAD WEST BETWEEN THE ARENA/SPORT FIELD AND NOONS CREEK WHERE THERE IS ANOTHER FISH HATCHERY ACROSS THE CREEK. CROSS THE TRACKS TO THE SHORELINE TRAIL. WALKERS TAKE THE PATH ALONG THE WATER AND BICYCLES THE PAVED PATH ON THE LEFT. Check out the TCT interpretive signs along this section.
35	10	TOP OF RAMP/STAIRS OF OVERPASS AT ROCKY POINT. TURN RIGHT ON THE OTHER SIDE. Note that the Port Moody Museum is under the bridge in a former CPR station. Just before the ramp is the Rocky Point Station .
36	9	Old Port Moody Town

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37	8	At the corner of Clark and Elgin in Heritage Port Moody.
		TURN RIGHT AT DOUGLAS ST. TO ACCESS THE INLET TRAIL. TURN RIGHT AFTER GOING OVER A SMALL WOODEN BRIDGE. There are several TCT interpretive signs along this trail including one that indicates the first terminal station of the CPR.
38	7	Looking at the West Coast Terminals sulphur storage piles and port operations (see interpretive signs). At the next junction there is an opportunity to get off the path to a pedestrian overpass over the Barnet Highway. There is an extraordinary view of the Inlet and its surrounding on the overpass.
39	6	East from Reed Point Marina before the steep hill.
40	5	Between the last 2 bridges at the west end of the trail overlooking the boat houses in the Marina. Just up the hill after the last bridge is the former site of Aliceville. Jim Stolth, a former resident, put up a description for you.
BURNABY		
40.5	4.5	Burnaby/Port Moody Boundary, the former site of Aliceville.
		CROSS THE BARNET HIGHWAY AT THE TRAFFIC LIGHT.
41	4.0	OPTION TO FOLLOW THE ALTERNATE TRAIL THAT PARALLELS THE BARNET OR STAY ON THE TCT OVER BURNABY MOUNTAIN. (For Alternate route see instructions at the end.)
41.6	3.4	POWERLINE INTERSECTION OF LOWER TRAIL -- TURN LEFT UPHILL.
41.8	3.2	POWERLINE INTERSECTION OF UPPER TRAIL --TURN RIGHT UPHILL
42.6	2.4	Intersection of first steep hill to other trails – STAY ON MAIN TRAIL
43.8	1.2	SFU INTERSECTION – CONTINUE TO THE RIGHT.
45	0.0 and 20	Burnaby Mountain Station at the TCT Pavilion on Burnaby Mountain and its great views. Washrooms are beneath the restaurant at the north end. Check out the views over the cliffs to Burrard Inlet and Indian Arm on the other side of the gardens near the restaurant.
46.2	18.8	Bottom of steep hill and top of Hastings. Check out your brakes before heading down this hill.
47	18	Corner of Hastings and Cliff St. on north side of Hastings.
		FOLLOW HASTINGS PAST (NOT OVER) THE PEDESTRIAN OVERPASS AND TURN RIGHT AT THE NEXT OPPORTUNITY AND FOLLOW A BACK LANE.
48	17	START OF TRAIL ALONG GOLF RANGE UP TO KENSINGTON
		GO UP TO HASTINGS AND FOLLOW THE NORTH SIDEWALK AND TAKE THE TRAIL JUST PAST THE REFINERY FENCE.
49	16	SCENIC VIEW TRAIL AT FELL ST.
50.5	14.5	END OF SCENIC VIEW TRAIL AT PENZANCE DRIVE. TURN LEFT AND FOLLOW THE TRAIL PAST CONFEDERATION PARK (washrooms).
51	13	Near McGill Park archway
VANCOUVER		
52	12	Vancouver/Burnaby Boundary – There was once a fishing village on pilings downhill from here.
53	11	New Brighton Park Station. Start of parking lot for PNE next to New Brighton Park – Make a point of going to the waterfront in New Brighton Park as a great way to finish your trip. Learn about this location being a resort in the late 1800's on a plaque across from the washrooms .

ALTERNATE ROUTE AROUND BURNABY MOUNTAIN

- Stay on trail to the former Gun Club, now being reclaimed as a trail and a park parking area. Ignore the signs and use the road in front of this area to the traffic light.
- Cross Barnett Highway into the Marine Park Parking lot and follow the path to the bridge over the tracks and head to the waterfront.
- Go west on the waterfront for about 400 metres and take a path on east side of a brick works yard building back over the tracks and go up the hill back to the Barnet Highway.
- Stay on the bike lane of the Highway for about 600 metres to the entrance of Kask Bros. and take the trail entering their parking lot.
- At the end of the trail keep following the Burnaby Trail Signs along streets etc. until it take you to the pedestrian overpass on Hastings.
- Don't go over the overpass. –Go to instructions after Trip Distance 47 km. above.