

# Vancouver Urban Tree Tour



## A self-guided tour of great sites

This guide provides you with examples of great sites showcasing Vancouver's tree heritage within the urban region. Although all trees are important, details have only been provided on some key ones. This guide includes some interesting facts: how wildlife interacts with trees, Indigenous practices with trees, historic and modern uses of trees, and tips on identification. There are descriptions of ten sites to visit, including things to do and maps. Trails within sites are described too. There is information also on access by public transit, bicycle, and car. Enjoy!

Vancouver Biosphere Eco-City (VBEC)



# What's in this guide book



## Key Trees and Their Environments

After a brief explanation of how trees relate to ecosystems and habitats, you will find descriptions of important native and non-native trees on this self-guided tour. This includes a picture and a short description of each tree. Then you may read about the variety of animals and birds supported by each species of tree, how Indigenous peoples used these trees, and their current uses.

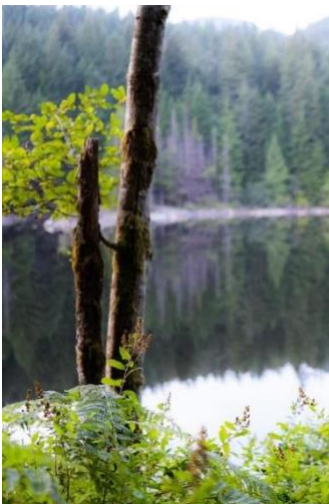
Photo: Adrien Yu on Unsplash



## Major Sites to Visit

Eight sites are described in enough detail to allow you to plan a visit to any of them. There you will see great examples of many species of trees in different stages of growth. The sites are accessible to all people, including people with different abilities and those who rely on mobility aids, and are of interest to all ages.

Photo: Thomas Lardeau on Unsplash



## Other Sites to Visit

Two sites that do not have the range of experiences offered by the major tour sites but are enjoyable and worth a visit are described here.

Photo: Barrie Adrian Montazeri on Unsplash

Photos on Cover all from Unsplash:  
Totems by Ryunosuke Kituna, Tall trees by Lucas Mann. Pathway by Mike Benna

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*Habitat Island by Namiya Jain*

# KEY TREES AND THEIR ENVIRONMENTS

## ECOSYSTEMS, TREES, AND HABITATS

A terrestrial ecosystem is composed of the physical environment and the living organisms in it. The physical elements – soil, water, altitude etc. – determine which types of trees live there. These trees are not only important in providing habitat for plants, animals, and microorganisms; they also have historical and contemporary significance in human life. These relationships – especially how the trees support various species – are briefly discussed briefly in this tour book.

## DESCRIPTIONS OF SOME IMPORTANT TREES

### NATIVE TREES

#### Big Leaf Maple (*Acer macrophyllum*)



Photo: Eakin Sawada-Tse

This is the largest maple tree in Canada. It can grow up to 40-50 metres (131-164 ft) with a broad canopy up to 15 metres (50 ft). You may see its older branches covered with mosses and lichens. It grows in low to mid elevations in any soil, but it prefers coarse, gravelly, and moist soils near a river, stream, or lake. Its seeds feed squirrels, grosbeaks, and mice. Deer and elk eat its twigs, and often rub their antlers on smaller trees. Mountain beavers may munch seedlings and saplings.

Indigenous peoples found the wood useful for many implements, and would turn it into dishes, spoons, baskets, tools, and canoe paddles. They also ate the tender young shoots and flowers of the tree and used the bark as a medicine. Modern industry continues to value the big Leaf maple, using it for high value flooring, furniture, and musical instruments, as well as maple syrup. It is an excellent shade tree, often planted in urban areas, and contributes to tranquility on a nature walk.

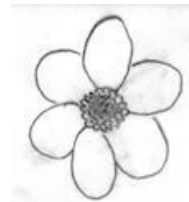
## Pacific dogwood (*Cornus nutallii*)



Photo: Joshua Ralph on Unsplash

The Pacific dogwood is a small tree up to 15 metres (50 ft) with branches arranged in a circular pattern around the tree. It grows a mass of white flowers in the spring and fall, which are the floral emblem of British Columbia. Provincial law protects the tree. Its leaves turn orange in the fall. The dogwood prefers deep, coarse, well-drained soils, often under a Douglas fir, Grand fir, or Western hemlock tree. Its fruit and leaves are food for many birds, bears, and beavers, while deer browse on its twigs.

Indigenous peoples used the tree's hard, fine-grained wood for bows, arrows, and knitting needles, and used the bark for tanning and dyes. Modern uses of this tree's very hard and strong wood have included tool handles, cabinets, and piano keys. Beautiful and easy to grow, The Pacific dogwood is often planted in front of houses.



Sketch: J.

## Douglas-fir (*Pseudotsuga menziesii*)



The Douglas-fir is a large coniferous tree, growing up to 85 metres (280 ft). It has a conical crown, long branches, and a deeply furrowed reddish-brown bark. Trees can live more than 1,500 years. This tree prefers deep, well-drained soils and is often the dominant tree in large stands, where it may be mixed with Western red cedar, Western hemlock, and Grand fir. Many animals depend on the Douglas-fir. Bears eat the sap, songbirds eat the seeds, and raptors (such as owls) rely on it for cover. A small rodent, the red tree vole, eats the seeds and lives almost exclusively in Douglas-fir trees.

Photo: James Birtch



Indigenous peoples used Douglas-fir wood for fuel, fishing hooks and handles, and for covering the floors of lodges. Today the tree is highly prized for construction, flooring, siding, and furniture. Its strength makes it ideal for heavy structural purposes such as beams, boats, and marine pilings.

Photo: Eakin Sawada-Tse

### Grand fir (*Abies grandis*)

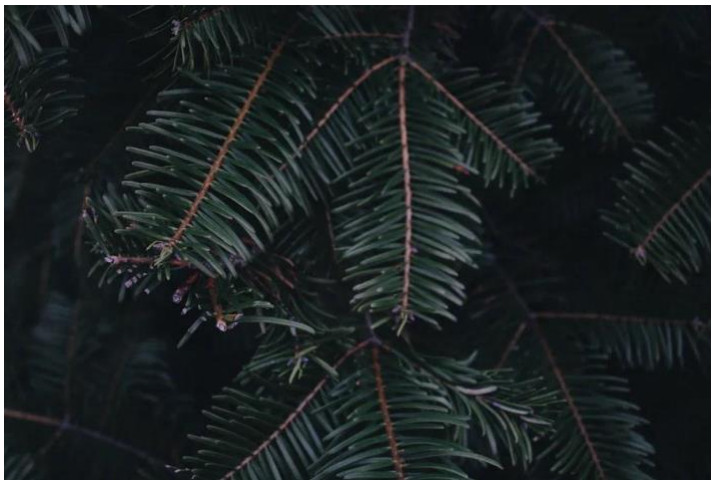


Photo: Eakin Sawada-Tse

The Grand fir is a coniferous tree that can be large, up to 80 metres (265 ft), but typically grows 40-55 metres (135 to 180 ft). It lives less than 300 years. The Grand fir has an oval or cylindrical crown, horizontal branches, and thick grey-brown bark. It is a lowland species, growing mostly in valleys and stream bottoms.

Grand fir is usually found as a scattered minor species in combination with one

or more other tree species. Indigenous peoples used it for canoes, costumes, and incense. They also used its resin for toothpaste, glue, and an antibiotic. Today its commercial uses are plywood, small dimensional lumber, and papermaking. Grand fir is also used as a fragrant Christmas tree, although its soft branches will not support heavy ornaments.



Sketch: J. Birtch

## Lodgepole pine (*Pinus contorta*)



Photo: James Birtch

The Lodgepole pine is British Columbia's most common tree and is of medium to large size, sometimes greater than 30 metres (100 ft) in height. This slender tree has a sparse crown, spreading branches, and orangey brown to grey bark. Chipmunks and squirrels, mice and grouse eat the pinecones. The bark provides food for deer and bear, while deer and elk eat the twigs. Indigenous peoples used its trunk for poles for buildings, its resin for waterproofing canoes, and its wood for drills, arrow shafts, and fishhooks. They also used it to make tea, ate its succulent inner bark and used the bark as a dressing for scalds, burns and skin infections. Now Lodgepole pine is used for wood pulp, construction lumber, railway ties, poles, and mine timbers.



Photo: James Birtch

## Pacific silver fir (*Abies amabilis*)



Photo: Matus Hatala on Unsplash

The Pacific silver fir is an evergreen conifer that grows up to 60 metres (200 ft). It has a narrow even crown with short branches perpendicular to the stem. Its bark is light grey and becomes grooved with age. Its needles point outward and upward from the branches. The Pacific silver fir may grow in pure stands or mixed with other tree species. It grows mostly at higher elevations and is very shade tolerant. Birds, chipmunks, and squirrels eat its seeds. Grouse eat the needles. Deer and elk eat the needles and twigs in the winter. Indigenous peoples used the resin of the Pacific silver fir to waterproof canoes, as an incense in sweat lodges, and as a medicine. Today its light-coloured wood is used for veneer, subflooring, plywood, and pulpwood. Small trees are symmetrical and triangular and are popular as Christmas trees.



Sketch:  
J. Birtch

## Sitka spruce (*Picea sitchensis*)



Photo: E Orlando on Unsplash

Sitka spruce is a conifer and the largest type of spruce, growing up to 70 metres (230 ft). But some trees have exceeded 90 metres (300 ft). The crown is broad in young trees and cylindrical in older trees. Needles are green or bluish green and sharp. The bark is thin and scaly, flaking off to show reddish brown inner bark. The tree grows rapidly in extremely wet soils and may live up to 700 years.



Sketch: J. Birtch

Sitka spruce provides critical habitat for many animals, hiding places for mammals, reptiles and amphibians, and nesting sites for birds. Bald eagles and peregrine falcons build nests on dead trees (snags). Indigenous peoples used Sitka spruce roots for baskets, rain hats and cords. They used the wood for building, and the pitch for caulking canoes, as well as for medicine. More recently, the light, strong wood was used for airplanes in WWII and is still used for construction, ship building and plywood. The wood has excellent acoustic qualities and is used for sounding boards in pianos, violins, and guitars.

## Western hemlock (*Tsuga heterophylla*)



Photo: Eakin Sawada-Tse

Western hemlock is a medium to large coniferous tree, growing to 30-50 metres (100-165 ft). It has a large trunk, up to 30 metres (100 ft) around. The tree's narrow crown droops at the top, and the branches, with feathery foliage, sweep down. The bark is reddish-brown, becoming thickly grooved with age. It can live in a variety of soils. Western hemlock can live 500 to 1000 years but blows down easily. It provides food and shelter for many birds and animals.



Deer and elk eat the needles of Western hemlock and rabbits eat the seedlings. Indigenous peoples carved the wood to make various implements such as spoons, combs, and roasting spits. Modern uses include wood for construction, plywood, pulp, and railway ties. Because of its excellent working properties Western hemlock is widely used for interior furniture and woodworking.

### Western red cedar (*Thuja plicata*)



Photo: Eakin Sawada-Tse

Western red cedar is a large evergreen tree growing up to 60 metres (200 ft) tall and can live up to 1000 years. The wide trunk tapers to a long even crown that may have a forked top in older trees. The bark is grey or reddish-brown and stringy and may tear off in strips. The leaves form flat, fan-like sprays. It prefers wet areas and usually grows in association with Douglas-fir, Sitka spruce, and Western hemlock. Western red cedar provides cover for bears, racoons, and skunks, while other animals and birds nest in its cavities.



Photo: Eakin Sawada-Tse

Indigenous peoples used the wood to build their lodges, canoes, and weapons such (as arrows and spears). They also used it to make household items such as bowls, tools, ropes, and nets. In addition, the tree provided them with clothing and medicine. Western red cedar was so important to Indigenous peoples that many of them considered it sacred. It is also resistant to decay and insect damage. Wood from fallen trees can be used even after 100 years. It can be used for many residential and commercial projects, as well as public art and ship building. The wood has superb acoustic resonance and is used for musical instruments.

## NON-NATIVE TREES

### American Elm (*Ulmus americana*)

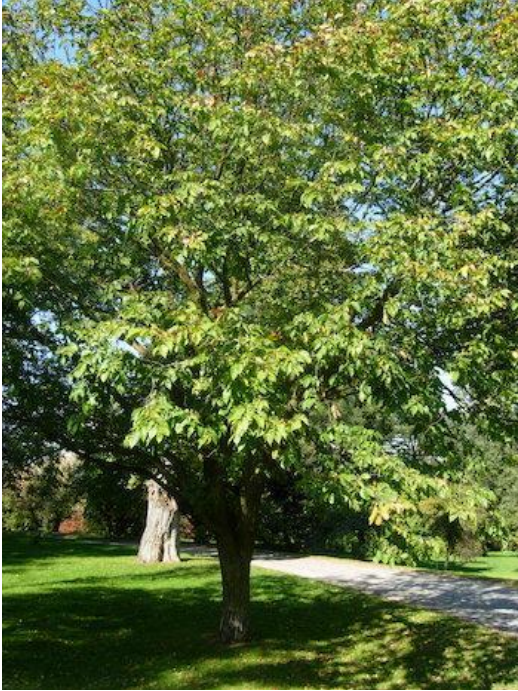


Photo: James Birtch

The American elm is a large deciduous tree, growing up to 30 metres (100 ft) tall with a symmetrical crown that looks like an upside-down vase. It has oval leaves with a toothed margin. The bark is dark greyish brown with deep furrows. It grows best on rich, well-drained soils. The tree is native to Eastern North America, where Indigenous peoples used it to produce ropes and canoes. The seeds of American elm feed birds and small mammals, and the tree is host to butterflies, moths, and other insects. It is not very pest resistant, and most of the older trees were killed by Dutch Elm Disease in the 20<sup>th</sup> century.



Photo: James Birtch

Previously with a lifespan of 200 years, American Elm now rarely survives more than 30 years. In the past it was planted extensively in many cities because of its beauty. A few older trees are kept alive with fungicide treatment. Its wood is very tough and was used for boxes, hockey sticks, and wood pulp.

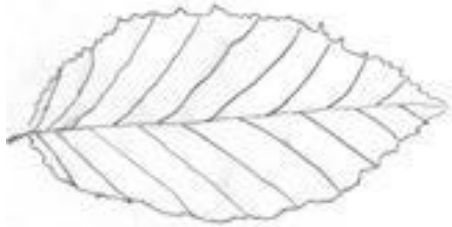
## European hornbeam (*Carpinus betulus*)



Photo: Friends of the Central Experimental Farm

The European hornbeam is a member of the birch family, slow growing and reaching a height of 20 metres (65 ft). It has slate-grey bark, many branches, and a pyramidal canopy that becomes rounded at maturity. Its toothed leaves turn yellow in the fall and its fruit looks like small Christmas ornaments. The tree is native to Europe, Asia minor, and southeast England. It grows on any well-drained soil, is resistant to drought, pests, and pollution, and adapts to urban conditions. Small birds and mammals eat its seeds and use it for shelter and nests. Because the European hornbeam is not native to North America Indigenous peoples did not use it. But its bark was traditionally used as a medicine to bathe sore muscles and to treat wounds.

The wood of the European Hornbeam is very hard and heavy, and was used for tool handles, wheel spokes and axles in the past. It is still used for carved pieces, cutting boards, butcher blocks, veneer, and parquet floorings. European hornbeam is also used as an ornamental tree.



Sketch: J. Birch

## London Plane (*Platanus x acerifolia*)



Photo: James Birtch

The London Plane is a large deciduous tree growing to 30 metres and (100 ft) and living several hundred years. The leaves are large and shaped like maple leaves. But the tree is actually a cross between the Oriental plane tree and the American sycamore. The canopy is pyramid shaped when young, then becomes broader. Its bark is olive-green or grey, but peels in long strips to show creamy bark beneath. This shedding may help the tree rid itself of pollutants and parasites. The tree grows in most types of soils. Its seeds and leaves are poisonous to humans. But squirrels may eat the seeds and birds will nest in the tree.

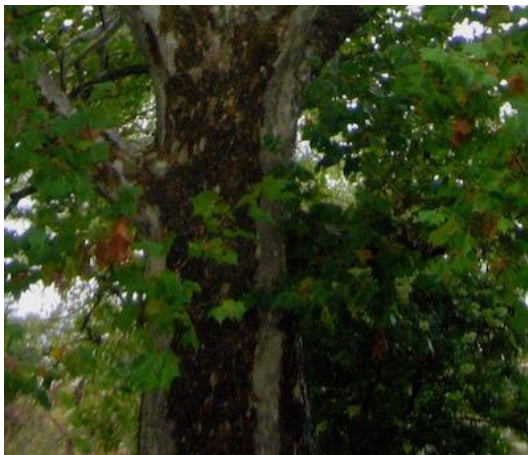


Photo: James Birtch

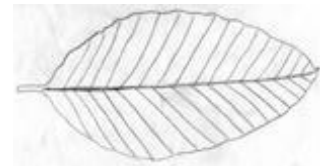
The London plane tree is used for urban landscaping, and its wood can be used for veneer, plywood, flooring, furniture, interior woodworking, and specialty objects.

## Magnolia (*Magnolia grandiflora*)



Photo: Johannes Mandle on Unsplash

The Magnolia tree is a deciduous tree that is native to Eastern North America and can grow up to 30 metres (100 ft) tall. It has large fragrant flowers – that can be white, pink, purple, green, or yellow – and large leathery leaves. Its canopy can be widely spread. Squirrels and birds eat the seeds, and deer browse the flowers. Humans may also eat the flowers. Because this species of trees is so ancient, it does not pollinate with bees or butterflies. Instead, it attracts pollinating beetles with its fragrance and nectar. Quite showy, Magnolia is grown in urban areas as an ornamental or shade tree. Its soft light-coloured wood can be used for crates, boxes, and light furniture.



Sketch: J. Birch

## Monkey Puzzle / Chilean Pine (*Araucaria araucana*)



Photo: Max Letek on Unsplash

The monkey puzzle is a very ancient coniferous tree which is native to Chile and Argentina. It can grow to 30 metres (100 ft) and has a stout trunk with smooth purplish-brown bark. The leaves are leathery, pointed, and arranged in a radial fashion around the branches. The tree's name comes from a suggestion that it would be puzzling for a monkey to figure out how to climb it. Young trees are conical in shape, while mature trees have an umbrella form. The Monkey puzzle is dioecious, meaning there are male and female trees. The tree nuts are important as food for birds, squirrels, and other animals. People have eaten the seeds for thousands of years. The wood is used for beams, bridges, piers, furniture, plywood, pulp, and small wood objects. Its reddish knots are decorative.

## Noble fir (*Abies procera*)



Photo: Hunters Garden Centre, Vancouver

Noble fir is coniferous and is the largest North American fir tree. It grows up to 70 metres (230 ft) and is native to the states of Oregon, Washington, and northern California. It usually lives 400 years, but some trees have attained 700 years. It is a beautiful tree with blue-green upturned needles and has a conical shape. It has long been considered the best Christmas tree. The Noble fir needs soil that is cool, moist, and well drained. It generally grows at higher elevations. Its seeds feed birds, squirrels, and other rodents, and its bark is eaten by black bears. It also provides wildlife with cover and protection from the cold. The wood of Noble fir is light and strong and was used for the frames of the Royal Air Force Mosquito bombers in WWII. It is currently used for siding, window sashes, doors, papermaking, and special uses (e.g., ladders).



Photo: Nikolay Masov on Unsplash

## Sierra Redwood (*Sequoiadendron giganteum*)

The Sierra redwood, a conifer, is the most massive tree on Earth. In the wild it can grow extremely tall, to over 90 metres (300 ft). But in urban areas it is much shorter. The crown is conical in younger trees. Its beautiful red-brown bark has long vertical plates and is very thick to protect the tree from fire. The canopies of these trees can contain



Needles: J. Birch

communities of lichens, mosses, vascular plants, and associated animals. The Sierra redwood is native to California, where Indigenous peoples used it for housing, canoes, baskets, and platters. Because of its beautiful red colour and resistance to decay, today it is used for decks, fences, outdoor furniture, and agricultural buildings.

## THEMES OF SUSTAINABILITY

Transportation, Energy, Design, Habitat, Food, Natural Capital, Waste, Health, Recreation, Sense of Place

The Biosphere Eco-City model divides sustainability into 10 Themes that reflect the areas of human action in relation to the environment. These Themes allow people to come together and focus on common interests. The Biosphere Eco-Cities Canada website ([bec-evb.ca](http://bec-evb.ca)) describes the Themes. Four of them are particularly relevant to the Vancouver Urban Tree Tour.

### HABITAT

Particular trees prefer certain conditions of soil, moisture, and light. You may notice that the trees growing along streams are different from those on rocky slopes. In addition, trees help create habitat for many other plants and animals. You may see a variety of flowering plants and shrubs growing under a forest canopy, and on top of fallen trees. Also, birds and small animals create shelters in trees and consume fruits/seeds. An iconic image, for some people, is that of an eagle nest on top of a tall snag (dead standing tree).

### NATURAL CAPITAL

This Theme refers to the ways in which humans use natural products for their own needs. Trees were always part of the Indigenous economy in past times. They had a use for every tree. For example, Western red cedar furnished boards for housing, totem poles and canoes and met many other needs. Grand fir provided costumes. Big Leaf maple was used for dishes, spoons, and paddles. Today, commercial uses of these trees include construction material, veneer, pulp, hospital masks (from Western red cedar), landscaping, even Christmas trees.

### HEALTH

Looking at this broadly, we know that forests are a carbon sink to mitigate global temperature increases. The forests around Vancouver (Temperate rainforest) are the world's most efficient at storing carbon. At a local scale, the clean air from the forests is a boon to Vancouver. The additional benefits of recreation and relaxation in treed areas have long been known. More recently, knowledge of forest bathing (Shinrin Yoku from Japan) has shown that a weekly walk in the woods will lower blood pressure significantly and improve mood. Try it on one of these sites.

### SENSE OF PLACE

When people feel a sense of belonging to a place, they want to take care of that place. This can apply to where they live, where they work, or their city in general. The result is stewardship for those places. When you explore the natural areas in your city, it will increase your pride and feeling of belonging to your city. The sites on the Vancouver Urban Tree Tour are excellent places to enhance your sense of belonging. They can prompt you to be a good steward of the urban-natural place where you are living or visiting.

## MAJOR SITES TO VISIT

### BURNABY CENTRAL PARK



*Photo: Kenyatta Sterli on Unsplash*

#### SUMMARY

This 90-hectare (220 acre) area was designated a park in 1891 and was used as a naval reserve to supply masts and spars to the Royal Navy. Later replanted, the park is a beautiful, forested area, with scenic walks and a number of amenities. People come here to walk or cycle and view nature. A leisurely walk through the park, with an average of six stops, takes about two hours. There are two man-made lakes and duck ponds supporting Canada geese and other waterfowl. The park is open from dawn to dusk year-round and is free. Dogs must be on-leash from 9 AM to 9 PM. The perimeter trail is ideal for mobility aids like wheelchairs.

#### TREE TYPES HERE

This second growth forest has a number of native species. The large Douglas fir has a conical crown, long tapering branches, deeply furrowed reddish-brown bark, and is often the dominant tree in large stands. Western hemlock is medium to large, with a narrow crown that droops at the top, deeply furrowed reddish-brown bark, and long branches with feathery foliage that sweep down. Vine maple is a small tree with a short, crooked trunk, sometimes almost horizontal, with slender branches that may touch the ground and root to produce new trees. The western red Cedar has a wide tapering trunk with dark, ridged reddish-brown bark and fern-like needles. Other native trees include spruce, birch, and the elderberry shrub with tiny white flowers. To learn more about some of these trees see pages 4-14 above.

This forest habitat attracts a variety of birds including downy woodpeckers, spotted towhees, American robins, sparrows, finches, and crows. Douglas squirrels and coyotes can also be seen here. The park's ponds support Canada geese, other waterfowl, and brown bullhead fish.





*European Mountain Ash in the park. Photo: Joshua Ralph on Unsplash*

## TRAILS

There are three main trails. The Trail of Hope is 2.3 kilometers long and easy for people of all ages to walk, run, or bike. The 5-kilometre Terry Fox Loop runs through most of the park and is also easy. The Central Park Boundary Loop of 3.7 Kilometres is a rubberized path that goes around the edges of the park, but it has no shade. All permit wheelchair use. There are many smaller paths too.

## AMENITIES

Washrooms are spaced throughout the park. First aid posts are located there too. Benches are located beside the main trails. There is a picnic area in the north end of the park. There are no restaurants in Burnaby Central Park apart from food service in Swangard Stadium when it is open. Apart from the Stadium, the park contains many sports and recreation facilities. These include tennis courts, a horseshoe pitch, a pitch-and-putt golf course, and a fitness circuit. In 2023 the park's outdoor pool was closed to add a covering to allow winter use.

## WHAT TO SEE AND DO HERE

In summer, people visit the park to have a picnic and relax. They bring their children to see animals. Strolling, jogging, and biking are popular here. This is also a good place to view the trees and for forest bathing (shinrin-yoku) to improve mental and physical health. As well, there are the many sports and recreation facilities mentioned under Amenities (above).

## LOCATION

The park is bounded by the Kingsway, Paterson Avenue, Imperial Street, and Boundary Road.

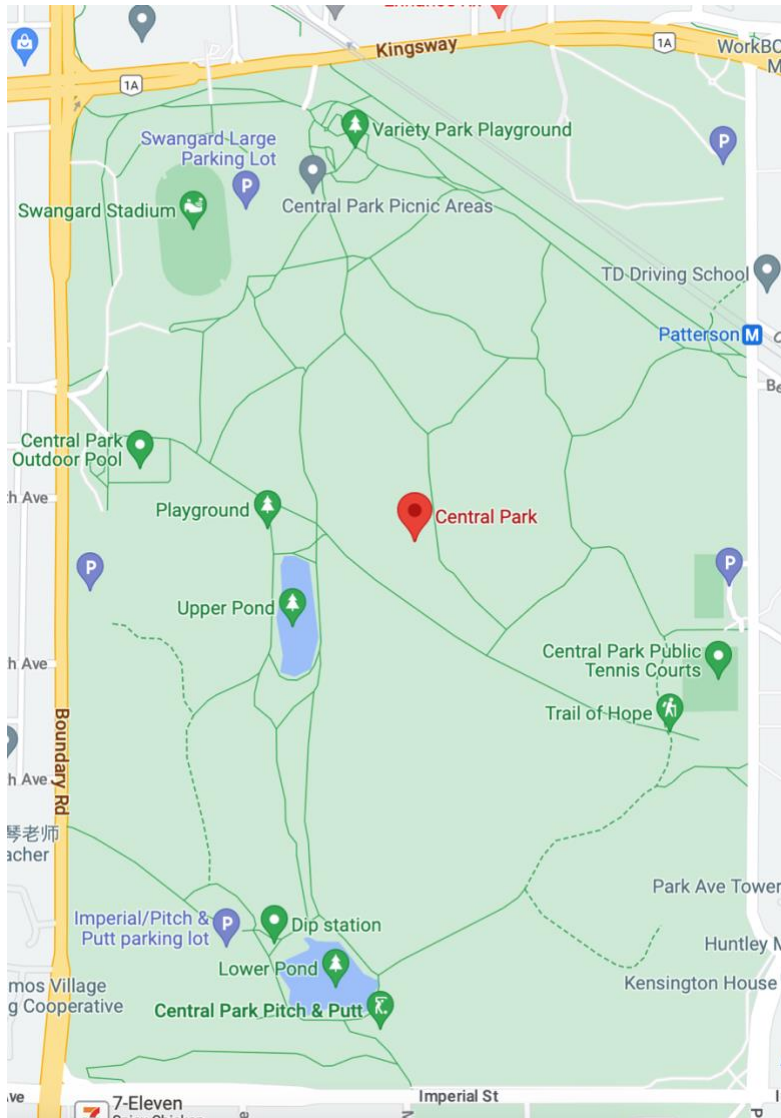
## ACCESS

### BICYCLE

The Central Valley Greenway connects Burnaby Central Park to Brunette Avenue at the Trans-Canada Highway, passing between Burnaby Lake Regional Park and Deer Lake Park. Biking in Central Park is permitted but there are no bikes available for rental.

### BUS AND SKYTRAIN

Patterson SkyTrain station is by the north-east corner of the park, and it is a 10-minute walk to the north park gate. There are 5 or 6 bus stops on the boundary of the park.



Map by Google Maps, 2023-09-25

#### CAR

There are 25 accessible parking spots in the park's eight parking lots. Parking is free. The four main parking lots are:

- Boundary Rd/Central Park pool parking lot - northbound on Boundary Rd between 47th and 46th Ave.
- Swangard large parking lot - off Kingsway, just east of Boundary Rd. Follow the road into the park.
- Imperial/Pitch & Putt parking lot - just off Imperial, east of Boundary Rd.
- Patterson and Kingsway parking lot - Patterson Ave, south of Kingsway.

There are smaller lots at:

- Swangard.
- North & South tennis courts.
- Lawn bowling lot.
- Picnic and playground.

### MANAGEMENT AND CONTACT INFORMATION

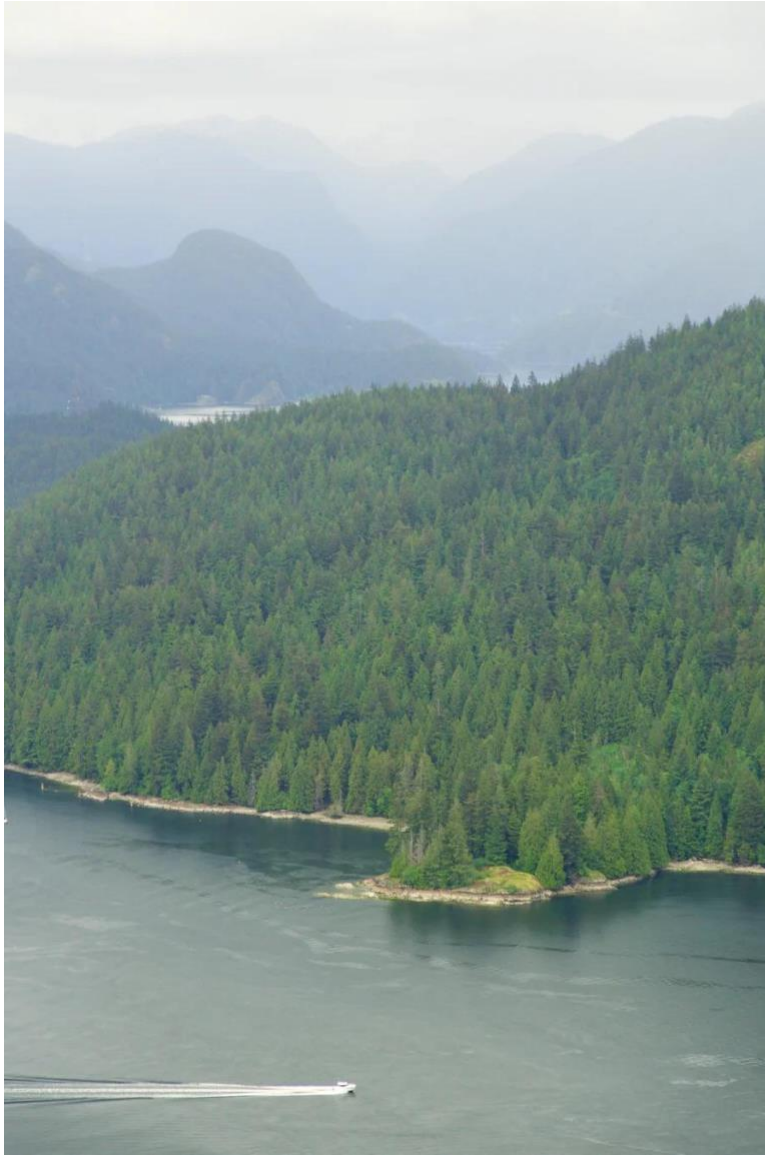
The Parks, Recreation and Culture Commission of Burnaby manages the park.

The address is 3883 Imperial St, Burnaby, BC, V5S 3R2.

Phone: 604-294-7450

Email: [parksandculture@burnaby.ca](mailto:parksandculture@burnaby.ca)

## BURNABY MOUNTAIN CONSERVATION AREA



*Burnaby Mountain Conservation Area  
Photo by Sergii Kozak on Unsplash*

### SUMMARY

The Burnaby Mountain Conservation Area is situated on the slopes of Burnaby Mountain, about 20 kilometres from downtown Vancouver. This surrounds the campus of Simon Fraser University. It covers 576 hectares of land and features a variety of ecosystems, including forests, wetlands, and streams. There are picnic and play areas, and a beautiful rose garden that are handicapped accessible, as well as mountain trails for walking and cycling that provide scenic views. The conservation area is home to wildlife, such as coyotes, bears, cougars, smaller mammals, various bird species, and is an important ecological hub for the Greater Vancouver Area. Dogs are permitted on leash.

A visit to the conservation area is free, from dawn to dusk, and so is parking. Typical visitors are outdoor enthusiasts, but families enjoy the amenities by the main parking lot.

### AMENITIES

In the southern section of the park, off Centennial Way, there are two accessible parking stalls. Near there are a number of accessible picnic tables and benches. Also, an accessible washroom and playground. The Centennial Rose Garden is also a very short distance from the parking lot and accessed via flat paved pathways. There are two restaurants at this location.

There are 6 public toilets at the main parking lot and one on the Powerline Trail. But they are generally not on most of the trails. Bikers and hikers should carry a plastic bag in case of need.



*View from Burnaby Mountain by Pradeep Kumar on Unsplash*

## WHAT TO SEE AND DO HERE

The main things that attract people to Burnaby Mountain Conservation Areas are Hiking, Biking, Picnicking, Wildlife Watching, Paragliding, Photography, Educational Programs, and Events such as guided hikes, and bird watching tours. By the Centennial Rose Garden are a playground, and sculptures made of flowers and wood.

## TREE TYPES HERE

The conservation area is composed of nine unique vegetation communities. Major tree species include red alder, Bigleaf Maple, western hemlock, western red cedar, Douglas-fir, vine maple, western dogwood, and paper birch. This is home to black-tailed deer, bald eagles, black bear, and many smaller animals and birds. You may identify some of the trees with these tips:

- red alder is a deciduous tree with a broad cone-shaped crown and serrated oval leaves.
- bigleaf maple is a tall deciduous tree with most branches on its top half and big leaves.
- western hemlock is a tall conifer with down-sweeping branches and feathery needles.
- western red Cedar a conifer with a large tapering trunk and aromatic fern-like needles.
- Douglas fir is a tall evergreen with a conical crown and reddish-brown furrowed bark.
- vine maple is a deciduous tree with slender branches often growing under other trees.
- western dogwood, small and deciduous, has light grey bark and beautiful white flowers.
- paper birch is a slender deciduous tree with white peeling bark and oval pointed leaves.

To learn more about some of these trees see pages 4-14 above.

## TRAILS

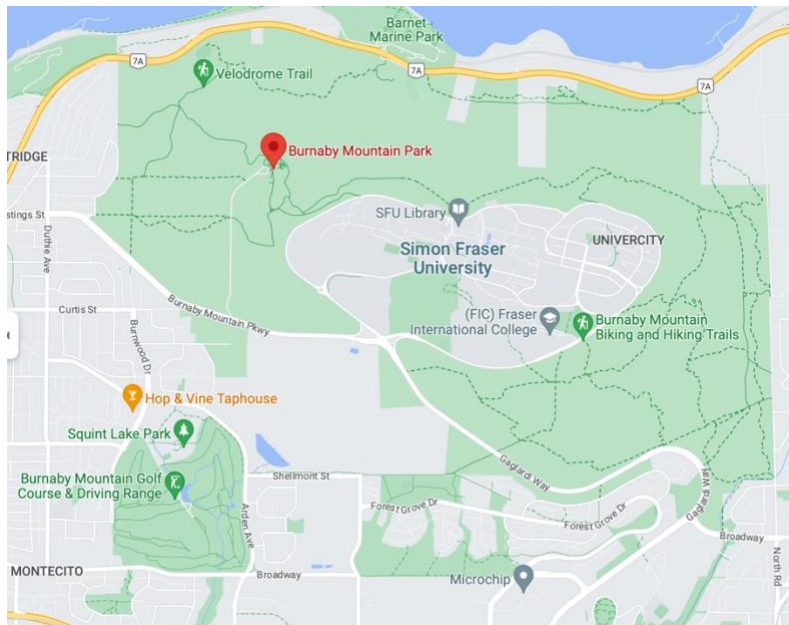
The conservation area has a network of 34 multi-use trails extending over 28 kilometres. They climb from about 25 metres above sea level to the summit of Burnaby Mountain at 366 metres. They are used by beginners to advanced hikers and cyclists and there is a horseback trail too. Trailhead signs show topographical maps, detailed information, and safety tips. Because of their rough, uneven terrain, these trails are not handicapped accessible. Two popular trails are:

- Pandora Trail – Uneven with steep grades, ascent of 240 metres and spectacular views.
- Velodrome Trail – Moderate difficulty, 5.5 kilometres, ascent of 330 metres.

## HISTORY OF THE SITE

This was originally a harvesting site for the Coast Salish peoples. First logged in 1903, it became a popular hiking area in the 1920s. With a land transfer from Simon Fraser University, it was

designated a park and recreation area in 1957. A second land transfer of 313 hectares in 1996 brought the conservation area to its present size.



Map by Google Maps on 2023-09-27

## ACCESS

### BUS

Bus R2 from Vancouver Central Station to Simon Fraser University (SFU) takes 52 minutes. You can also take any SFU bus. Bus 160 from Hastings Street or Port Coquitlam will go to Takeda Drive near the Mountain Air Bike Park.

### SKYTRAIN

Access Maggie Benson Centre in the middle of SFU via Sperling Burnaby Lake or Production Way Stations.

## BICYCLE

Cyclists can get to the conservation area via the Trans Canada Trail, Burnaby Mountain Highway, Gagliardi Way, and the Barnet Highway. Bike rentals start at \$12 per child and \$15 per adult, including a helmet, lock, and map. You can store your bike at the southeast corner of the Maggie Benson Centre at Simon Fraser University.

Biking and hiking are very popular activities on the challenging trails of the mountain. Cyclists may ride to the park, but they often drive here or take the bus because of the workout they get on the trails.

## CAR

The main parking area off Centennial Way has 132 spots, is free and closes at 10 PM every night. It has two accessible parking spots. There is also parking at the Harry Jerome Sports Centre off Barnet Road. There is paid parking at SFU, a short walk from the conservation centre.

## MANAGEMENT AND CONTACT INFORMATION

Burnaby Mountain Conservation Area is managed by the City of Burnaby.

Address: 80 Burnaby Mountain Parkway, Burnaby, BC, V5A 1G9

Email: [parksrecandculture@burnaby.ca](mailto:parksrecandculture@burnaby.ca)

Telephone : 614-294-7450

## LIGHTHOUSE PARK



*Lighthouse photo: Jhanna Ellard on Unsplash*

### SUMMARY

Lighthouse Park is a 75 hectare (185 acre) natural area that surrounds a lighthouse on a rocky point jutting into the Pacific Ocean. It is an area of old growth forest with huge trees up to 500 years old. Lighthouse Park's many trails wind through the moss-covered understory to ocean viewpoints. One of the trails is handicapped accessible. Visitors come to walk, see nature, picnic, and relax, and spend from an hour to half a day on average. The wildlife living in the forest and flying above the shore is plentiful. Lighthouse Park is open year-round from 7 AM to 9 PM and is free.

### MANAGEMENT AND CONTACT INFORMATION

Manager: District of West Vancouver. Phone: 604-925-7275. Location: 4902 Beacon Way, West Vancouver, BC.

### TREE TYPES HERE

There are three main native conifers here. Douglas fir has a conical crown, long tapering branches and deep ridges in its spiralling bark. One Douglas fir on Maple Trail is almost 80 metres (263 feet) tall. Western red cedar has a large tapering trunk, reddish brown bark that peels in strips, and fern-like needles. Some here are over 500 years old and fallen trees may last without decay for 100 years. The western hemlock is medium large, with a narrow crown that droops at the top, long branches with feathery foliage that sweeps down. It is the predominant tree in the park and lives about 100 years. To learn more about these trees see pages 4-14 above.

There are three major deciduous non-native invasive species here, English ivy, scotch broom, and English holly. Although they are attractive, they are a problem for the natural flora of the park. Efforts have been made to control them.

English Ivy is a vine, with slightly leathery leaves, that will grow up trees or along the ground and suppresses the growth of native plants, trees, and shrubs. Scotch broom has stiff dark green branches, few leaves, yellow flowers, and grows up to 10 feet tall. It outcompetes native plants and changes soil chemistry reducing native wildflower growth. Holly leaves are deep green. The tree can live up to 300 years, grows rapidly, produces an enormous number of seeds, and displaces native plants.



*Photo from Lighthouse Park by Vlad Namashko on Unsplash*

## AMENITIES

Restrooms can be found by the parking lot at Juniper Loop, at the beginning of Beacon Lane Trail, and by the East Beach Trail near lighthouse Station. None are rated accessible.

There is a picnic area near the Lighthouse Viewpoint,

There are no food outlets in the park.

## TRAILS

There are nearly 20 trails for a distance of 10 kilometres and close to a dozen great viewpoints along the way. Hiking the trails is not difficult, but most are not suitable for wheelchairs. They can be muddy at times, so wear appropriate footwear. There are signs pointing out each trail.

Here are some popular trails:

- Beacon Lane – this most used trail is a 15-minute walk to the Lighthouse viewpoint.
- Birdsong Trail – begins near the entrance of the car park and goes 450 metres to a scenic viewpoint. It is accessible to people in walkers or wheelchairs and passes two benches and a wheelchair accessible picnic table enroute.
- Valley of the Giants Trail – is a narrow 345 metre trail in the middle of the park that passes Douglas Firs that are close to two metres (6.5 feet) in diameter and leads to a beautiful view at Eagle Point.

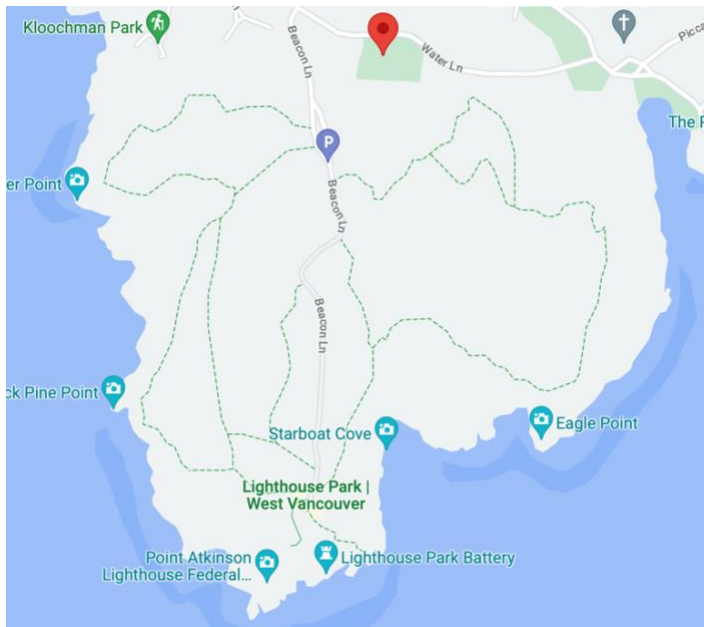
## HISTORY OF THE SITE

The forest was protected by Canada in 1881 as a dark backdrop for the lighthouse so the light would be visible to sailors from offshore. The area has remained off-limits for logging since then.

## WHAT TO SEE AND DO HERE

These are the most popular activities for individuals, families, and groups.

- Walk to the Lighthouse Viewpoint – The lighthouse is still operating so the public is not allowed on site, but it is an easy walk to see it. Best seen from West Beach.
- View the Trees – This is an old growth forest and so the trees can be very big. Some bear marks of axe cuts and bark stripping by Indigenous peoples. Moss and lichen cover trees, logs and the forest floor.
- Watch for Birds and Wildlife – You may see squirrels and woodpeckers in the woods, and seals, cormorants, oystercatchers, surf scooters, and grebes at the coast.
- Enjoy the Viewpoints – East Beach, Arbutus Knoll and Eagle Point have great views of downtown Vancouver. Juniper Point and Shore Pine Point face Bowen Island.
- Have a Picnic – Find picnic tables near the Lighthouse Viewpoint or spread a blanket at one of the ocean viewpoints.
- Hike the Trails – Take a short hike to one of the viewpoints or make an easy six-kilometre loop around the park.



Map by Google Maps 2023-09-28

## ACCESS

### BUS

Take number 250 bus outside The Bay on Georgia Street in downtown Vancouver. Get off at Beacon Lane and Marine Drive. Walk down Beacon Lane into Lighthouse Park.

### BICYCLE

When you get to Beacon Lane, go south a short distance to the park gate. Bikes are not allowed in the park, but there is a bike rack at the parking lot.

### CAR

From downtown Vancouver, head over the Lions Gate Bridge, then go west on Marine Drive for about 10 kilometres. Watch for a hanging wooden sign on the left for Lighthouse Park (just after the firehall), then turn left onto Beacon Lane. Follow Beacon Lane to the parking lot. Parking is \$3:75 per hour. There are two handicapped parking slots. The gate opens at 7 AM.



## PACIFIC SPIRIT REGIONAL PARK



*Photo: Rohit Tandon on Unsplash*

### SUMMARY

This 874-hectare (2,160 acres) is on Point Grey, by the Pacific Ocean, west of the City of Vancouver. Entry is free and the park is open from 7 AM to 8 PM daily. The park is popular with walkers, hikers, bikers, horseback riders, and beach users. A visit is commonly 3-hours. There are some flat trails accessible to wheelchairs and strollers. The park's sand beaches have beautiful vistas and attract many people. Dogs are welcome but not permitted in some areas on weekends and holidays. The park sits on unceded territory of the Musqueam people. It was established in 1989 as a natural forest preserve adjacent to the University of British Columbia. The forest is second growth, but beautiful with Douglas fir, Western Hemlock, Sitka Spruce, Western Red-cedar, ferns, and mosses. Birds such – Owl, Eagle, Warbler, Woodpecker, Chickadee, and sea birds may be seen. Mammals such as Squirrel, Vole, Coyote, Skunk. The salamander, newt, garter snake, toad, and tree frog are here too.

### MANAGEMENT & CONTACT INFORMATION

The park is managed by Metro Vancouver. Phone: 614-224-5739.

Website: [metrovancover.org/services/regional-parks/park/pacific-spirit-regional-park](http://metrovancover.org/services/regional-parks/park/pacific-spirit-regional-park)

### TREE TYPES

You can recognize the Western Red-cedar by its wide tapering trunk with dark, ridged reddish-brown bark and fern-like needles. Douglas fir is a large tree with a conical crown, long tapering branches, deeply furrowed reddish-brown bark, and is often the dominant tree in large stands. Western hemlock is medium to large, with a narrow crown that droops at the top, deeply furrowed reddish-brown bark, and long branches with feathery foliage that sweep down. Sitka spruce may have a massive stem, often buttressed at the base, a wide compact crown, horizontal branches, and thin reddish-brown bark broken into large loose scales.



*Photo: Mia Mackenzie on Unsplash*

Deciduous trees in the park include vine maple, bigleaf maple, red alder, and bitter cherry. There is also Pacific dogwood, with white flowers in the spring and fall that are the floral emblem of British Columbia. Berry bushes are abundant, such as salal, salmonberry, thimbleberry, and elderberry. Moist and rocky areas of the park include ferns, mosses, mushrooms, and lichens.

Some non-native species include the invasive English ivy and Himalayan blackberry. There may also be European Holly, European beech, European ash, Horse chestnut, and Sycamore maple in the park.

For information on many tree species see pages 4-14 in this tour book.

## TRAILS

There are over 73 kilometres of walking or hiking trails, 50 of which are multi-use and available for cycling and horseback riding. Trail maps are posted at a few park kiosks. The most accessible trails for wheelchairs are the Heron Trail and the Cleveland Trail near the Park Centre on W 16<sup>th</sup> Avenue. There are 14 easy hiking trails and some more challenging ones. Good trails to view trees are the Supreme Trail, Clinton Trail, and Salish Trail. Park visitors may walk on a boardwalk at the Camosun Bog which used to be a source of food, medicine, and resources for the Musqueam people.

Over the span of a year, about 360,000 dogs visit the park. There are on-leash and off-leash trails, and rules for dogs. Also, dogs are not permitted in some areas on weekends and holidays.

## WHAT TO SEE AND DO

Hiking or running, of course, and biking down the wide gravel paths. This is also a great place for Forest Bathing (Shinrin-yoku) – getting the physical and mental benefits of time in the woods. Visiting the beach and walking the dog are very popular. You can view WW 2 history by visiting gun emplacements behind the Museum of Anthropology. There is Geocaching in the park too.

Because Pacific Spirit adjoins the campus of the University of British Columbia (UBC) visitors to the park are often a mixture of students, people from Vancouver, and tourists.

## AMENITIES

There are washrooms at the head of Trail #7, and the head and base of Trail #6 and other areas around the edges of the park. The Park Centre on W 16<sup>th</sup> Avenue has washrooms and a picnic table that is wheelchair accessible. Clinton Meadow and Acadia Beach have picnic areas too.

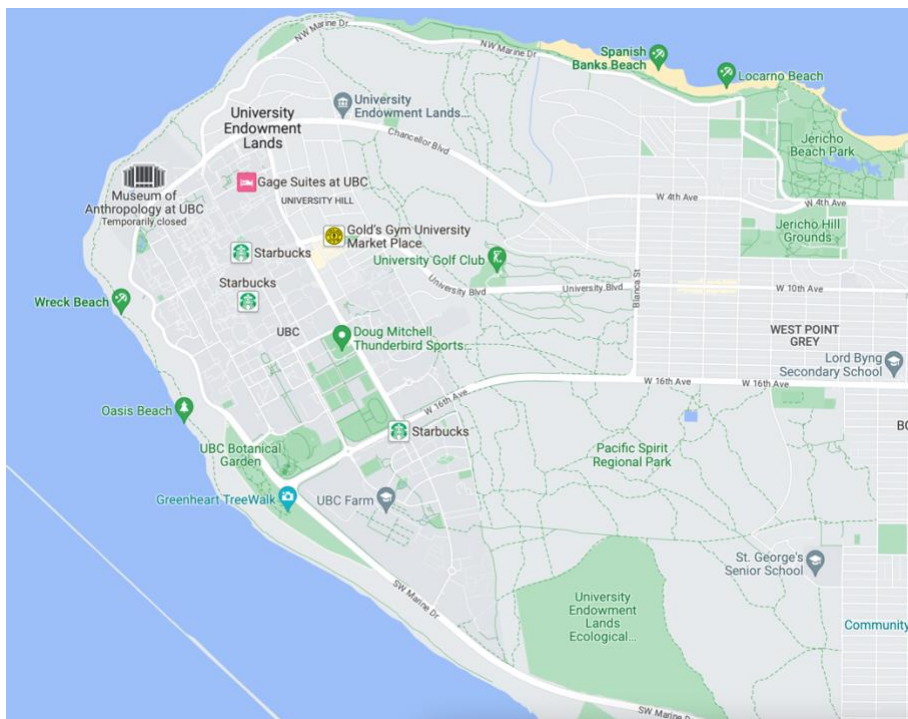
British Columbia Mobility ([info@disabilityfoundation.org](mailto:info@disabilityfoundation.org)) can provide a “TrailRider” which is an innovative one-wheel wheelchair with dedicated volunteers at front and back to take disabled persons on a ride through the park.

There are no food services in the park, but there are many around the park.

## ACCESS

Many buses serving the University of British Columbia campus stop along the park trails. From downtown Vancouver, take the B-line #98 bus to King Edward St. and transfer to the #25 bus heading westbound. This bus will follow King Edward, turn R on Dunbar, then L on 16<sup>th</sup> Ave.

For cars, there are free parking lots at Acadia, Spanish Banks and Jericho Beaches, and the park information centre on 16<sup>th</sup> Avenue. The park has several access points, including forest trail entrances on 16<sup>th</sup> Avenue between Westbrook Mall and Blanca Street, and at 16<sup>th</sup> Avenue and Sasamat Street. There is pay parking near Gate 7 to the University of British Columbia (UBC), at the UBC Museum of Anthropology, and at the UBC botanical Gardens.



Map from Google Maps 2023-08-20

## QUEEN ELIZABETH PARK



*Photo: Yuta Koike on Unsplash*

### SUMMARY

Queen Elizabeth Park is a 52-hectare (130 acre) naturalized area in central Vancouver, midway between the Fraser River and False Creek. The park has been planted with trees, flowers, and gardens, and is a pleasant spot for people of any age. It contains around 1,500 trees of many species, making it a good place to see many of the province's native tree types. You may also see non-native species that are used for landscaping in the city. The park contains an indoor conservatory of plants and birds, many scenic trails, a small golf course and an elegant restaurant. There is a popular 2.3 km hiking trail and pathways that are wheelchair accessible. Some walking and hiking routes are quite steep, however.

A scavenger hunt for children, and picnic areas can make your tree viewing experience even more pleasant. Visiting the gardens and plaza may take 2-3 hours. Add other activities and you have a full day. Entry to the park is free, although there are charges for some of the attractions. The park is open from 6 AM to 10 PM.

### MANAGEMENT AND CONTACT INFORMATION

Queen Elizabeth Park is managed by the City of Vancouver through its Park Board, 614-873-7000. The park is well maintained and there are signs to guide your tour. Directions: [Vancouver.ca/parks-recreation-culture/queen-elizabeth-park-directions.aspx](http://Vancouver.ca/parks-recreation-culture/queen-elizabeth-park-directions.aspx)



*Photo: Michael Fenton on Unsplash*

## TREE TYPES HERE

The Western red cedar is B.C.'s provincial tree. It is a medium to tall conifer that grows best in open spaces. The bark is grey and stringy, and its top is cylindrical or conical. The width is wide (up to 8 metres) and tapers rapidly. Needles are a shiny yellow green.

The Douglas fir is also a medium to tall conifer and has smooth grey-brown bark that becomes deeply grooved with age. Its needles are soft and flat and cannot be rolled between your fingers. Lower branches fall off with age, leaving a cylindrical or flat top.

Other native trees in the park include Grand fir, black cottonwood, American sycamore (Plane tree), vine maple, bigleaf maple, Pacific dogwood, Western white pine, ponderosa pine, chokecherry, yellow cedar, and Gary oak.

Non-native trees include giant sequoia (native to western USA), European yew, maidenhair tree or ginkgo (native to China), red maple (native to E. and Central Canada), American hornbeam (native to E. and Central Canada), American tulip tree (native to E. North America).

For information on many tree species see pages 4-14 in this tour book.

## TRAILS

The 2.3-kilometre loop trail is an easy route and is handicapped accessible. There are also pathways to the gardens and other areas of the park.

## HISTORY OF THIS SITE

Originally a stone quarry on top of Vancouver's highest location, the park was dedicated in 1939 when King George VI and his wife Queen Elizabeth planted an oak tree here. Then landscaping went on until 1954 to create sunken gardens, but planting continued until the early 1960s.



Map from Google Maps 2023-10-16

## WHAT TO SEE AND DO HERE

Many trees are labeled, so you can learn to recognize them. You can stroll around the tree arboretum and gardens, an indoor floral conservatory with over 100 birds, view sculptures and dancing fountains. There are spectacular views of the Vancouver skyline, mountains, and shoreline. You can eat fine west coast cuisine in Seasons restaurant or cook in Barbecue areas. For more exercise try the tennis courts, 18-hole "pitch and putt" golf course, or lawn bowling.

## AMENITIES

Three washrooms at Fieldhouse, Lookout, and under Seasons restaurant. Picnic tables. BBQ pits.

## LOCATION

Main entrance is 33<sup>rd</sup> Ave and Cambie Street (see map at left).

## ACCESS BY BUS

Bus route 15 from downtown to Midlothian and Clancy Loranger.

## ACCESS BY BICYCLE

Midtown/Ridgeway Bike Route or the Ontario Street Bike route.

## ACCESS BY CAR

Cambie Street at West 29<sup>th</sup> or 33<sup>rd</sup> Avenues, or Main St. at East 33<sup>rd</sup> Ave.

Parking is \$4 per hour.

# STANLEY PARK



*Photo: Adrian Yu on Unsplash*

## SUMMARY

This 405-hectare free public park in central Vancouver, along the waters of Burrard Inlet and English Bay, was named in 2014 by Trip Advisor as the most beautiful park in the world. Open from 9 AM to 5 PM each day, Stanley Park receives 8 million visits annually. It is suitable for people of any age. Park habitats include coniferous forests, boggy wetlands, and rocky shores. At least 500 species of wildlife live in the park. The seawall trail is very popular, and takes about 2 hours to walk, but the quieter interior trails are great places to connect with nature. Beaver Lake is a much-visited wetland in the middle of the park, surrounded by a 1.5-kilometre trail. At the south end of the lake is the park's tallest tree, a 63 metre (206 foot) Douglas fir.

## MANAGEMENT

Stanley Park is managed by the City of Vancouver through its Park Board. There are 36 graphic panels throughout the park telling how natural and human forces have created this green space.

## CONTACT INFORMATION

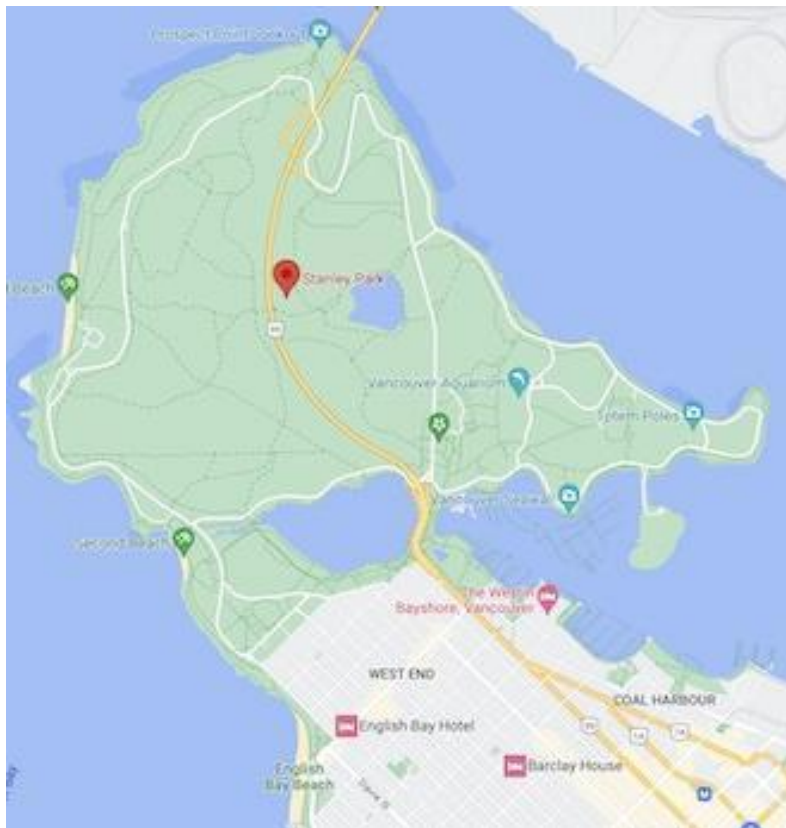
604-681-6728 (3-1-1 within Vancouver)  
[Vancouver.ca/parks-recreation/culture-park.aspx](http://Vancouver.ca/parks-recreation/culture-park.aspx)

## TREE TYPES

The park's half-million trees include western hemlock, western red cedar, Douglas fir, Sitka spruce, grand fir, bigleaf maple, black cottonwood, red alder, Pacific yew, cascara, Pacific dogwood (BCs floral emblem) and arbutus. The most famous tree here, for the past 100 years, is a huge hollow stump of a Western red cedar that is 600-800 years old. For more information on tree types see pages 4-14 in this tour book.

## TRAILS

Forest trails offer more than 27 kilometres of quiet refuge, away from developments on the park's periphery. Trails are wide and mulched with bark. Many of them were originally pathways for moving logs when this was an active logging area. The long seawall trail is used by runners, cyclists, pedestrians, and is handicapped accessible. They move in a counter-clockwise direction. Ravine trail, on the north-east side of the park, provides wheelchair access from the Seawall to the trail around Beaver Lake.



Map from Google Maps 2023-10-16

## STANLEY PARK HISTORY

Indigenous peoples lived in what is now Stanley Park for at least 3,200 years. It is the traditional territory of the Coast Salish First Nations. In 1860, the British government designated the north part of the peninsula as a military reserve. A Canadian naval base and museum are now located in the southern part of the park. From 1860 to 1880 the area was logged, with a sawmill at Brockton Point. It became a public park in 1888 and named after Governor General Lord Fredrick Stanley, who donated Hockey's Stanley Cup. At 9 PM each night, a cannon is fired from Stanley Park. This tradition was done long ago to allow ships to *set their chronometers*.

## WHAT TO SEE AND DO HERE

There are many attractions including the Vancouver Aquarium, totem poles (East end of park), restaurants along the sea wall, 3 beaches, a Pitch & Putt (small golf course), Prospect and Brockton Point Lookouts, Siwash Rock, a walking tour along the seawall, a 2-kilometre miniature train ride, a 3-hour bike tour, a 1-hour Horse-drawn carriage tour, flower gardens, an Outdoor pool at Second Beach, many playgrounds and a water park.

## AMENITIES

Washrooms are close to all beaches and attractions. There are several restaurants and food trucks, mostly near the outside of the park. There are also many picnic areas.



## ACCESS

You can walk, bike, take transit, or drive from Vancouver's west end to Stanley Park.



*Siwash Rock. Photo: Micah McKerlich on Unsplash*

### BUS ACCESS

TransLink's #19 bus will get you into Stanley Park. The bus stops at: Stanley Park Drive and Pipeline Road near Lost Lagoon Stanley Park Loop near the Miniature Train, and a short walk from the Vancouver Aquarium.

### BICYCLE ACCESS

Biking 9 kilometres of the Stanley Park Section of the seawall takes 1-2 hours depending on how often you top to enjoy the view. Bike rentals are available around entries to the park (e.g., Coal Harbour) for about \$10 per hour with free helmet and lock. Don't bike the wrong way around the seawall.

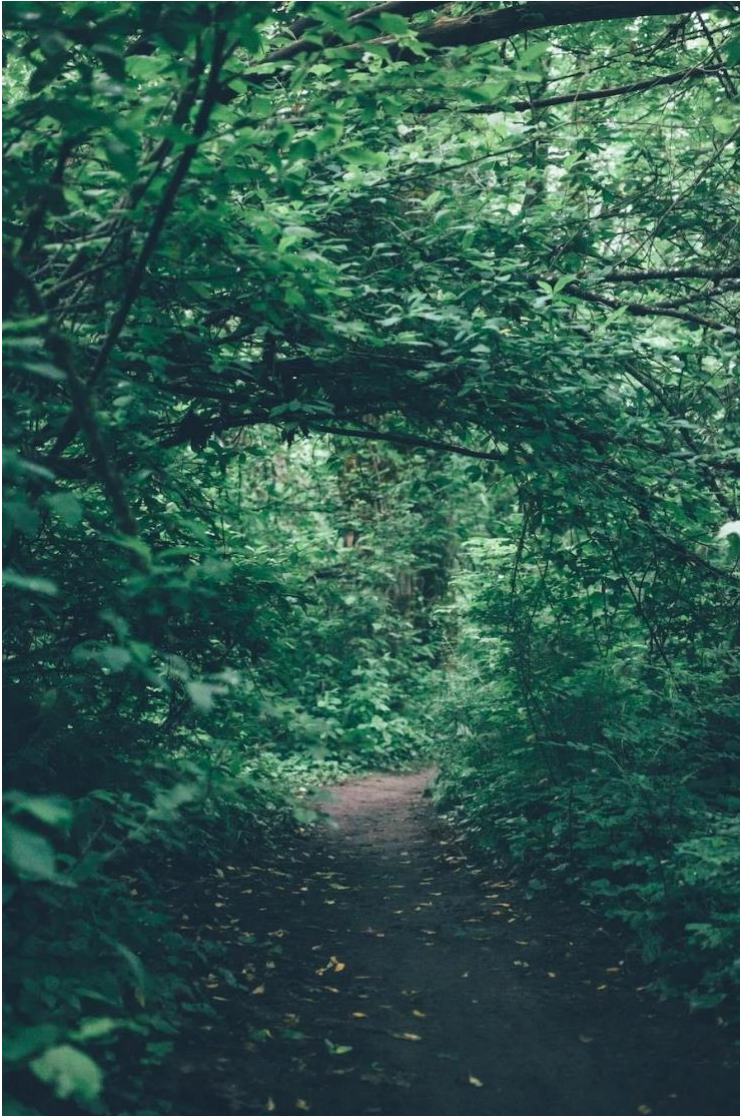
### CAR ACCESS

Stanley Park Drive goes around the outside of the park but is a bit inland from the Seawall Trail. One lane of the Drive is open to vehicles and one lane is dedicated to cycling.

## PARKING LOTS

Stanley Park Pavilion (small lot), Stanley Park Junction and Miniature Train (2 large lots), Vancouver Aquarium (large), Stanley Park Information Booth and Horse-Drawn Carriage Tour (medium size), Royal Vancouver Yacht Club (large), Brockton Oval & Playing Fields (large), Totem Poles (small), Brockton Point (medium), Lumbermen's Arch (large), Prospect Point (medium and large lots), Hollow Tree (small), Third Beach (large), Teahouse Restaurant (small), Second Beach (medium), Ceperley Park (large), Stanley Park Golf Course and Brewery (small), English Bay Tennis Courts (large). Visit [StanleyParkVan.com](http://StanleyParkVan.com) for directions.

# TRABOULAY POCO TRAIL



*Photo of Traboulay PoCo Trail by Nature Interrupted on Unsplash.*

## SUMMARY

This 25.3-kilometer trail surrounds most of the urban area of Port Coquitlam. The south-east half of the trail follows the Fraser River and presents spectacular views. The trail is free and open from sunrise to sunset. Traboulay PoCo Trail can be accessed at many points along its route and crosswalks are in place where the trail crosses roads. Most parts are paved and usable by people with mobility challenges. There are wheelchair ramps at places where there are elevation changes. The trail is good for family hikes, dog walks, bird watching, and cycling. Usually, only cyclists will experience the whole trail at one time because of its length. The Traboulay PoCo Trail has very good signage, is well maintained and a great place to see birds, animals, and scenery (and occasionally a bear). Most people spend about five hours visiting scenic spots like Pitt River, Fraser River, Colony Farm, and Hyde Creek.

## WHAT TO SEE AND DO HERE

Children will enjoy wildlife and insects in natural settings. Interpretive signs along the trail provide information about flora, fauna, and local history. There are also art installations along the route and scenic bridges which children will find fun to cross. Picnic areas and playgrounds add to the family experience.

Adults come to the Traboulay PoCo Trail for fitness, relaxation, photography, historical exploration, and social interaction with friends. Some adults participate in bird watching, plant identification, and connection with the local environment.



*Tree Sparrow on Traboulay Poco Trail by Peter Nuji on Unsplash*

## MANAGEMENT

The Traboulay Poco Trail is managed by the City of Port Coquitlam, with assistance from businesses and local organizations. The community helps with clean-up and education. There are very good interpretive signs along the route.

## HISTORY OF THE SITE

The trail was conceived as a project for 1967 to celebrate Canada's centennial.

## TREE TYPES HERE

The trail goes through forest, farmland, and urban areas. These include many habitat and soil conditions. So, there are a variety of trees on different sections of the trail. These include:

- Douglas Fir: Tall evergreen with conical crown and reddish-brown furrowed bark.
- western red cedar: Tall with tapering trunk and aromatic fern-like needles.
- bigleaf maple: Tall with large spreading limbs and very large maple leaves.
- black cottonwood: Medium deciduous tree, with heart-shaped leaves, often near water.
- red alder: Deciduous tree with broad cone shape, edges of oval leaves tend to curl.
- Pacific dogwood: Small tree with oval leaves and white flowers. BC's floral emblem.
- grand fir: tall coniferous tree with grey-brown bark, and fragrant flat needles.
- black hawthorn: Small tree with oval leaves, straight thorns, and white flowers.
- bitter cherry: Small slender tree with smooth reddish peeling bark, dark red fruit.
- vine maple: Small deciduous tree with crooked trunk and branches that can re-root.

For more information on some of these trees see pages 4-14 above.

## AMENITIES

Many trails, parks, visitor centres, and parking lots along the route have washrooms. During events or peak usage, portable restrooms may be found along the route. There are accessible benches, tables, and toilets. Sections of the trail go by restaurants, eateries, and food trucks. Food stalls may be installed for special trail events. There are picnic tables in several locations. Trailhead information highlights accessible features and describes the accessible level of that section of the trail.

## TRAILS

Many sections of the trail are paved, and parts are on quiet roads. Almost all are handicapped accessible. Where there are elevation changes, wheelchair ramps are often present to ensure a smooth transition. Railings along ramps and steeper sections provide stability and support.

There are also packed dirt trails beside streams and farms, and through the woods. Here are some of the diverse sections:

- DeBoville Slough: Serene waterside views and wildlife.
- Hyde Creek: Peaceful experience along a tree bordered salmon creek.
- Colony Farm: Farmland, and connection to 9-kilometers of trails in Colony Farm Park.
- Coquitlam River: Cool shade from tall trees along the river.
- Riverside Trail: All gravel along a river and beside a municipal park.
- Blakeburn Lagoons: Small lagoons with various bird species present.
- Cedar/Chelsea: A refreshing walk (or bike) through the woods.
- Shaughnessy Station: Mixture of urban and natural areas with a historic railway station.
- Lions Park: A 5-kilometre loop, and sports fields, picnic spots and a playground.
- Traboulay Poco Trail Loop: The whole 25.3-kilometer route provides great variety.

## CONTACT INFORMATION

Telephone: 604.927.5496

Website: [portcoquitlam.ca/recreation/parks-sports-fields-trails/traboulay-poco-trail/](http://portcoquitlam.ca/recreation/parks-sports-fields-trails/traboulay-poco-trail/)

Address: Traboulay PoCo Trail, Port Coquitlam, BC, V3B 6A9

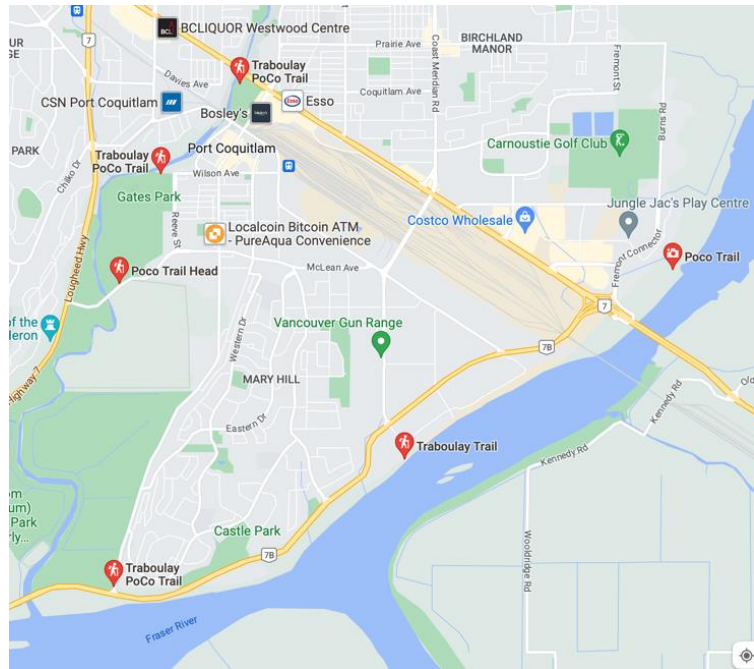
## ACCESS

The Traboulay PoCo Trail may be accessed at many points along its route. Residents may hike certain sections close to where they live. Getting to the area is easy too.

**BUS** – Pedestrians may take the SkyTrain to Coquitlam Central Station and transfer to bus # 159, # 160, or #188 to access the desired entry point.

**BICYCLE** – There are bicycle racks at trail entrances.

**CAR** – Ample free parking can be found at many points along the trail.



Map by Google Maps 2023-09-26

# UBC POINT GREY CAMPUS



*Photo: Sophie N on Unsplash*

## SUMMARY

The University of British Columbia (UBC) campus is 400 hectares on the Point Grey Peninsula, beside Pacific Spirit Regional Park, includes approximately 18,000 trees, and serves over 60,000 students. The trees grow along the streets and between buildings, mainly in the Main and West Malls, and around the campus. Most of the campus is located on 68 acres of old-growth forest with some trees up to 64 metres (210 feet) tall that may be 400 years old. Students view the trees on a daily basis, but visitors are welcome. It takes a half hour to walk the length of the campus, and bicycles and buses reduce this transit time. There are museums and other attractions. The campus is open day and night, but some of the attractions have more limited hours. The campus and most of its trails are handicapped accessible. You may enjoy viewing *Campus Trees – A Self-guided Tour* ([https://www.library.ubc.ca/archives/campus\\_trees\\_2.pdf](https://www.library.ubc.ca/archives/campus_trees_2.pdf)).

## MANAGEMENT AND CONTACT INFORMATION

Campus and Community Planning – UBC Vancouver coordinates management of this urban forest with professional arborists.

Address: 2210 West Mall, Vancouver BC, V6T 1Z4

Office Hours: 8:30 AM to 4:30 PM, Monday to Friday

Phone: 604-822-8228

Email: [info.planning@ubc.ca](mailto:info.planning@ubc.ca)



Photo: Amy Tran on Unsplash

## WHAT TO SEE AND DO HERE

The UBC Botanical Garden has around 30,000 plants from around the world. There is a Japanese Tea and Stroll Garden, Rose Garden, Alpine Garden, Rainforest Garden, and many others. You may visit several museums and art galleries, attend a varsity game, view cherry blossoms in the spring, or visit an apple festival and see fall colours.

## TREE TYPES HERE

Of the approximately 18,000 trees on the site, 8,000 have been planted and 10,000 are native trees in natural settings. Here are five of the many important trees on site:

- Douglas fir – A massive tree with soft needles, medium sized cones with “mouse-tails”, and chunky bark. The largest one is at the very north end of Westbrook Village.
- Western red cedar – A very large coniferous tree with a wide trunk at its base, drooping branches, small cones, and bark that tears off in large strips on mature trees.
- Western hemlock – A medium to large conifer with grooved bark and drooping branches of soft needles. It casts so much shade, little will grow underneath it.
- Red alder – A medium sized deciduous tree with smooth light grey bark, and toothed leaves that are slightly rolled under, and a narrow crown. Bruised bark turns rusty red.
- Black cottonwood – A tall tree with leaves almost as wide as long and rounded at the base, and a narrow crown. When mature, its bark is greyish-brown and deeply furrowed.

For more information on types of trees see pages 4-14 above.

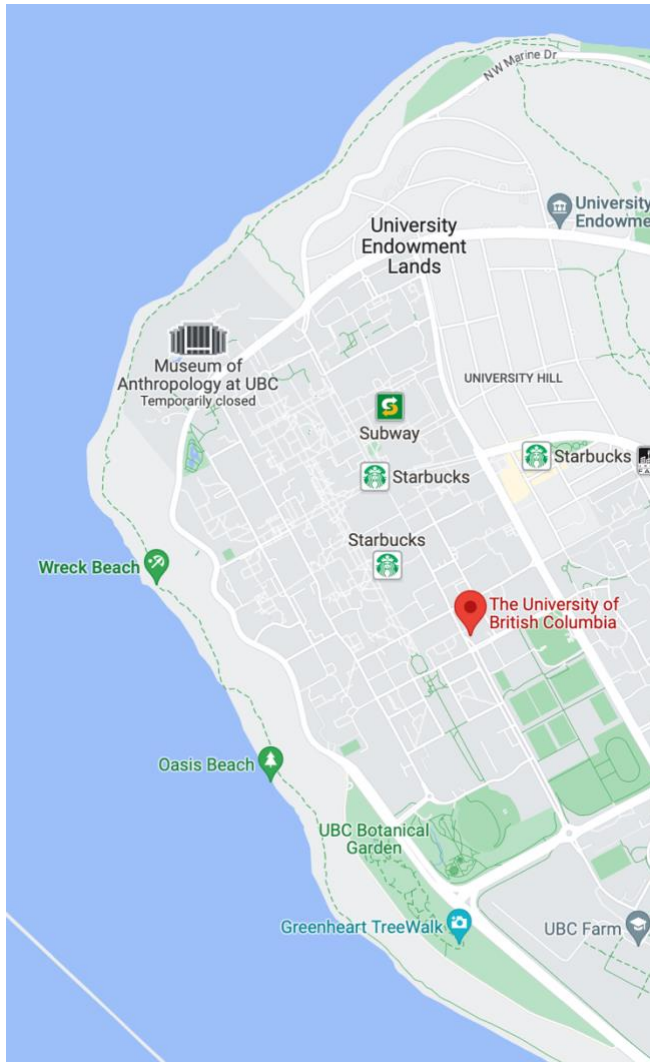
## TRAILS

Most of the trees are visible from the streets and walkways. But there are also five trails:

- Pine Loop – 1.7 kilometres with some hilly sections. Access to Quail Ridge.
- Snowberry Loop – 1.55 kilometres, paved, spectacular views, wheelchair usable.
- Old Pond Loop – 1 kilometre around a pond in the forest, handicapped accessible.
- Juniper Trail – 744 metres, connects Snowberry and Pine trails. Some elevation changes.
- Greenheart TreeWalk – 310-metre-long elevated walkway from the botanical garden.

## AMENITIES

Washrooms are accessible all-around campus. Food is available in the Student Union Building and at many restaurants on campus. You can also rent a suite or stay in a hostel (contact UBC Welcome Centre 604 822 3313). The UBC Botanical Garden, Biodiversity Museum, Pacific Museum of Earth, art galleries, Nitobe Memorial (Japanese) Garden, and UBC Opera have entry fees, although most are free for student. The Rose Garden is popular for students and visitors.



Map by Google Maps 2023-10-03

## ACCESS

### BUS

Routes R4, 44, 84, and 99 Express run directly to the campus. R4 and 68 stop near the Botanical Garden. At the route 68 bus stop on campus, you can catch a minibus to shuttle you around the university. Adult fare is \$3.15. Persons with mobility problems can book ahead for the free Accessibility Shuttle 604-822-9929, weekdays only.

### BICYCLE

It is easy to bike around campus and there are bike racks at most buildings. You can also take advantage of a bike share service on campus ([gohopr.com/ubc/](http://gohopr.com/ubc/)).

### CAR

There is plenty of parking but pre-purchase of a daily permit saves money.

### WHEELCHAIR

Campus pathways are accessible. Much of the Botanical Garden is too, but some of its pathways have a loose topping so call about current path conditions (604-822-4208).

## HISTORY OF THE SITE

The site of the Point Grey campus was inhabited by the Musqueam First Nation and was also used by Squamish and Tsleil-Waututh First Nations of the Coast Salish peoples. In 1860, Point Grey became a Colonial Admiralty reserve because of its strategic location. In 1914, building of the university campus began, but completion was delayed by the war. Point Grey campus was inaugurated in 1925. Since 1919, however, a tree-planting ceremony has taken place with each graduating class leaving behind a living testimony to their time in the university and as a link to future students. Also, regular planting in the UBC urban forest has taken place since 1925. In 1940, Frank Calder, of the Nisga'a First Nation from Naas River, was the first Indigenous person to enroll at UBC. The University Endowment Lands (UEL) is a community adjacent to the UBC campus, administered by the provincial government. It was planned as a university town and approximately 280 hectares (692 acres) have been sold for residential, commercial, and recreational property. The largest part (874 hectares) was transferred to Metro Vancouver in 1989 to create Pacific Spirit Regional Park, a forested buffer to the UBC campus.

## OTHER SITES TO VISIT

### HABITAT ISLAND



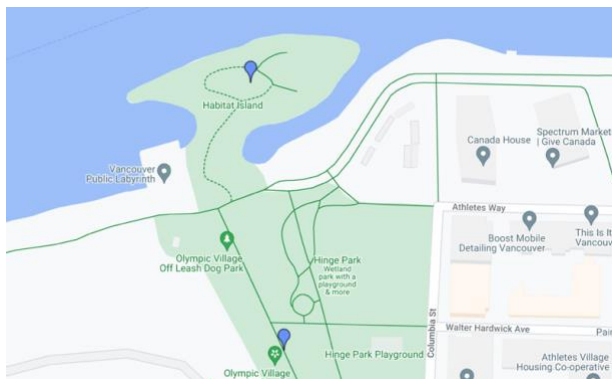
*Photo: Namiya Jain*

#### SUMMARY

Habitat Island is a small peninsula in False Creek connected to Hinge Park. It was created with about 60,000 cubic metres of rock and gravel in 2010 as a bird sanctuary near the Olympic Village. Planting of 246 trees and thousands of shrubs and grass plantings created the habitat. People come here for short visits for tranquility and a beautiful view of downtown Vancouver. There is a small, looped trail and two side trails to allow you to see the birds and young native trees. They are wheelchair accessible. A visit may be 30 minutes or more and are free. There are no washrooms, picnic tables or food vendors on the island. Visiting hours: 6 AM to 10 PM.

#### MANAGEMENT AND CONTACT INFORMATION

The Vancouver Park Board. Local contact Van3-1-1.



*Map from Google Maps 2023-09-14*

#### ACCESS

The short path from Hinge Park to Habitat Island is near the corner of Columbia St. and Athletes Way. Bicycle access is simply from the seawall trail, although there are no bike racks. To get there by bus, take the Canada line (bus every 3 min) to Olympic Village Station (13 minutes) and walk along W 2<sup>nd</sup> Ave to Hinge Park. Walk through the park (3 min) to Habitat Island.

Drivers can park at 1 Athletes Way in Olympic Village (cost \$3 per hour) and walk west 3 blocks to Hinge Park, then through the park to Habitat Island (3 min). At high tide, people use stepping stones to get to the island.



# RICE LAKE



Photo: Adrian Montazeri on Unsplash

## SUMMARY

A coniferous forest of Douglas fir, Western red cedar, Western hemlock, and Sitka spruce surrounds this small lake (see pp 4-14). The peaceful 3-kilometre trail surrounding the trail is popular with families. Birds such as eagles and herons may be seen. Be alert for bears! Dogs and bicycles are not allowed, nor is swimming in the lake. Loggers created the lake in 1864 by damming wetlands. Anglers may catch up to two of the 5,000 rainbow trout stocked here each year.

## MANAGEMENT AND CONTACT INFORMATION

Rice Lake is part of the Lower Seymour Conservation Reserve managed by Metro Vancouver. Live chat 604-432-6200.



Map from Google Maps 2023-09-21

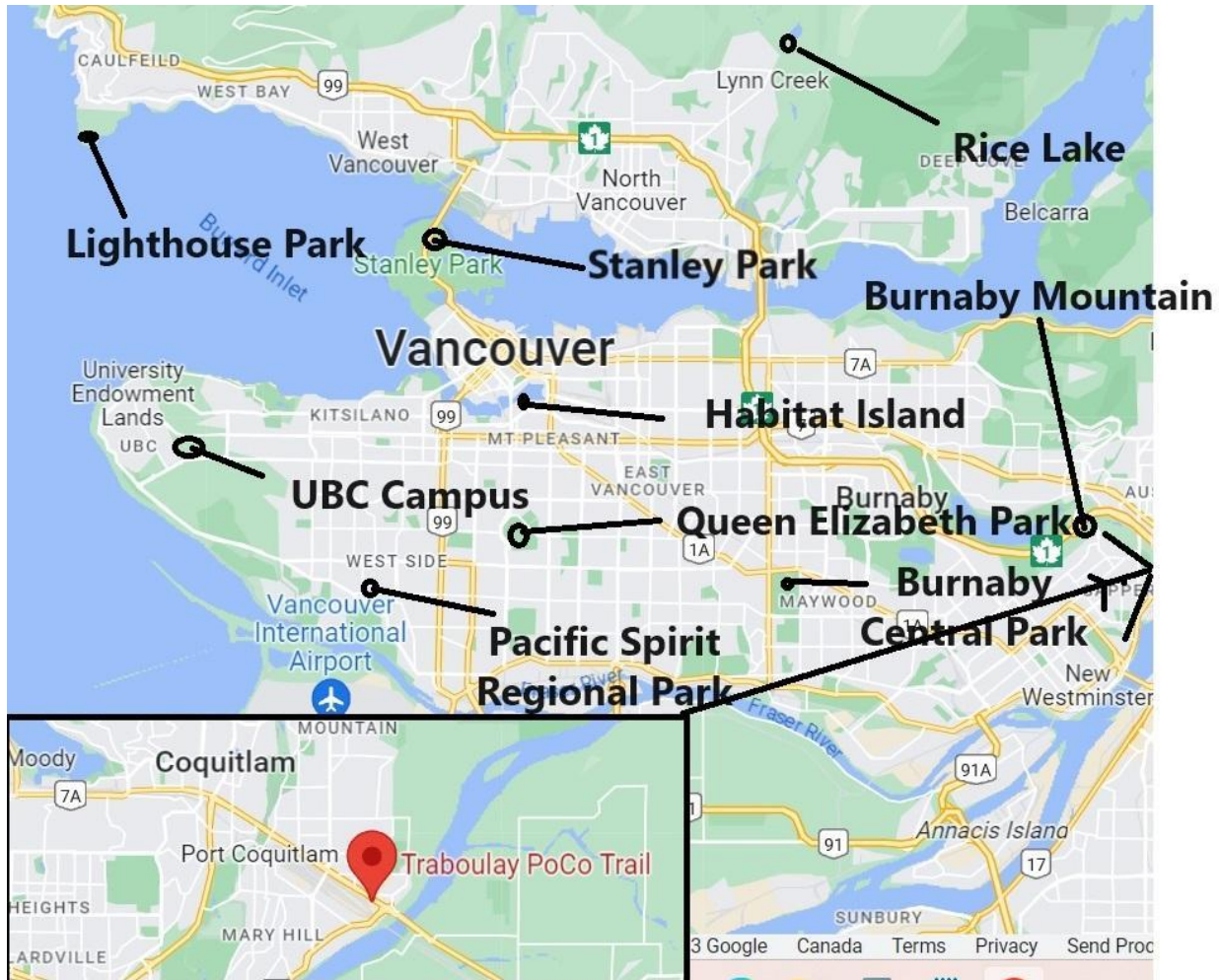
## TRAIL

The lake loop trail is handicapped accessible. Walking it takes 30 minutes to an hour.

## ACCESS AND FACILITIES

Cyclists and motorists can walk (10 minutes) to Rice Lake trail from the Seymour Demonstration Forest parking lot above Capilano University. Driving from downtown Vancouver takes 40 minutes. By bus, take #210 from downtown Vancouver to Upper Lynn Valley (or #228 from Lonsdale). A large floating dock, for fishing and viewing, accommodates wheelchairs. There are washrooms at the gate and a picnic area south of the lake. There are no food services. Rice Lake is free, and open from dawn to dusk, but is closed for maintenance from mid-October to May. Cyclists use nearby Lynn Lake trails.

## MAP OF ALL SITES ON THE TREE TOUR



Map from Google My Maps by Jeffrey Ng

## REFERENCES FOR FURTHER TREE RESEARCH

i-tree. (2017). I-tree ECO field guide. Available from [https://www.itreetools.org/resources/manuals/Ecov6\\_ManualsGuides/Ecov6\\_FieldManual.pdf](https://www.itreetools.org/resources/manuals/Ecov6_ManualsGuides/Ecov6_FieldManual.pdf)  
Tree Book – Learning to Recognize Trees of British Columbia (gov.bc.ca)

TreeLib – a high-quality tree database for educators, students, and lay persons (treelib.ca)

Trees in the Lower Mainland (naturevancouver.ca)

Vancouver Big Tree Hiking Guide (vancouverbigtrees.com)

## ACKNOWLEDGEMENTS

Thank you to the Vancouver Biosphere Eco-City (VBEC) volunteers who created this self-guided Vancouver Urban Tree Tour:

Halima Amuni

James Birtch

Justin Chow

Mohammed Danish

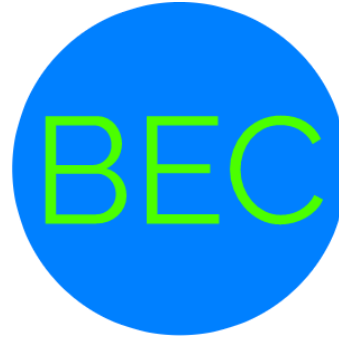
Namiya Jain

Sahar Khoshkalam

Evell Lam

Jeffrey Ng

Eakin Sawada-Tse



Vancouver Biosphere Eco-City

Appreciation also to the Friends of the Central Experimental Farm for help finding and photographing some of the trees in the Dominion Arboretum.

Recognition also to [Unsplash.com](https://www.unsplash.com) and its photographers for quality copyright-free photos in this tour book.

Thanks also [Hunter's Garden Centre](https://www.huntergardencentre.com) for freely providing a photo of one of its trees.

## VANCOUVER BIOSPHERE ECO-CITY (VBEC) INFORMATION

VBEC is a volunteer group working to create a culture of sustainability through education and engagement. This supports the development of Vancouver as a sustainable city.

It is a new organization, which welcomes members and is creating a new website at [Vancouver.BioEcoCity.org](https://Vancouver.BioEcoCity.org).

VBEC is part of a national network of five cities. You can find more information on Biosphere Eco-Cities at [BioEcoCity.org](https://BioEcoCity.org).

**CAUTION:** The contributors to this tour guide have made every effort to ensure the accuracy of the information contained in it, but cannot be responsible to accept liability for any loss, injury or inconvenience sustained as a result of the use of this information.