



## WildED Nature Hikes Overview

This overview gives teachers and educators information at a glance that will help decide a hike appropriate to class needs. WildED staff will be happy to provide first hand accounts of trip areas and offer suggestions; however, this will acquaint you with your options to get you started.

Classification for trip difficulty level is as follows:

**Easy:** mostly flat, wide and smooth trail, accessible.

**Medium:** expect some change in elevation, roots and rocks.

**Difficult:** significant elevation gain/loss, roots and rocks, often in or near alpine.

### **Baden Powell to Quarry Rock – From Mt Seymour Rd or Deep Cove, North Vancouver**

**Grade Suitability:** 6-12

**Classification (Easy/Medium/Difficult):** Medium/Difficult

**Public Transit Accessible:** Y (To Deep Cove Only)

**Description:** Travel through second growth forest from/to an oceanside park and enjoy the many vistas including views from Quarry Rock. This trail is part of the famous 42 km Baden Powell trail that was built by Girl Guides and Scouts starting in 1967. The annual Knee Knacker cross-country running race uses the trail starting from Horseshoe Bay and ending in Deep Cove.

**More information:** [http://en.wikipedia.org/wiki/Baden-Powell\\_Trail](http://en.wikipedia.org/wiki/Baden-Powell_Trail)

### **Boundary Bay Regional Park, Delta**

**Grade Suitability:** 4-12

**Classification (Easy/Medium/Difficult):** Easy

**Public Transit Accessible:** Y

**Description:** This park surrounds Boundary Bay, an internationally recognized important bird area on the Pacific Flyway. "...discover aromatic dune plants, watch for Northern Harriers hovering over the fields, or marvel at vistas of ocean and mountains as you stroll along the dyke..." (quote from Metro Vancouver Regional Parks brochure).

**More Information:** [www.birdsonthebay.ca](http://www.birdsonthebay.ca)

[www.metrovancouver.org/SERVICES/PARKS\\_LSCR/REGIONALPARKS/Pages/BoundaryBay.aspx](http://www.metrovancouver.org/SERVICES/PARKS_LSCR/REGIONALPARKS/Pages/BoundaryBay.aspx)

## **Burnaby Lake Regional Park, Burnaby**

**Grade Suitability:** 4-12

**Classification (Easy/Medium/Difficult):** Easy

**Public Transit Accessible:** Y

**Description:** Located in the middle of the city, Burnaby Lake Regional Park is a stunning wildlife sanctuary. Bird watching is superb. Look for great blue herons, bald eagles, belted kingfishers and osprey. You might even spot rare birds such as the green-backed heron.

**More Information:**

[www.metrovancouver.org/services/parks\\_lscr/regionalparks/Pages/BurnabyLake.aspx](http://www.metrovancouver.org/services/parks_lscr/regionalparks/Pages/BurnabyLake.aspx)

## **Capilano River Regional Park, North Vancouver**

**Grade Suitability:** 6-12

**Classification (Easy/Medium/Difficult):** Easy/Medium

**Public Transit Accessible:** Y

**Description:** "...explore the lush forest trails of the Capilano River Canyon, discover giant Douglas Fir trees, peer through glass walls at salmon at the Capilano Hatchery, or marvel at the source of your drinking water from the top of the Cleveland Dam..." (quote from Metro Vancouver Regional Parks brochure).

**More Information:**

[www.metrovancouver.org/services/parks\\_lscr/regionalparks/Pages/CapilanoRiver.aspx](http://www.metrovancouver.org/services/parks_lscr/regionalparks/Pages/CapilanoRiver.aspx)

## **Cypress Mountain Provincial Park, West Vancouver**

**Grade Suitability:** 6-12

**Classification (Easy/Medium/Difficult):** Medium/Difficult

**Public Transit Accessible:** N

**Description:** Cypress Mountain Park provides outstanding alpine hiking and on a clear day offers spectacular vistas of our region. Old Growth trees, alpine lakes and mountain species are just a few of the highlights of this local park treasure.

**More Information:** [www.env.gov.bc.ca/bcparks/explore/parkpgs/cypress.html](http://www.env.gov.bc.ca/bcparks/explore/parkpgs/cypress.html)

## **Deas Island Regional Park, Delta**

**Grade Suitability:** 4-12

**Classification (Easy/Medium/Difficult):** Easy

**Public Transit Accessible:** Y

**Description:** A small island park of cultural and natural heritage significance bordered by the Fraser River and Deas Slough. "...stroll park trails along the Fraser River, breathe in the sweet fragrance of Evening Primrose, listen to the rustle of the

Cottonwood trees, or watch hawks and eagles soaring effortlessly in the wind..." (quote from Metro Vancouver Regional Parks brochure).

**More Information:**

[www.metrovancouver.org/services/parks\\_lscr/regionalparks/Pages/DeasIsland.aspx](http://www.metrovancouver.org/services/parks_lscr/regionalparks/Pages/DeasIsland.aspx)

## **Lighthouse Park, West Vancouver**

**Grade Suitability:** 4-12

**Classification (Easy/Medium/Difficult):** Medium

**Public Transit Accessible:** Y

**Description:** A 75-hectare (185 acre) rugged and virtually undisturbed promontory, Lighthouse Park is a living example of the transition from the dry Coastal Douglas fir Zone to the wetter Coastal Western Hemlock Zone and serves as an outdoor classroom for nature studies.

**More Information:** [westvancouver.ca/Visitors/Level3.aspx?id=1190](http://westvancouver.ca/Visitors/Level3.aspx?id=1190)

## **Lynn Headwaters Regional Park, North Vancouver**

**Grade Suitability:** 4-12

**Classification (Easy/Medium/Difficult):** Easy to Difficult

**Public Transit Accessible:** Y

**Description:** The Lynn Headwaters was once an off-limits watershed that has since been opened to the public for hiking and been made into a park. The Lynn Creek tumbles its way down a boulder-strewn canyon. Lynn Headwaters Regional Park encompasses 4,865 hectares in a deep valley surrounded by mountains on all sides. The trails range from easy to difficult and from short to long. Loops along the Lynn Creek offer an easy stroll along a gravel road and then a more challenging walk through heavily rooted trails in almost 200 year old second growth forests. For more challenging options, Lynn Peak is a steep climb but rewards with a great view.

**More Information:**

[www.metrovancouver.org/services/parks\\_lscr/regionalparks/Pages/LynnHeadwaters.aspx](http://www.metrovancouver.org/services/parks_lscr/regionalparks/Pages/LynnHeadwaters.aspx)

## **Mt. Seymour Provincial Park and Parks Heritage Centre, North Vancouver**

**Grade Suitability:** 4-12

**Classification (Easy/Medium/Difficult):** Easy to Difficult

**Public Transit Accessible:** Y

**Description:** "Located just 30 minutes from downtown Vancouver, Mount Seymour Provincial Park has been enjoyed by generations of Lower Mainland residents. The park offers viewpoints overlooking the city of Vancouver and east over Indian Arm Provincial Park. There are opportunities for bird and wildlife viewing and four areas for day-use picnicking are available. There are several lakes in the park. Elsay Lake is the largest.

Its waters and those of De Pencier, Gopher and Goldie drain eastward to Indian Arm. Some of the smaller lakes and ponds feed their waters west to the Seymour River. Visitors will find many trails of various lengths and difficulty...” (quote from BC Parks website). WildED also delivers programs based out of the Mt. Seymour Parks Heritage Centre, located near the park office at the mountain’s base, where we provide both indoor learning and nearby outdoor experiences on easy to medium trail options.

**More Information:** [www.env.gov.bc.ca/bcparks/explore/parkpgs/mt\\_seymour/](http://www.env.gov.bc.ca/bcparks/explore/parkpgs/mt_seymour/)

## **Pacific Spirit Regional Park, Vancouver**

**Grade Suitability:** 4-12

**Classification (Easy/Medium/Difficult):** Easy to Medium

**Public Transit Accessible:** Y

**Description:** “Pacific Spirit Regional Park contains a wide variety of recreational and educational opportunities including ocean beaches, upland temperate rain forest and the Fraser River estuary...From estuary marshes, rock and cobble beaches, wooded ravines, upland forests and ancient bog - take your pick! Hike along rugged shores next to the ocean. Wander barefoot on shining tidal flats or sunbathe among scattered driftwood to the sound of lapping waves. Spot eagles perched majestically in gnarled, grey snags; their sharp eyes scanning the Fraser River, Howe Sound and English Bay. Climb steep trails past narrow ravines onto the forested plateau where most trails are suitable for hikers, cyclists and horseback riders. Tall cedar, hemlock and Douglas-fir are mixed with bright patches of bitter cherry, red alder and maple...” (quote from Metro Vancouver Regional Parks brochure).

**More Information:**

[www.metrovancouver.org/services/parks\\_lscr/regionalparks/Pages/PacificSpirit.aspx](http://www.metrovancouver.org/services/parks_lscr/regionalparks/Pages/PacificSpirit.aspx)

## **Tynehead Regional Park, Surrey**

**Grade Suitability:** 4-12

**Classification (Easy/Medium/Difficult):** Easy

**Public Transit Accessible:** Y

**Description:** “Tynehead is comprised of 260 hectares of rolling meadow and forest on the banks of the Serpentine River headwaters in North Surrey. This park abounds with wildlife and is ideal habitat for owls, hawks and coyotes. The headwaters of the Serpentine River are among the best spawning and rearing habitats for trout and salmon. The park features picnic tables, the Tynehead Fish Hatchery and Butterfly Garden...” (quote from Metro Vancouver Regional Parks brochure).

**More Information:**

[www.metrovancouver.org/services/parks\\_lscr/regionalparks/Pages/Tynehead.aspx](http://www.metrovancouver.org/services/parks_lscr/regionalparks/Pages/Tynehead.aspx)