WHY WALK?

Health and Happiness
Walking increases health and happiness as part of an active lifestyle.

Environment
Walking benefits the environment when it replaces other forms of motorized transport.

Social engagement and inclusion
Walking increases social engagement and feelings of inclusion by providing opportunities to meet and talk with neighbours.

Safety and security
Walking improves safety and personal security by increasing the number of people on the streets (‘eyes on the street’). More walkers also increases drivers’ awareness of pedestrians, improving overall safety.

Economic vitality
Walking promotes economic vitality by encouraging people to spend more time in public spaces and to support local stores and restaurants.

20 Minutes a Day
Just 20 minutes of walking a day can reduce the risk of disease and lead to improved fitness, strength and mental health.

PUBLIC ART IN METROTOWN

Public art can be found throughout Metrotown, from the Korean War Memorial in Central Park, to the “Water Spheres” installation at Royal Oak Avenue and Dover Street. In Metro Downtown (Walk #4), there is an emerging “Art Walk” along the south side of Beresford Street, between Willingdon Avenue and Dow Street. This includes sculptures, a digital panel, and a programmable/curated digital screen. The aim of the public art is to create a distinct sense of place that encourages people to linger, eat, shop and explore. Below are a few examples of art found throughout Metrotown. The numbers on the photos correspond to numbers on the map.

METRO TOWN PUBLIC ART:
- Birds, Flight: The bronze sculpture is located near the corner of Nelson and Kingsway.
- Cubes, Window Art: This steel sculpture was created by volunteers and volunteers in Burnaby. It is located on Kingsway, east of Sussen Ave.
- Chair Column, Al McVay: The bronze sculpture is located in the outdoor pedestrian corridor of The Crystal Mall.
- Shred and Blacktail, Mike Youden: The elegant and elemental form of their art was the inspiration behind these oversized aluminum sculptures. Situated on the Boulevard Street Art Walk on Silver Avenue and Tellford Avenue, they appear as if naturally shed.
- Dolphins in Unison, Eric Vanderheiden: This metal sculpture was installed in 1989 for the opening of the Eaton Centre, now Metroplis at Metrotown.

CONTACTS

CITY OF BURNABY
Walking Information including a PDF of this map
www.burnaby.ca/walking
Burnaby Access Guidebook
www.burnaby.ca/access
“Be Active” Programs in Burnaby
www.burnaby.ca/active
Public Art Information
www.collections.burnabyartgallery.ca

TRANSLink
Bus Information
www.translink.ca
Trip Planning: translink.ca

WALKING CLUBS/ADVOCACY
Burnaby Outdoor Club
www.burnabyoutdoor.com
Walkers Caucus (New Westminster and Burnaby)
www.walkerscaucus.ca
Canada Walks
www.canadawalks.ca
Walk21
www.walk21.com

MAP COMMENTS AND FEEDBACK
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