Step outside and take a deep breath of fresh air. In a matter of minutes, you can be in a mountain environment rich in natural beauty. Set off on a vigorous hike, a leisurely stroll or a heart-pumping bike ride. A network of 28 trails covering 31 kilometres criss-crosses the 576 hectares within the Burnaby Mountain Conservation Area.

This is an important mountain ecosystem of slopes forested in deciduous and coniferous trees. Blacktail deer, coyotes, bald eagles and a wide variety of smaller animals all make their homes in this lush and rugged terrain. Black bears and cougars are occasional visitors, seeking out the numerous creeks and streams along the trails. The grade climbs from about 25 metres above sea level to the summit of Burnaby Mountain at 366 metres.

As you reach the top, pause for a breath and consider how the preservation of this environment ensures that generations to come will enjoy and appreciate our natural heritage.

The mountain, water and city views from high atop Burnaby Mountain are breathtaking, making it a popular destination for locals and visitors alike. Bring your camera to capture the beauty of Burnaby Mountain Conservation Area in each changing season. Its rolling hillsides are a fine place to throw a Frisbee, send a kite soaring or just laze on the grass with a good book. A playground is tucked into the upper hillside. Occasional snowfalls turn the park into a winter wonderland.

The Centennial Pavilion area features the Rose Garden with its vibrant colours and heady scents. And towering over the distant city are the Kamui Mintara (Playground of the Gods) sculptures. At sunset, these carved wooden poles—more than a dozen in all—are etched dramatically against the sky. Created by Japanese sculptors Nuburi Toko and his son, Shusei, these works of art commemorate the goodwill between Burnaby and its sister city, Kushiro, Japan.

Another kind of sculpture graces the park in the spring and summer months. A pair of Tancho crane Eco-sculptures overlook the Vancouver skyline, their wings unfurled. These delightful six-metre sculptures are made completely of a variety of plants—12,000 in total.

For more information
Burnaby Parks, Recreation and Cultural Services
phone 604-294-7450
email parks@burnaby.ca
web burnaby.ca/active
Some trails travel through very steep terrain. It is extremely important to stay on the trails at all times. In case of emergency, call 911 and give the GPS coordinate on the nearest posted sign.

**Legend**
- Multi Use Trail
- Pedestrian / Cycling / Equestrian
- Dual Use Trail
- Pedestrian / Cycling
- Pedestrian Only Trail
- Urban Trail (Asphalt Multi Use)
- Future
- Conservation Area Boundary
- Danger - Steep Terrain and Cliffs. No Access.
- Parking
- Information Kiosk

**Trail Difficulty Rating**
- **BEGINNER**
  - Wide smooth gravel trails, gentle grades and good sight lines.
- **INTERMEDIATE**
  - Narrower gravel or dirt trails. May have natural obstacles, and steeper grades to 20%. Requires good level of fitness.
- **ADVANCED**
  - Narrow, steep trails with sharp corners, natural obstacles, grade drops and poor traction on some sections. Requires high level of experience and fitness.

**Trail Wisdom: Play it Safe**
Our trails are shared and accessed by a variety of users—from beginner to advanced hikers and cyclists. As well, one trail is provided for equestrian users. Please be courteous to all and remember that pedestrians have the right-of-way.

All trail users stay to the right hand side of the trail. Before you set out, let someone know where you are going and how long you will be gone.

Remember this is a Conservation Area. Wildlife can include bears, coyotes, cougars. Beware. Leave the Conservation Area in high winds. Don’t be a litter bug.

All trails are closed at night between dusk and dawn.

**Trail Difficulty Rating**
Posted signs explain the degree of difficulty for each trail. These signs will help you to make informed decisions about which route matches your skill level. Watch for these markers at the entrance and junctions of each trail. They list the trail name, details about the route and global positioning (GPS) reference. Unless otherwise posted, most trails are dual use: for walkers or hikers and cyclists.

**Riders**
Maintain control of your bicycle at all times. Wear a helmet and appropriate safety equipment. Never ride alone.

To minimize environmental impact, avoid riding in wet conditions. The trail conditions are subject to change. Inspect trail features prior to ride. Ride within your limits. Call the City to report damage or danger (604-294-7450).

**Dogs**
Dogs on leash are welcome at Burnaby Mountain Conservation Area. To ensure the area’s ecological health and your pet’s safety on the steep terrain, keep your dog on a leash, out of streams and on the trails at all times. Remember to clean up and properly dispose of your dog’s waste.