**PARKS AND TRAILS**

Burnaby is one of the greenest cities in Canada with an amazing 133 parks and many kilometers of walking, hiking and cycling trails.

Burnaby Lake Conservation Area

Get that top-of-the-world feeling at Burnaby Mountain. This wilderness conservation area has easily accessible loops with spectacular views of the city and Burnaby Lake. Many kilometers of hiking and mountain biking trails that take you deep into Burnaby's rural beauty, and it is home to Harwood's Restaurant.

Burnaby Lake Park

The grounds of this picturesque park are home to the city's arts and heritage facilities, extensive walking trails (including the Heritage-Walking Tour), busy rentals, and wildlife viewing points. Keep an eye out for television and movie production crews at work.

Central Park

Only minutes from the Metrotown shopping district and from SkyTrain, this urban park has excellent recreational facilities, including sports facilities, fitness clinic, outdoor pool tennis courts, picnic and grill, a playground, and a wading pool. It is also home to the Burnaby Valley Centre, and C.G. Brown Pool (3702 Kensington Avenue, 604.297.4520). The Metro Centre's twin ice rinks (3676 Kensington Avenue, 604.297.4521), range, equestrian centre, indoor pool, gymnasium, hot pool, and C.G. Brown Pool (3702 Kensington Avenue, 604.297.4520). The Metro Centre's twin ice rinks (3676 Kensington Avenue, 604.297.4521), range, equestrian centre, indoor pool, gymnasium, hot pool, and C.G. Brown Pool (3702 Kensington Avenue, 604.297.4520).

BC Parkway

This linear park connects the New Westminster waterfront to Burnaby's Ride Creek by separating cycling and pedestrian tracks that follow the Gawi SkyTrain route.

And don’t miss...

The city's Urban Trail System and designated cycling routes, which link many community services with residential areas. There are also many other wonderful parks located around the city each with its own unique character. Travelling with your dog? Several parks have off-leash areas. Pick up our brochures with its own unique character. Travelling with your dog? Several parks have off-leash areas.

**GARDENS**

Southwestern BC’s gentle climate nurtures plants that don’t grow anywhere else in Canada.

Century Gardens

These formal gardens feature a fabulous display of mature rhododendrons, Burnaby’s official flower. Surrounded by the Burnaby Art Gallery in Deer Lake Park, the garden’s size complements the grand stair masterpiece perfectly. The park's basis the popular Rhododendron Festival every May.

And don’t miss...

The Centennial Rose Garden at Burnaby Lake Park, Earl and Jenny Lake Perennial Garden in Central Park, Burnaby Village Museum’s Heritage Gardens, and the Nikkei Garden at the National Nikkei Heritage Centre.

**SPORTS & FITNESS**

Burnaby Lake Sports Complex

This multi-sport and recreation area contains more than a dozen indoor sports fields, seven outdoor courts, a fitness circuit, crested panners, archery range, racquet centre, indoor pool, and Bill Copeland Sports Centre's own ice rink (644 Kingsway Avenue, 604.297.4527). The Burnaby Lake Sports Centre is the premier fitness facility in the Lower Mainland. It is round the year.

Bike Bar & Bistro, a practice facility of the Burnaby Lake Sports Complex, is also round the year.

Outdoor Pool

Swan Garden

The outdoor pool is located in the Burnaby Lake Sports Complex. The pool is open from late May to early November, and is available for public use.

**ACCOMMODATION**

In the centre of the Metro Vancouver and 20 minutes from Downtown Vancouver, Burnaby offers a wide range of accommodation to suit any budget. Please refer to the map for individual locations.

- **Accommodation Inn**
  - 100 guest rooms
  - 3771 Kingsway Drive
  - 604.473.0308
  - www.accommodationinn.com

- **Executive Inn**
  - 150 guest rooms and conference centre
  - 464 Lougheed Highway
  - 604.298.1010
  - www.executiveinn.net

- **Best Western Inn**
  - 250 guest rooms
  - 3771 Kingsway Drive
  - 604.473.0308
  - www.bestwesterninn.com

- **Hilton Vancouver Metrotown**
  - 381 guest rooms and conference centre
  - 6808 Metrotown Road
  - 604.297.4565
  - www.hiltonvancouver.com

- **Howard Johnson Burnaby**
  - 44 guest rooms
  - 4125 Hastings Street
  - 604.298.7233
  - www.howardjohnson.com

**GROUP VENUES**

Thriving of hosting a meeting, banquet, convention performance, or sports event in Burnaby? The city has facilities to suit every requirement. Visit Burnaby.ca/conference for more information.

**Shadbolt Centre for the Arts**

This elegant building has perfect spaces for receptions, conferences, theatrical productions, and trade shows. 6584 Deer Lake Avenue, 604.298.3300.

**Bill Copeland Sports Centre**

This centre can seat up to 2,000 people and has a reception space for up to 500. 404.290.3200.

**Riverway Clubhouse**

With its West Coast inspired menu, breathtaking water views of the first tee and outdoor patios, this new Riverway Clubhouse is a conference experience to remember for up to 200 guests.

**Swangard Stadium**

This elegant building has perfect spaces for receptions, conferences, theatrical productions, and trade shows. 6584 Deer Lake Avenue, 604.298.3300.
Burnaby, BC is in the centre of it all! This growing, multicultural urban centre is in the heart of Metro Vancouver, with Downtown Vancouver, the North Shore Mountains, and the Vancouver International Airport less than 25 minutes away. Getting here is easy and no matter what time of year you visit, Burnaby’s attractions and events will be sure to please.

Stroll along the shores of the Fraser River and Burrard Inlet. Shop your heart out in Metrotown, home to Burnaby’s Village Mall, where you can explore a 1920s village and ride a historic carousel. If you’re visiting during the summer, lay down your blanket near the shores of Deer Lake and take in the music during the annual Vancouver Symphony Orchestra concert and the Blues and Roots Festival.

**FAST FACTS & HIGHLIGHTS**

- **Population**: 250,000 and growing
- **Area**: 18.6 km²

**Number of…**
- **Kilometers of cycling route**: 125
- **Horses on the beautifully restored 1912 C.H. Fisher Carousel at Burnaby Village Museum**: 31
- **Number of plants and bulbs in Century Gardens at Deer Lake Park**: 25,000
- **Parks in the city**: 133
- **Shops in Metrotown at Burnaby, BC’s largest shopping centre**: 75
- **Tennis courts featuring the spectacular Playground of the Gods sculpture on Burnaby Mountain**: 50

**Celebrations with Burnaby rides…**
- **Carrie-Anne Moss, Actress**
- **GIRFURBER, Former NHL Hockey Player**
- **Matthew Good, Musician**
- **Jas Saka, Former NHL Hockey Player**
- **Maxwell, Musician**
- **Michael J Fox, Actor**

**BURNABY WELCOMES YOU**

The City of Burnaby has a proud heritage as one of British Columbia’s pioneer settlements. The city is named after Robert Burnaby, the private secretary to Colonel R.C. Moody of the Royal Engineers, who founded New Westminster, the colony’s first capital city. In 1859, Robert Burnaby led a survey party with local stroll guides to explore the wilderness surrounding Burnaby Lake, which is named in his honour.

Burnaby owes its existence and prosperity to its fortunate location between New Westminster, the old colonial capital, and Vancouver, the terminus and port city for the Canadian Pacific Railway created in 1886. Travel between the old capital city and the new city part of the city led to the construction of the country’s first interurban electric railway in 1891 (today’s SkyTrain Expo Line route). The tramline opened along the location between New Westminster, the old colonial capital, and Burnaby Village, the colony’s first capital city.

In 1859, Robert Burnaby led a survey party with local stroll guides to explore the wilderness surrounding Burnaby Lake, which is named in his honour.

Burnaby is home to two major post-secondary institutions.

**GOLF**

Golf lovers will enjoy Burnaby’s two first-class public courses. Both offer lessons and have driving ranges, pro shops, and restaurants.

- **Burrado Golf Course at Burnaby Mountain**: Located south of Burnaby Lake and Burnaby Village.

**GOLD**

In 1859, Robert Burnaby led a survey party with local stroll guides to explore the wilderness surrounding Burnaby Lake, which is named in his honour.

So many great options for activities and events that you won’t want to miss.

**Special Events**

Each year, Burnaby comes alive with exciting special events and festivals you won’t want to miss.

- **Rhododendron Festival (May)**
- **Century Gardens / Deer Lake Park**
- **Environment Week (June)**
- **Burnaby Village Museum and Centennial Park**
- **Canada Day Celebration (July)**
- **Burnaby Village Museum and Centennial Park**
- **Haunted Village (October)**
- **Giro di Burnaby (July)**
- **Giro di Burnaby (July)**
- **Environment Week (June)**
- **Burnaby Village Museum and Centennial Park**

**LAKES & FORESHORE**

Burnaby is bordered by the Fraser River to the south and Burrard Inlet to the north, and it is home to two lakes.

- **Burrard Inlet**
- **Burnaby Lake**

**Did You Know?**

Burnaby is home to the largest taxi company servicing Burnaby 604-436-6633.

- **Midem at Metrotown**: The annual Vancouver Symphony Orchestra concert and the Blues and Roots Festival.

**GETTING AROUND**

**By Air:** The Vancouver International Airport is located approximately 25 minutes from Burnaby.

**By Car:** All major routes provide access to Burnaby including Highway 1, the Lougheed Highway West Canada Way, Kingsway, and Marine Way.

**By Public Transit:** TransLink provides a completely integrated regional public transportation system that includes:

- **SkyTrain and Canada Line:** Explore Burnaby by SkyTrain, the region’s premier rapid transit system. Four routes are located in south Burnaby on the Expo Line, and one station is located in north Burnaby on the Millennium Line. Travel to Downtown Vancouver, New Westminster and Surrey in less than 20 minutes. For SkyTrain locations, visit: www.translink.ca and YVR-airline.com for the city.

**By Auto:** Explore Burnaby by auto. From Vancouver 604-953-3333 or www.translink.ca.

**By Bike:** Burnaby is the largest city in Canada with over 600 km of on-street bike lanes. Burnaby is proud to host the 2010 Winter Olympic Games. For more information, call 604-953-3333.

**By Transit:** TransLink’s SkyTrain service runs throughout most of Metro Vancouver, including connections to SkyTrain stations.

**By Bus:** There is much more to Burnaby, so explore, enjoy, and visit often.

- **Metrobus Route 98**
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