

# Trip Report Central Valley Greenway April 14 with photos set 1

Inbox



**Barbara Waldern**

5:12 PM  
(1 hour  
ago)

to me

We tackled the Central Valley Greenway starting at the west side of Burnaby Lake on a gloriously sunny day. This route overlaps with Burnaby's Urban Trail. BOC bike trips are small in terms of participation, and this trip was no different. Four of us took the bike bridge to the trail head to follow Still Creek along the gravel path parallel to Lougheed Hwy. Our destination: Trout Lake Park in East Vancouver. We saw a few joggers and other cyclists. Soon we had crossed Douglas Road to take bike lane on Still Creek Road in a light industrial area. At Gilmore, we crossed the railroad and turned onto the next section of the Greenway, which took us to the crossing at Boundary Road. Now in E. Vancouver, the path was paved and chased the Millenium Sky Train Line. Upon passing Renfrew Station, we moved away from the Sky Train track heading toward the north-south path known as BC Parkway on Lakewood Street. From there, Trout Lake was in sight. The park not so busy yet, we decided to do the loop around the small lake and end up at the Trout Lake Community Center. A couple of us took advantage of the small community cafe and its low prices. We all sat together to eat and chat using a picnic table between the lake and a playing field, defying the baseballs that occasionally flew our way. We all shared memories of frequenting this well-known park. The lake was very tranquil. A few waterfowl such as Canada Geese, Coots and Mallards as well as many common songbirds were around. More people were arriving to enjoy picnics and play with children. It was time to move on. We dispersed according to our circumstances and plans. It was good to finally complete this trip. May we indulge in it again another day.