

Despite the day being cool and showery, four cyclists set off from Lafarge Lake to tour Port Coquitlam. The route is largely car-free and began by following the Coquitlam River, and later Hyde Creek, to the Minnekhada area. There a dyke trail continues for several km along the Pitt River, giving great views. We stopped opposite Douglas Island, at the confluence of the Pitt and Fraser Rivers, for lunch. Next the group proceeded to Colony Farm and rode north through the park, which includes a new section of trail built last year. We returned to our starting point after completing a 27 km loop.

Jim McCavour