This was a bright day with signs of spring, such as trilliums, skunk cabbage and wild rose now emerging. We proceeded via Stoney Creek Trail onto the TCT, also known as Great Trail. After the high point, the group descended a steep section and crossed Barnet Highway. Here the path parallels Burrard Inlet with good views of Eagle Ridge and beyond. We decided not to hike the 11,328 km to Newfoundland (see photo) and completed our journey by trekking only to Moody Centre, then Skytrain back to our starting point.

Jim McCavour.