

Poco Trail Bike Trip: Sunday May 21, 2023.

Inbox



Jim McCavour

8:36 PM (2
hours ago)

to me

Three cyclists departed from Lafarge Lake and soon entered the scenic trail beside the fast-flowing Coquitlam River. Heading east, we rode along forested Hyde Creek and emerged near Minnekhada Park.

Here the trail widens as it goes south along the Pitt River, with excellent mountain views. Pedalling further south, the group proceeded to a fine lookout at the confluence of the Fraser and Pitt Rivers.

In Colony Farm Regional Park, a newly-built path led gently back up the Coquitlam River and connected to our original starting point, completing this 25 km tour.

Jim McCavour