

Trip Report: Coquitlam Crunch and Shoreline Trail - April 7th, 2023

Seven BOC hikers decided to pay no heed to the rains and started their hike up the Coquitlam Crunch at around 9:30 am on Good Friday.

The skies were grey, the rain poured heavy and there was plenty of fog masking the views but the hikers conquered the crunch in just about 50 minutes. Not sure if the rain would let up, they decided to walk towards the right, at the top of the crunch for some extra distance.

After walking along the road hugging the plateau of Eagle Mountain for a few minutes, the group decided to climb down, back to our cars parked at the bottom of Coquitlam Crunch.

On our way down, the sun started peeking through and the rain stopped. The group had a quick, beverage and snack break halfway down the Crunch. Once at the bottom, we drove to the Port Moody Recreation Centre and started our walk along the Shoreline Trail.

We stopped over for a relaxing lunch break at the Rocky Point Station and then continued our journey on the trail. It was a wonderful hike, complete with woodpecker and raven sightings as well as some majestic views of many herons nesting.

Though we did not locate a rainbow, we did enjoy a lovely walk along the shore and stayed mostly dry and warm, finishing up at around 2:00 pm.

It was a fantastic excursion to start our extra long weekend!

Special thanks to Rebecca and Janice for the photos, Jim for being the trip sponsor and Debbie for driving three passengers from the Crunch to the Port Moody Recreation Centre.

Trip Report: Monisha Shukla