

## **Cypress Falls to Whyte Lake Trail**

August 22, 2021 – Gerard Laman

We started again carpooling from Burnaby City Hall and eight BOC members, complete with face masks, went in two cars to the trailhead of Cypress Falls. From the Upper Falls there is a connecting trail to Whyte Lake.

We started the hike at 8:30am and followed the trails that winds through forests of Douglas Fir and Western Red Cedar trees covered in moss from the moist environment, along the Cypress Creek from the Lower Falls to the Upper Falls. There was still sufficient water flowing to make a look at the falls worthwhile. We had to scramble on some steep sections of the trail to reach the upper falls.

After the Falls we followed for about 800 metres a forestry road when we came again under cover of the forest. The weather was perfect for hiking, not too hot and no rain. After about four kilometres we connected with the Whyte Lake Trail that follows the Nelson Creek that has some steep ravines crossed by falling trees. Along the creek stood some giant old growth trees. Shortly after this we reached Whyte Lake. We decided to hike to the North side of the lake for our lunch break and to give Jim some time for his favorite exercise, swimming in a lake. After lunch we followed the same route back to the parking lot at Cypress Falls Park.

We all agreed that we had a great hike on a beautiful day.