

Norvan Hike, Lynn Headwaters & Cedars Mill, November 05, 2022

At 8:30 am on Saturday, November 5th, 11 enthusiastic hikers (10 BOC members and a guest) met at the Burnaby City Hall parking lot with the intention of hiking to Norvan Falls.

The weather forecast for the day looked good but after the night storm that left many communities around Metro Vancouver without power, the group wasn't sure what the hiking conditions would be like.

With Gerard, Diana and Monisha as our drivers, we reached Lynn Headwaters Regional Park and started our hike at 9:20 am.

After crossing the Lynn Creek bridge we turned right and started climbing up through the lush green forests and groves of second growth Cedar. We met many runners and several people walking their dogs along our path.

As we got deeper into the forest, we started encountering water on the Headwaters trail. Soon we found ourselves crossing gushing streams of water and navigating our way through soft, bright snow on the ground. The air felt fresh and crisp and the weather stayed perfect with a bit of sunshine from time to time, adding to the natural beauty all around us. We even got to experience tiny hail (snow pellets) for a couple of minutes, which was gone before we could bother to put up our jacket hoods.

Our group manoeuvred along the moderately difficult hiking terrain with great gusto with some singing Christmas carols, others trading weight-loss tips and yet others engaging in general chit-chat. We realized that due to the tremendous amount of unexpected snow on the ground, we were hiking at a slower pace than originally anticipated. So, when the trail opened up into a clearing known as Third Debris Chute at 12:10 pm, we decided to stop there to have lunch and then head back.

After lunch we vowed to complete our hike to Norvan Falls another day (after the snow had fully cleared) and got on to the much easier, Cedar Mills trail to go back towards the parking lot. This area was logged in the early 1900's and we saw many remnants from those days along the trail, including an old logging cart from which trees are growing out.

We continued our walk hugging the river and got back to the parking lot at 2:10 pm, where a box of donuts was waiting for us. We enjoyed the donuts, got into our cars and headed back to the Burnaby City hall after a satisfying and fun hike!

Trip Report by Monisha
Pictures by Gerard