

## Burnaby Mountain Loop Hike

September 2<sup>nd</sup>, 2023 – Gerard Laman

On Saturday morning we hiked with 10 BOC members the loop around Burnaby Mountain. We finally had a nice sunny day after two cancelled hikes due to heavy smoke in the air. This hike includes 11 named trails and one very narrow trail that has no name.

We started from the parking lot at the end of the Centennial Way and headed south (downhill) and soon after we had seen a smiley on a rock, we continued on the very narrow trail. After about 2km we followed the Mel's Trail, still descending from Burnaby Mountain. After about 5km we reached the Powerline Trail and we had to start climbing to reach the Trans Canada Trail, from where we descended to the Barnet Trail. We stopped for lunch when the trail changed to Mountain Air Trail. This trail led us to the start of the 516 steps stair that we had to climb to continue our hike. At the top of the stairs, we continued to climb via the Pandora Trail. When we reached the Japanese Totem Poles at the Kushiro Park, we could see the parking lot and finished our 13km hike.

This was a great hike, new for most of us, with great views and warm (sometimes hot) weather.