

The day started cloudy, and with a multitude of cottonwood seeds constantly falling from the sky, it seemed eerily like winter as our group of four completed the scenic trail around the eastern end of Burrard Inlet. After a break at the nearby labyrinth, we proceeded to the Crunch trailhead where the elevation gain began in earnest as the sun appeared. The first section has the option to hike on numbered stairs (over 450 !) or gravel. At the top, and all the way back down, the reward includes unimpeded views of Mt. Baker and the San Juan Islands. Afterwards, we made a stop for refreshing juice shakes.

Jim McCavour