

Golden Ears, East and West Canyon Trails - loop hike

June 12, 2022 – Gerard Laman

With ten BOC members and one guest we started from Burnaby and at the West Canyon parking where we met one more club member to complete our group. We had an early start and fortunately there was still room in the parking lot.

Our hike started on the West Canyon trail but in a short time via the Menzies trail we crossed the Gold Creek to continue on the Lower Falls Trail. This trail is an easy walk and brings us to the Lower and Upper Falls. We stopped at the Lower Falls for a short snack break. This was a good decision because when we reached the Upper Falls, we were covered with the water spray that got blown from the falls. After a short break we continued our hike and had to scramble up a steep hill to connect with the East Canyon Trail. This section required hand and feet work and fortunately some trees had been flagged to guide us. The East Canyon Trail is basically a service road which made for easy walking.

After some time, we reached the New Bridge for the crossing of the Gold Creek. See the foot note *"History of the bridges crossing the Gold Creek in Golden Ears Park."*

We stopped for an early lunch on the west bank of the creek. Jim put his feet in the water for some cooling but he was surprised how cold the water was.

After lunch we hiked up to the West Canyon Trail for our return to the parking lot. After some scrambling across some water streams, we reached a viewpoint from where we could see in the distance the bridge we had crossed. We continued our hike till we came to small side trail that takes you down the Lower Falls.

After a look at the Lower Falls, we hiked and scrambled up to get back to the West Canyon Trail. From here it was only about 3 km easy walk back to the parking lot.

The weather was great for this hike and we also enjoyed the challenges.

Photos by Diana and Gerard

History of the bridges crossing the Gold Creek in Golden Ears Park.

Bridge #1 (photo14), this bridge was built in the 1930 period and used by trucks to haul the lumber. The bridge had a large support column in the middle of the creek. This bridge was removed in 1960.

Bridge #2 (photo 15), the dangerous Burma Bridge. Mentioned in many hiking books. This bridge had only three wires, one for your feet and one for each hand. The bridge was removed in 1979 because it was too dangerous. The Burma Bridge was located about 100 meters upstream from the new bridge.

Bridge #3 (photo 16), so called new bridge. This foot bridge was built in 2015 and provided again the possibility to hike the West and East Canyon Trails as a loop by crossing the Gold Creek. The center support of this bridge is the same as the original support for bridge #1.