STARTING POINT
Westwood Park, 2399 Patricia Avenue

ROUTE
• From Westwood Park, follow the Trans Canada Trail across the Patricia Avenue pedestrian bridge
• Take the path along the Coquitlam River, passing through Lions and Gates Parks
• Turn around at the Red Bridge at Pitt River Road, follow the trail back to the Patricia Avenue pedestrian bridge and cross to the other side
• Follow Ticehurst Lane to Kingsway Avenue, take the trail under the bridge and continue to Westwood Park
• Route accessible from many points

DIFFICULTY
Advanced

DISTANCE
7.8 km

TERRAIN
Level paved and hard-packed dirt/gravel

HIGHLIGHTS
• Lions and Gates Parks
• Riverside trails
• Forest walk
• Access to Trans Canada Trail
• Part of the Traboulay PoCo Trail
• Pedestrian bridge

GOOGLE PEDOMETER MAP
www.gmap-pedometer.com/?r=3944893

Walking resources and more: www.pocomotion.ca