

nature surrounds you

Coquitlam

Port Coquitlam

Pitt Meadows

Fraser River

so much to discover

### LEGEND

- Traboulay PoCo Trail – South Pitt River
- Traboulay PoCo Trail – Colony Farm
- Traboulay PoCo Trail – Downtown
- Traboulay PoCo Trail – Coquitlam River/Hyde Creek
- Traboulay PoCo Trail – DeBoville Slough/North Pitt River
- - - Paved Section of the Trail
- TransCanada Trail
- Bridge or Overpass/Underpass
- Primary Access Point
- Secondary Access Point
- ▲ Neighbourhood Access Point
- Viewpoint Panoramic
- P Parking
- W Washrooms
- Picnic Shelter

#### DISTANCES:

Hyde Creek Recreation Centre to DeBoville Slough:	1.8km
DeBoville Slough to Prairie Avenue:	2.9km
Prairie Avenue to Dominion Avenue:	1.5km
Dominion Avenue to Peace Park:	4.9km
Peace Park to Pitt River Road:	1.4km
Pitt River Road to Shaughnessy Street:	2.2km
Shaughnessy Street to Red Bridge:	4.2km
Red Bridge to Gates Park:	1.5km
Gates Park to Lions Park:	1.0km
Lions Park to Hyde Creek Recreation Centre:	3.9km
<b>Total kilometres:</b>	<b>25.3km</b>

#### WILDLIFE ALERT

Bears and other wildlife are sometimes seen along the Traboulay PoCo Trail; please use caution. Keep dogs leashed and in control, and prevent encounters by making noise or using a bear bell. If you encounter a bear, slowly back away while talking to the bear. If you see a bear eating garbage or behaving aggressively, call the Provincial Conservation Officer at 1-800-663-9453.

If you observe a bear on Port Coquitlam's trails or in a park, call the City at 604-927-5480.

For more bear-related information and tips, visit [www.bearaware.bc.ca](http://www.bearaware.bc.ca) and [www.portcoquitlam.ca/bears](http://www.portcoquitlam.ca/bears).

### South Pitt River

The Traboulay PoCo Trail in this section winds past the CPR freight and repair yard, Pitt River Bridge and other river-based industry. Peace Park and the Citadel Landing boardwalk are other features of this stretch of trail, which offers scenic views of the river and Douglas Island as well as the resident birds and plantlife.

### Colony Farm

This stretch of trail traverses historic Colony Farm, a rich floodplain and one of the most biodiverse parts of the region. More than 150 bird species, as well as mammals and fish, live among the marshes, forests and varied riparian vegetation that includes bulrushes and wild roses.

### Downtown

Lined with trees and following the scenic Coquitlam River, the paved Downtown stretch—popular with inline skaters—winds through areas where local residents live, play, and work. The trail snakes around Gates Park, with its busy soccer and softball fields, and continues on to Lions Park, whose impressive playground is a draw for families.

### Coquitlam River/ Hyde Creek

North of Lougheed Highway, the trail turns to gravel and the sound of traffic fades into the distance. Migrating salmon are commonly seen in the Coquitlam River as well as the side channels and ponds created as additional salmon habitat. If you're lucky, you'll spot a painted turtle near the ponds. After the trail curves to the east, it passes through parks and neighbourhoods before approaching the hatchery on Hyde Creek, another prime spot for viewing salmon.

### DeBoville Slough/ North Pitt River

This portion of unpaved trail follows DeBoville Slough and the north Pitt River, offering splendid views of farmland and the mountains, including the Golden Ears. The slough—habitat for a variety of bird species, fish and wildlife—is a tranquil wetland at the confluence of creeks flowing down from Burke Mountain. It joins with Pitt River, which offers views of boat activity and log booms.

This is a good spot to see birds such as kiltdeer, Bald Eagles, Northern Shuffler Ducks and Double-Breasted Cormorants. Native plants include hawthorne and crabapple, while salmon can be viewed in Brown Creek.

Keep your eyes open for Short-Eared Owls, Great Blue Heron, Northern Harriers (hawks), river otters and beavers. You can spot lupins flowering along the dyke, watch salmon in its natural habitat, and see plenty of Red-Wing Blackbirds in the spring.

Pearly Everlasting flowers and Red Osher Dogwood bushes are common along this stretch of trail. You'll see salmonberries and Bigleaf Maples, and be sure to keep an eye on the Coquitlam River for migrating Salmon.

Vegetation lines the trail; watch for trillium flowers, huckleberry and oceanspray bushes, and cascara and hazelnut trees. Birdlife includes Pileated Woodpeckers, Cedar Waxwings, Golden-crowned Kinglets and Stellar's Jays.

Watch for kingfishers, osprey, Green-Backed Heron, Bald Eagles and the occasional Greater Sandhill Crane. The vegetation on this stretch is also diverse, featuring wild rose and beautiful stands of cottonwood trees as well as crabapple, alder and birch.



## getting there closer to nature

### Easy to find

Port Coquitlam — and the Traboulay PoCo Trail that surrounds it — is easy to access from throughout the Lower Mainland. Different portions of the trail are accessible via the Mary Hill Bypass, Lougheed Highway, and numerous local roads. Please view the map inside this guide for designated parking areas marking the main access points for the Traboulay PoCo Trail.

### Take a virtual tour

Want to visit the trail from the comfort of home? A virtual tour featuring scenes along the route is available on the City of Port Coquitlam website at [www.portcoquitlam.ca](http://www.portcoquitlam.ca).

## more ways to enjoy a special place

### Programs and events

The Traboulay PoCo Trail is the setting for a variety of public programs and events throughout the year. For information, call 604-927-7900.

As well, the Burke Mountain Naturalists organize outings to the Traboulay PoCo Trail and other areas. For information, visit [www.bmn.bc.ca](http://www.bmn.bc.ca).

### Reservable facilities

Consider the Traboulay PoCo Trail as a scenic backdrop for your next corporate function or family gathering. Picnic shelters can be reserved at Lions Park and Peace Park along the trail route. For information, call 604-927-7903.

## explore the trail with respect

### Trail etiquette and tips:

- Respect other trail users — including horseback riders.
- Share the trail and keep right except to pass.
- Stay on designated trails.
- Keep your dog leashed, under control, and on the trail at all times.
- Don't litter — keep your garbage with you until you find a trash can.
- Bring drinking water with you.
- Note that washrooms are sparse along the route — make note of their locations on the map.
- Respect the trail environment, neighbouring lands, and resident wildlife.
- If using a bicycle, rollerblades, or other wheeled conveyance, control your speed and use caution around others (eg. ring bike bell when approaching others).
- Pick up your dog's droppings.
- Obey all posted signs.
- Campfires and motorized vehicles are not permitted.

*Please enjoy and protect the meadows, forests, rivers and streams that make this trail special.*



## beauty in all seasons Traboulay PoCo Trail

*On the Traboulay PoCo Trail, a change of scenery is never far away.*

Use the trail year-round to meander through five distinct character zones: South Pitt River, Colony Farm, Downtown, Coquitlam River (including the Hyde Creek area) and Deboville Slough (including North Pitt River).

You'll find everything from sweeping mountain vistas to salmon-bearing creeks, serene field meadows to lively parks, a quiet forests to working rivers — all with their own distinguishing flora and fauna.

**Explore the trail; explore the community.**

*The five main character areas of the Traboulay PoCo Trail can be enjoyed year-round:*

South Pitt River	Colony Farm	Downtown	Coquitlam River	Deboville Slough
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*Watch the flowers bloom in the spring and the leaves turn red and gold in the fall. Enjoy the cool shade of the forest canopy as the summer sun beats down.*

*When the air gets frosty, don a scarf and hat to view the wintering bird population along the dikes.*



## about the Traboulay PoCo Trail

This 25-kilometre trail encircles the City of Port Coquitlam, traversing a varied landscape that includes forest and creek, meadow and marsh, riverfront and urban development. The loop of gravel and paved paths offers those on foot, bicycle, skate and even horseback an opportunity to enjoy nature, be active and discover the community. It's also a key part of Port Coquitlam's transportation network.

The PoCo Trail began to take shape in the early 1970s, thanks to a dedicated group of volunteers called the PoCo Trail Blazers. Sections were added and improved throughout the years, connecting more and more residents with community amenities and the area's natural wonders.

In 2001, the trail was renamed the Traboulay PoCo Trail in honour of Port Coquitlam's 13th mayor, the late Len Traboulay, who served as mayor for 19 years.



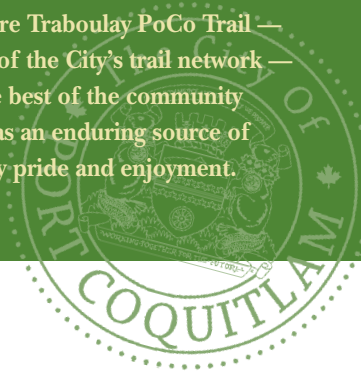
**A local gem**  
and a regional attraction,  
the Traboulay PoCo Trail is  
a testament to the dedication  
of those who created it and  
the rich diversity of the  
community it surrounds.

so much to discover

## connecting a community

Port Coquitlam prides itself on the extensive trail network that surrounds and criss-crosses the community. City staff and environmental stewardship groups care for 46 kilometres of trails and greenways that link Port Coquitlam residents to public amenities, natural spaces and each other.

The 25-kilometre Traboulay PoCo Trail — the foundation of the City's trail network — reflects the best of the community and serves as an enduring source of community pride and enjoyment.



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For more information about Port Coquitlam and the Traboulay PoCo Trail, please visit our website at:

[www.portcoquitlam.ca](http://www.portcoquitlam.ca)

## nature surrounds you



## Traboulay PoCo Trail



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