

CVG LEGEND



PEDESTRIAN ROUTE

Foot traffic only.
● ● ●

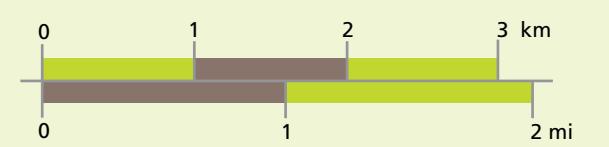
BIKE ROUTE

1 AVE
MAIN ST
NO BIKES
STEEP HILL
CAUTION

DESTINATION POINT

RAPID TRANSIT LINE
SKYTRAIN STATION
HOSPITAL
WASHROOMS
About 15 MINUTES WALKING or about 4 MINUTES CYCLING

SCALE



CREATING REGIONAL CONNECTIONS

The Central Valley Greenway – or CVG for short – is a scenic, direct, comfortable and relatively flat route for people of all ages to cycle and walk around their neighbourhoods, commute to important destinations, and connect to transit.

This 24km walking and cycling route connects Vancouver, Burnaby, and downtown New Westminster. The route follows a shallow valley, running from Vancouver's False Creek, through Burnaby, and south to the Fraser River in New Westminster. Framed by dramatic topography of the coastal mountains, the Central Valley Greenway winds through some of Metro Vancouver's most beautiful natural areas and vibrant neighbourhoods.

The Greenway is a route to some of the region's most popular destinations: Burnaby Lake Regional Park, New Westminster Quay, Telus World of Science and the Seawall around False Creek. It is also a great connection to local destinations, including dozens of parks, swimming pools, community centres and libraries. With links to Millennium and Expo Line SkyTrain stations, the Central Valley Greenway can also be part of a longer journey.

The Greenway is more than just a path from A to B; it's a destination in its own right. Whether you're going to work, shopping, or just out for a ride, it is a chance to enjoy some of Metro Vancouver's most beautiful urban and natural spaces.

CENTRAL VALLEY GREENWAY ROUTE MAP



The Central Valley Greenway was constructed in partnership with:
For further information visit www.translink.ca



Transport Canada
Transports Canada



Oct 2010 Edition

PLANNING YOUR TRIP



EXPLORING THE GREENWAY

From the post-industrial shores of False Creek in Vancouver, through the Still Creek basin in Burnaby, and on to New Westminster's famed riverfront Quay, the Greenway offers a continuous journey through some of the region's most unique and varied landscapes.

EAST VANCOUVER

Cycling along the traffic-calmed streets you'll enjoy the landscaping and rest area amenities. Explore the neighbourhoods around Commercial Drive or relax by Trout Lake in Vancouver's John Hendry Park.



The CVG is a combination of off-road paths and high quality on-street routes. Most sections are suitable for all kinds of walking and wheeling (pedestrians, commuter and recreational cyclists, wheel-chair users, in-line skating etc).

The exceptions are in Burnaby and New Westminster where high traffic streets may be less comfortable for some cyclists and where soft surface paths are not suitable for in-line skating and wheelchair users. Note that steep hills and path types are marked on the map.

You can use this map to plan your trip before you leave. Once you are on the Central Valley Greenway, wayfinding signs will direct you to major destinations near the trail.

To plan a bicycle trip beyond the Central Valley Greenway, access [TransLink's Regional Cycling Map](#) at www.translink.ca.

SHARING THE TRAIL

Much of the Central Valley Greenway is a multi-use pathway shared by all kinds of active transportation.

To stay safe on the path:

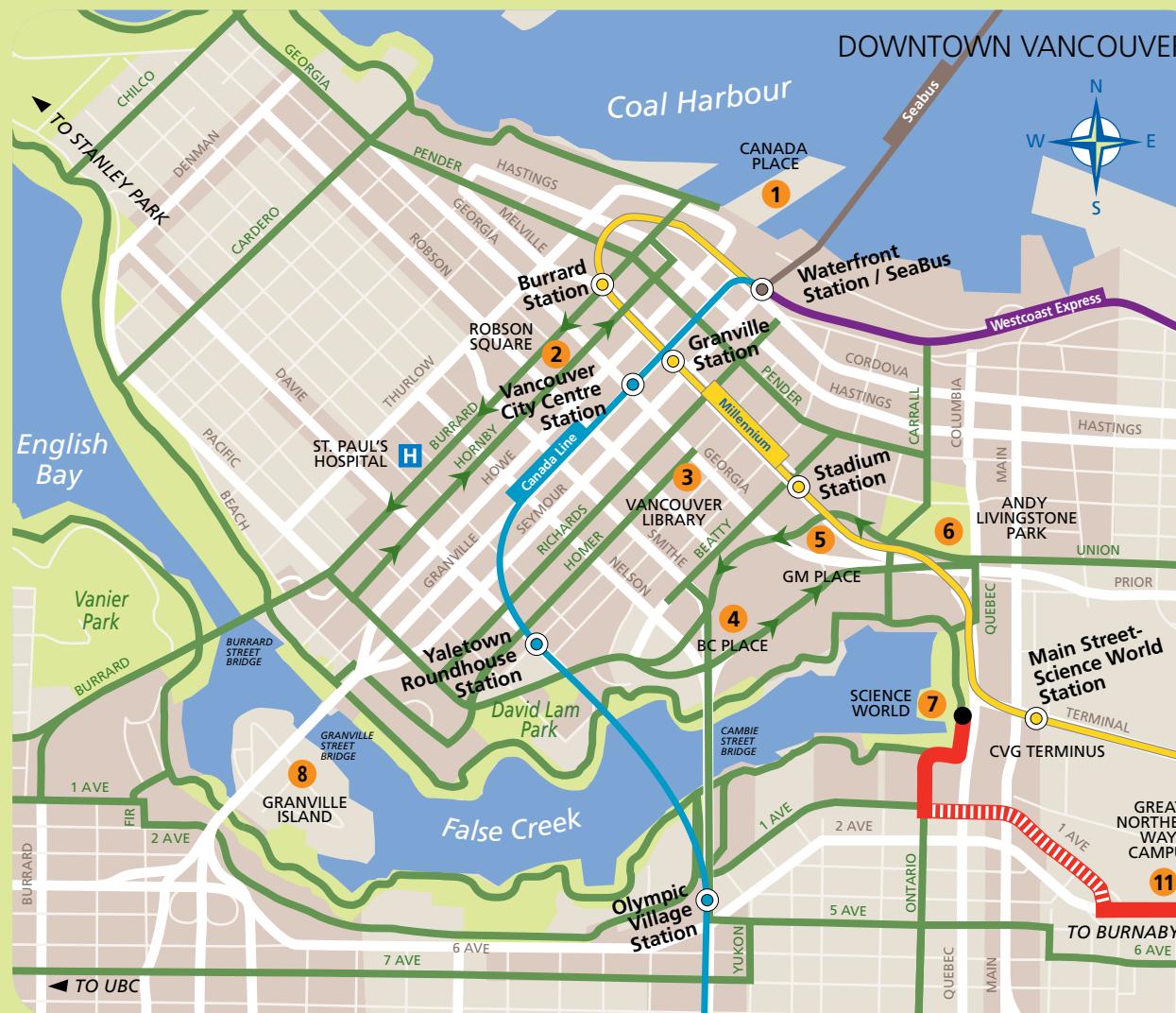
- Cyclists and skaters should yield to pedestrians
- Use a bell or voice when passing others
- Keep right on the pathway, except when passing
- When stopped, move off the pathway to let others by
- Keep dogs under control and pick up after them
- Wear a helmet when cycling or in-line skating

RIDING AT NIGHT

The majority of the Greenway is lit for travel after dark. However, sections of the trail passing through the Burnaby Lake Regional Park and Brunette River natural areas are open in daylight hours only. If you are travelling at night, please refer to this map when planning your route and note daylight only sections are marked with a .



The Central Valley Greenway information provided here is a public resource for general information purposes only. The information shown on this map is compiled from various sources and all parties involved in its production make no warranties, expressed or implied, as to the accuracy or completeness of this information.



BURNABY LAKE & STILL CREEK

In Burnaby the Greenway brings you close to natural areas and recreational facilities. Burnaby Lake Regional Park's 10km loop trail, for pedestrians only, is a fantastic place to view a variety of birds including great blue herons, bald eagles, belted kingfishers, and osprey. Around Burnaby Lake you'll find the Burnaby Lake Sports Complex, Rowing Pavilion, Equestrian Centre, and Nature House.

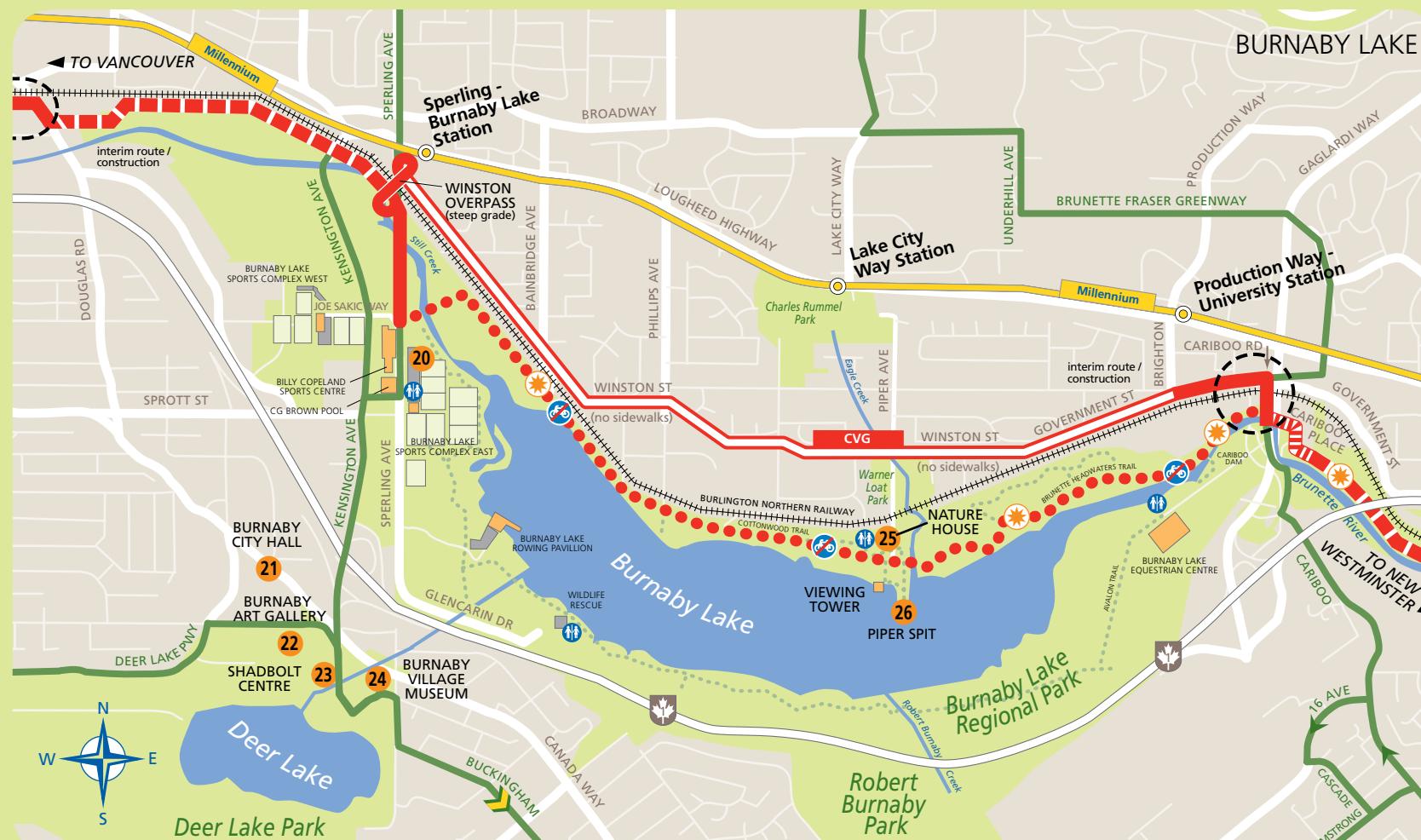


Still Creek is one of the region's last uncovered streams and the Brunette River Watershed is part of a major migratory bird route. The creek banks serve as a habitat for lots of creatures. If you're lucky, you may even spot a beaver or mink!



NEW WESTMINSTER

Columbia Street in New Westminster's historic downtown is lined with shops and outdoor cafés. Across the railway tracks is the River Market at Westminster Quay, home to market-style eateries, fresh produce, bakery goods and appealing shops.



Refer to legend above right for both Downtown Vancouver and Burnaby Lake inset maps.

BIKES ON TRANSIT

You can take your bike almost everywhere with you: on the bus, SkyTrain, SeaBus and West Coast Express. So whether you're commuting to work or just for fun, transit can help you, and your bike, go further.

SKYTRAIN

Bikes are permitted on SkyTrain at all times except in peak directions during weekday rush hour (7-9am Westbound and 4-6pm Eastbound). There is a maximum of two bikes per SkyTrain car. There is no additional charge for taking your bike. Please note that bikes are not permitted at Metrotown station.

CANADA LINE

Each train can accommodate two bicycles during non-peak hours and in counter flow direction during peak hours. Plus, stations are equipped with bike racks and lockers.



BUS

All buses and community shuttles are equipped with racks that can carry two bikes. Bikes are permitted on buses at all times and there is no additional charge.

For more information about bikes on transit, call TransLink customer service at **(604) 953-3333** or check the website at www.translink.ca.

FINDING YOUR WAY

FOLLOWING THE ROUTE

Look for the green bike route signs to confirm the CVG route and connections to other bike routes.



FINDING YOUR DESTINATION

There are also bright yellow "finger signs" to help find your way to destinations nearby. These specially designed signs will support your trip along the entire route through the three cities. The destinations include:

- The nearest city or route terminus (such as BURNABY, or SCIENCE WORLD)
- SkyTrain stations
- Recreational destinations, such as community centres, libraries, and parks with washrooms
- Post secondary institutions
- Police stations, hospitals, and city halls

When these destinations are close to the Greenway, (about a twenty minute walk), and can be reached directly by another signed bike route, they are marked with yellow directional signs. Key destinations, mostly within a twenty minute walk from the Greenway, are also shown on the reverse side of this map.



Icons such as , , and help you quickly identify SkyTrain stations, washrooms and hospitals respectively.

BURNABY LAKE - DIVIDED ROUTE

At Burnaby Lake, the CVG divides into a pedestrian route and a bicycle route. Look for the pedestrian icon and the bicycle icon to follow the correct route.