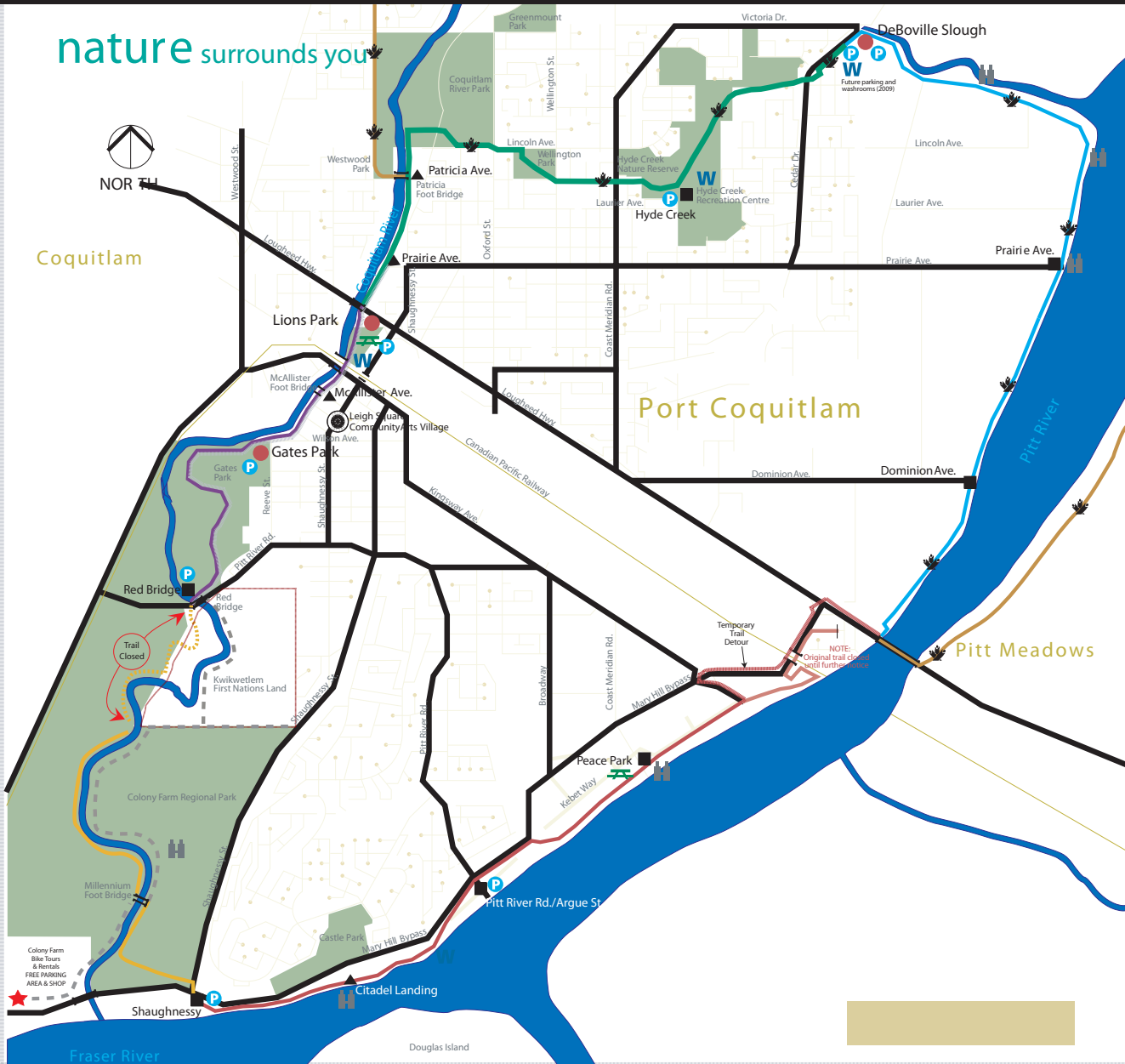


Traboulay PoCo Trail

nature surrounds you



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
- A Picnic Shelter

DISTANCES:

Hyde Creek Recreation Centre to DeBoville Slough:	1.8km
DeBoville Slough to Patricia Ave:	2.9km
Prairie Avenue to Dominion Avenue:	1.5km
Dominion Avenue to Peace Park:	4.0km
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
Total kilometres:	24.4km

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 1-800-653-9453. If you observe a bear on Port Coquitlam trails in a park, call the City at 604-927-5480. For more bear-related information and tips, visit www.beavarebc.ca and <http://wlapw.gov.bc.ca/bcparks/explore/misc/bears/bear.html>

Recommended Rides

One Hour Rides:

1. Southeasterner: Head northeast towards the Millennium Bridge cross it and turn north up the Wilson Farm Dyke Trail. Take the first right on to the Pump House Trail all the way to the duck pond and then up the small hill to the grassy trail that will parallel Shaughnessy Street back to the South east corner of Colony Farm Park. Visit the Fraser River just over the Mary Hill bypass. Ride back into Colony Farm on the PoCo Trail, up the Wilson Farm Dyke Trail, back to the Millennium Bridge and then back to the rental shop.

2. Sheep Paddock Wild Life Sanctuary: Leave the rental shop to head north on Home Farm Dyke Trail and ride past the Millennium Bridge until the trail turns east and becomes Sheep Paddocks Trail, which will take you to the wildlife habitat area. Spend some time at this wild life sanctuary or rest in the shade by the Coquitlam River. Return via Mundy Creek Trail and take the Colony Farm Road Trail back to the shop.

Two Hour Rides:

1. The Combo: Combine the above two one hour rides to give you a good perspective of Colony Farm Regional Park. You will ride a figure eight covering most of the park. This ride keeps you on the flat for the whole ride.

2. PoCo Trail Ride: Leave the shop heading north on the Wilson Farm Dyke Trail past the Millennium Bridge until you get to the closed gate. Close the gate behind you and keep heading north until you get to the second gate. Make sure you close it behind you as you pass the red bridge and continue following the paved PoCo Trail as it climbs gently following the river. Continue up the path under the two bridges until you reach the blue bridge. The blue bridge is a good vantage point to see the salmon when they are running in the river. The river past the blue bridge has trails on both sides of it so find a shady place to rest and hydrate before heading back on the same route.

The Big Circle Ride:

1. The PoCo/Traboulay Trail: Ride up the PoCo Trail as it follows the river and watch for the turn off east that will take you over to Wellington Park then to the Hyde Creek Nature Reserve and then down to DeBoville Slough before you reach the Pitt River. Follow the Pitt back to the Fraser along the dyke trail and then back into Colony Farm Park. Some of the trail markings are subtle so use your map to guide you. Because of construction around the Pitt River area the bike trail may be detoured, so just follow the signs. This ride is for cyclists that are in shape and like a little exploring mixed into their ride. (allow 3-5 hours)

There are hundreds of possible trail combinations to ride. There are quiet sunny beaches along the Fraser, beautiful historic Riverview Grounds that offer riders paved quiet roads and lots of shade and don't forget Mundy Park, which has a ten km circle ride that is just a few minutes up the hill.

Cycling Etiquette:

- Pedestrians always have the right of way.
- Cyclists should ride single file on the right hand side of the trail and only ride side by side on straight open stretches.
- When coming up on walkers, click your left hand brake to gently warn them that you are approaching.
- Absolutely no off trail riding, this is an eco sensitive area; please respect it.
- No racing, there is a ten mile an hour speed limit but even that is too fast if you want to see any of the wildlife.