

BMN TRIP REPORT

Coquitlam Crunch (May 25, 2018)

by Terry Puls

During the recent construction along the Coquitlam Crunch, the stairs on the lower section were twinned to allow the trail to remain open while a water main and pump station were being upgraded. When planning this evening hike, it was my intention to make use of both sets of stairs by going up the newly constructed stairs and returning via the recently reopened original stairs. However, there was a wrinkle thrown into these plans when the newly constructed stairs were to be closed for some seasonal maintenance for a week, which happened to be the week this evening hike was planned.

We started off the hike with four people; two others called to say that they were in traffic and running late. As we began to ascend the 437 stairs on the lower section of the trail, we stopped occasionally to take in the distant views of the San Juan Islands off to the south. This allowed the other two participants to catch up with the group.

We continued to gain elevation until reaching the end of the trail at Eagle Mountain Drive. Here we stopped and had a short water break, again taking in the views spread out before us. As we returned we took time to look at some of the wildflowers that were blooming along the trail.



BMN hikers heading down The Crunch.
Mahasti Salehi photo.

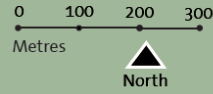
j Coquitlam Crunch Trail



This popular trail extends 2.2 km to the top of Westwood Plateau with an 800 foot elevation gain.

Hikers and fitness walkers enjoy views of the city on this challenging uphill climb.

This trail consists of steep terrain beginning with 300 continuous metres of stairs; trail users should use caution when descending on gravel portions of the trail.



Legend

- Parking
- Washrooms
- Dog Off-Leash Area