

BMN HIKE REPORT

Lower Seymour Conservation Reserve (October 27, 2018)

by Chris Wright

Closing out the month of October and the club's 2018 hikes was the loop hike along the Fisherman's and other trails in the Lower Seymour Conservation Reserve. We started our hike by meeting at the main parking lot opposite the Seymour-Capilano Filtration Plant. The Seymour River valley has had a long-running use for Metro Vancouver's drinking water, and the plant built in 2009 continues that legacy. The plant treats the water from both the Seymour and the Capilano watersheds.

Leaving the parking lot, the seven of us headed east along the Homestead Trail and entered an



area of second-growth forest. A short distance along the trail, the Twin Bridges Trail departs and heads southwards, and we were pleased to see that it was open to hikers. The latter trail has been closed for the last year due to the construction of the new Seymour River pedestrian bridge.

With the desired route being open, we hiked the Twin Bridges Trail as it leads through a beautiful west coast second-growth forest, the path being level at first, and then descending steeply through switchbacks to the Seymour River. Just before the river, the early fall morning sun was streaming through the forest creating interesting light rays.

Morning sun in the forest.
Terry Puls photo.

Arriving at the site of the former twin bridges, we enjoyed our first views of the river and the partially

completed pedestrian bridge. This location is the area that was impacted by the flooding resulting from the massive rock slide downriver that occurred in December 2014. We saw evidence of



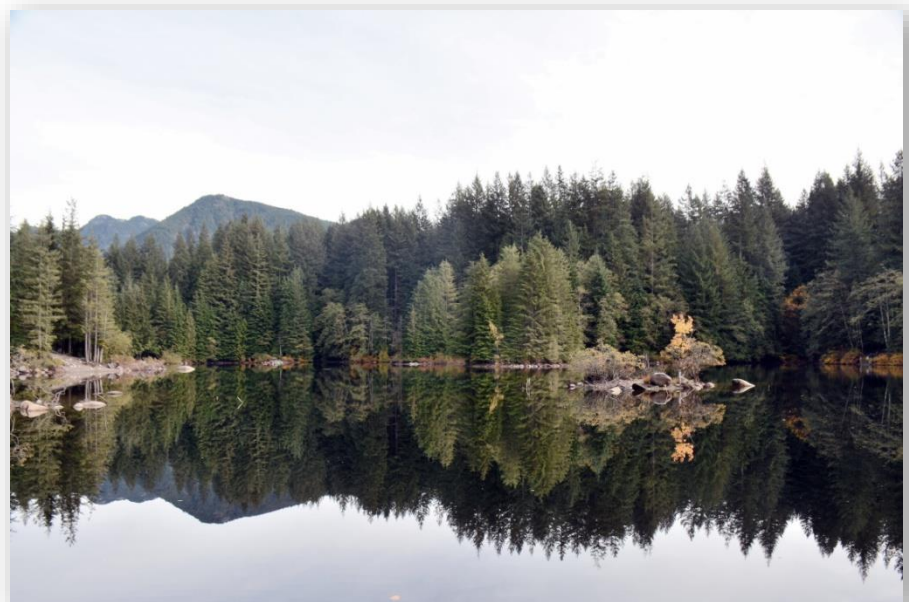
erosion of the riverbank and water level marks on the trees—now visible with the water having receded—as we hiked northwards along the Fisherman’s Trail. A little ways from the Twin Bridges site, there is a short tunnel created in the early 1900s for the wood-stave pipe that transported water from the Seymour River. We continued on until we arrived at a short, unmarked trail to the site of rental cabins from the first third of the 1900s. The fireplace and chimney from Cabin 1 is all that remains. We walked along the short trail to access the river, all of us impressed with the moss-draped trees illuminated from the low-angle sun. We had a brief stop at the river and enjoyed the views of the river and surrounding peaks.

All that remains of a rental cabin ca. early 1900s.
Terry Puls photo.

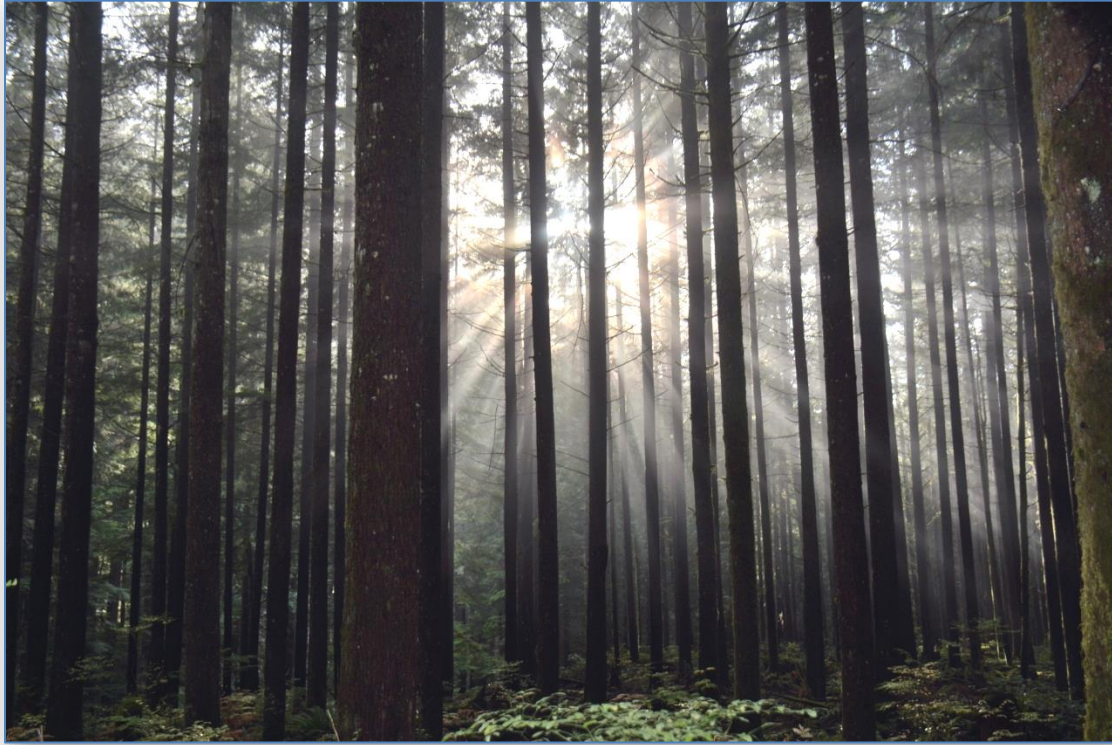
We continued along the Fisherman’s Trail, with glimpses of the river, and, near the junction with the north end of the Homestead Trail, took note of two wooden arches that mark the site of the former water superintendent’s house. After the junction with the Homestead Trail, the Fisherman’s Trail narrows and undulates more. Farther along, the trail climbs slightly above the river and then heads away from the river. While it continues on to the Seymour Falls Dam, we left the trail for the Circuit trails and climbed up onto the plateau. We continued on, crossing the service road and the Seymour Valley Trailway, before arriving at Rice Lake.

On the shore of Rice Lake.
Terry Puls photo.

Until flood damage occurred in the early 1980s, Rice Lake was used for drinking-water storage, supplied via a pipe and tunnel connection from nearby Lynn Creek. We found an area just off the trail



and sat on rocks along the shore as we ate our lunch. After a leisurely lunch, we walked around the lake and spent additional time at the accessible dock, from which we enjoyed the views of the surrounding mountains. From Rice Lake we walked briefly on the Lynn Headwaters Connector to complete a most satisfying loop.



Moss-draped trees illuminated from the low-angle sun. *Terry Puls photo.*