

Metro Cycle Trail Loop

North Langley and North Surrey



Distance: 59k loop - For the full loop including Barnston Island and Brae Island. It is 43 km excluding both Islands, 49 km including Brae Island only, and 53 km including Barnston Island only. Add 4 km if you include the upper Yorkston Watershed. There are other possible loops.

Starting and end point: Near the Fort in Fort Langley

Connecting Roads - about 20%

Mode of travel: Well maintained Mountain Bike

Level of Difficulty: Easy terrain - long distance

Low altitude - basically flat with a few hills.

Suggested Start Time: 9:00 a.m.

Finish Time: between 4 and 5 pm

Time allowed: 7 to 8 hrs. including lunch

Fitness level: Should be in good physical condition and have experienced cycling over 40k.

Features and Descriptions

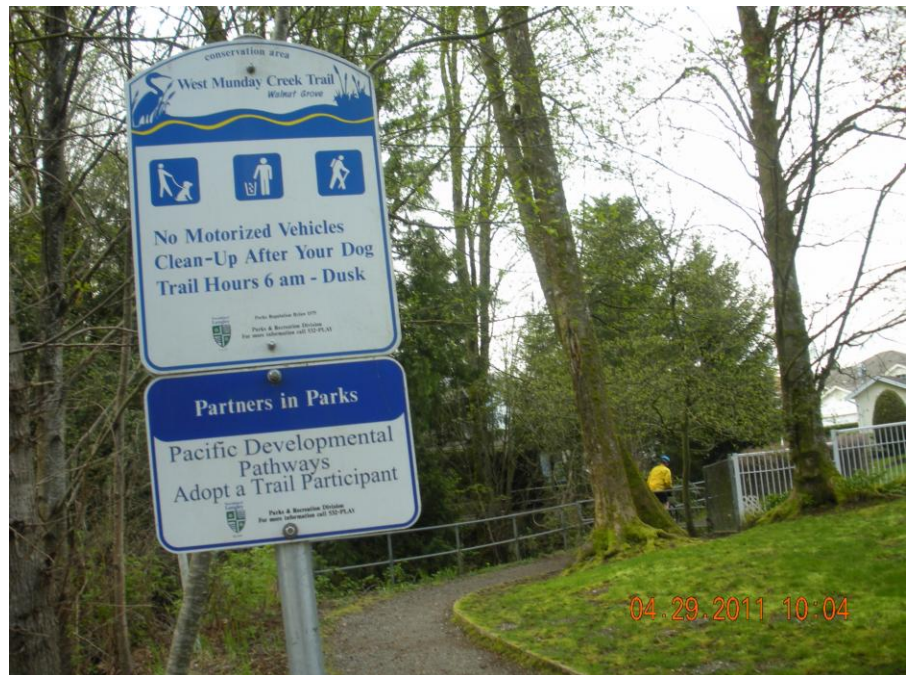
Start at the Fort Langley TCT Pavilion

From the TCT Pavilion in Fort Langley, at the corner of Mavis and River Rd., head west to Church St and turn right and over the tracks to catch the Fort-to-Fort Trail in Marina Park. Follow the trail just past the residences and make a left into an ecologically preserved slough along the Salmon River. This river was once a transportation corridor during the fur trade. The return is via the Fort-to Fort Trail on the way back.



Yorkston Creek Watershed in Walnut Grove

After travelling about 3.8 km along roadway the journey begins in the Yorkston Creek Watershed. It consists of winding pathways, first along a hydro right-of-way and then on a series of narrow pathways with housing on one side and the creeks down a deep ravine on the other. Remember that pedestrians have precedence and you should get off your bike when passing them on the narrow paths.



Walnut Grove Centre

Next, head through Walnut Grove Centre on pathways all the way to 96th Ave. Heading west follow 96th to Telegraph Trail Rd. and turn right. There are a few opportunities for a food stop along 96th Ave. Stay to the left up to the pathway along the Golden Ears Way. Follow this pathway all the way to Tynehead Park.



Tynehead Regional Park

Circle the park anti-clockwise leaving the Perimeter Trail to a staging area at the NE corner and to a pedestrian overpass. There is another half of the park containing an active fish hatchery on the other side of 168th St. Metro Vancouver intends to have this path go around that section as well. Good place for a washroom break. This paved perimeter trail has recently been built for multi-use. Take the pedestrian overpass over the Port Mann Hwy to Surrey Bend Regional Park and Barnston Island.



Barnston Island

Out of Tynehead Regional Park take the pedestrian overpass to 168th St. and right on 104th Ave. Just over the tracks is the entrance to the undeveloped Surrey Bend Regional Park. It worth riding the 1.7-km restricted road into the park marshland to appreciate this preserve and the peace and quiet. Otherwise, take the ferry for a picturesque crossing of Parsons Channel and ride counter-clockwise on a dike road all around the Island. It offers great views of the mountains and the Golden Ears Bridge. Most of the Island is farmland and about 40% is part of the Katsie Reserve. A good resting area and good viewing of Fraser River activity is at Robert Point Park at the west end of the Island.



Heading for Derby Reach

After leaving Barnston Island, it will be necessary to go back onto part of the Pathway along the Golden Ears Way via Barnston Drive avoiding going back on 176 St. The route becomes the Trans Canada Trail at the Golden Ears Bridge. Note the huge cranberry farm along 208th St. From Allard Crescent the trail



parallels the Fraser for over 10 km to the town of Fort Langley.

Derby Reach Regional Park and Fort-to-Fort Trail

At Derby Reach Regional Park there is camping and washrooms. The Fort-to-Fort Trail starts a bit further along at the first fort site and heads to where the fort was rebuilt. This cottonwood lined trail along the Fraser is windy and pleasant. It also goes past farms and a golf course.

Brae Island Regional Park and the town of Fort Langley

At the townsite of Fort Langley, before heading through the heritage town, it is worthwhile crossing Bedford Channel to take a 5-km ride into Brae Island Regional Park. It also has camping facilities and a beach. This is a relaxing ride through forest allowing for occasional great views.



It is also a must to ride through the town of Fort Langley right up to its cemetery. The heritage town centre offers coffee shops, ice cream parlors, and restaurants. There is a definite feel of stepping back in time.

As the route heads on Glover Road to Francis Avenue across from the



cemetery there are historic buildings and points of interest on both sides of the street. Of particular interest is the Observation Tower overlooking Bedford Channel at the Riverside Centre, The Bedford House across the way, the Fort Langley Visitor Centre in a CNR Station just across the tracks and the Fort Community Hall (1932), a yellow building on the west side of the street past Mary Avenue. The historic Cemetery is also of great interest. In between, there are many interesting little shops.



Turn eastward to Church Street on Francis Avenue. Proceed north to Mary Avenue. Note the historic church and proceed east on Mary Avenue to King Street. Turn north on King Street passing two museums on the way to Mavis Street at



the Fort Langley Historic Site, one of the birthplaces of BC. The Langley Centennial Museum & National Exhibition Centre, the B.C. Farm Machinery Museum, and the Fort Langley National Historic Site are all magnificent and worthwhile stops.

We are back where we started at the TCT Pavilion.