

Trails + Activities for Families in New West

park trails

- 1** Lower Hume Park
- 2** Glenbrook Ravine
- 3** Sapperton Landing
- 4** Queen's Park trails
- 5** Friendship Gardens
- 6** Waterfront Esplanade
- 7** Queensborough Perimeter Trail



Family Day Long Weekend 2022

Follow us on social media @newwestfamilies for a series of 3 videos on how to use this guide over the weekend. Share your walk in a comment on our video posts for a chance to one of three great family prize packages!

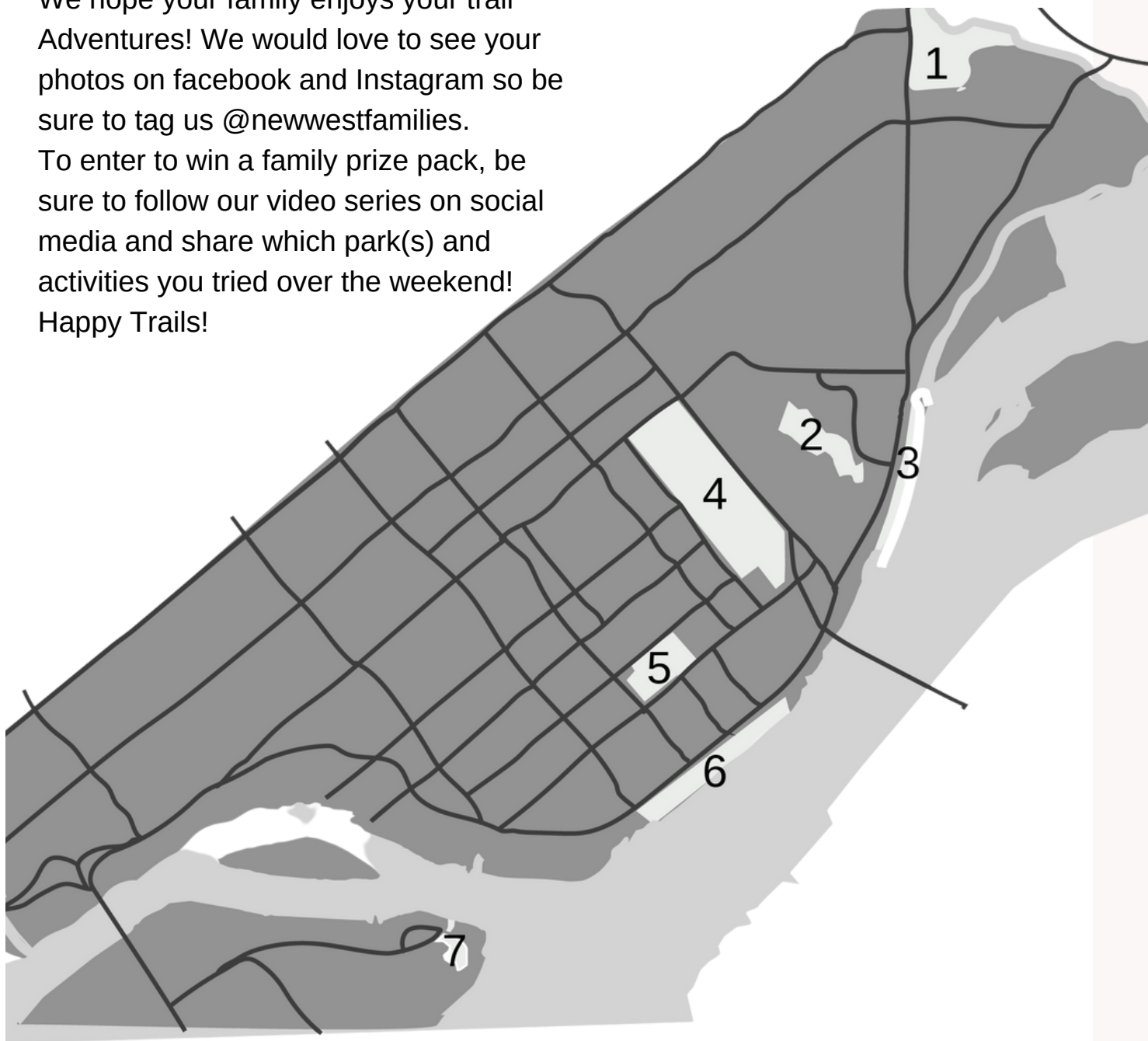


explore

This selection of park trails emphasizes places in New Westminster that do not have or are removed from playgrounds. This should give you and your family the chance to explore a different type of walk. Be sure to mark off the walks you try, and use activity ideas presented in this booklet.

We hope your family enjoys your trail Adventures! We would love to see your photos on facebook and Instagram so be sure to tag us @newwestfamilies.

To enter to win a family prize pack, be sure to follow our video series on social media and share which park(s) and activities you tried over the weekend! Happy Trails!



- 1 Lower Hume Park | 2 Glenbrook Ravine | 3 Sapperton Landing |
4 Queen's Park | 5 Friendship Gardens | 6 Waterfront Esplanade |
7 Queensborough Perimeter Trail



1 Lower Hume Park

660 E Columbia St, New West V3L 3Y2

A real variety of trail options await you here! Check out the Brunette River on a shorter paved path and look for Herons fishing in the water, or take a longer stroll on a graveled path all the way to Braid Skytrain station with hills and viewpoints. You can even pack some food and make a day of it by accessing a more extensive trail that leads all the way to Burnaby Lake on your bicycles! For little hikers that get bored of flat straight pathways, get up in the beautiful forested area with winding routes, hidden sculptures and wooden stairs and hike up to the playground as a final destination! The forested trail loops are 10-30 minutes and are not stroller friendly.

How to get here:



Access from East Columbia near Holmes Street, with a lower lot (close to the river trail) and an upper parking lot (forested trail).



There is a pedestrian crossing at the lights on East Columbia which will allow access to the Burnaby Lake trail.



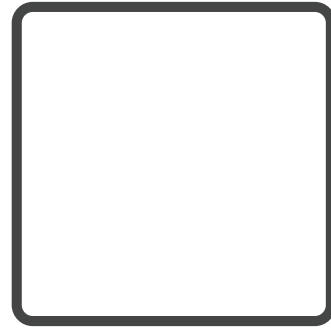
It is a 1.1 km walk west from the Braid SkyTrain Station.



Nearest bus stop #53113 for the 109 Lougheed station bus.

There are flat and stroller friendly trails, a bike path option and others only accessed on foot. Public washrooms are available.

Make your sit-upon a regular accessory for family walks so you're always prepared for the damp ground!



Have your child mark this box after you've visited the park!

Activity 1: make a "sit-upon"

What is a "sit upon"?

This is a simple cushion made of recycled materials that you can carry with you on a day when the ground is damp, so that you always have a dry spot to sit.

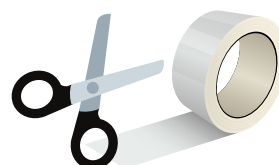
To prepare: before your walk, get crafty with your child. All you will need for this activity is

- some duct tape (different colours are even more fun!)
- an old waterproof shopping bag,
- some scrap tissue, bubble wrap or newspaper for stuffing.

Step 1: Fill your shopping bag with stuffing so that it has a little cushioning. You don't want it to be heavy or too bulky, so don't overstuff it.

Step 2 : Use your duct tape to close the top of the bag, and continue to tape around all the edges of your bag so all seams are protected.

Step 3: Consider decorating it with sharpie markers, tape or stickers to personalize it. Then you're all ready for your walk!



2 Glenbrook Ravine

76 Jamieson Ct, New West BC V3L 5M7

This park is a hidden gem and the perfect spot to feel like you escaped the city for awhile. The gravel trail begins in a manicured garden with water features and a small bridge. Stop at the koi pond and keep an eye out for ducks, fish and resident Red Slider turtles as you take in the lush scenery. Continue your walk further into a Bigleaf Maple, Alder and Cottonwood forest in an old ravine and explore the forking trails up along the ravine for the more adventurous kiddos.

This can be done with a stroller, on foot or bicycle and there is a steep hill to a lookout for those who are ready for some exercise. Listen for chickadees and watch out for stinging nettles and prickly salmonberry bushes.

How to get here:



Access Jamieson Court and park in the lot adjacent to the Glenbrook Park Amenities Centre



There are access points to the park from both the Ravine end and the park gardens.



Nearest bus stop #58743 for bus #109

Trails are mostly flat and stroller friendly and there is a bike path option.



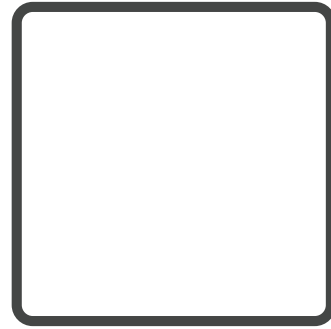
Salmon:

Point your hands together in front of you and wiggle your body side-to-side.



Raccoon:

These animals wash their food! Rub your paws together and wiggle your tail.

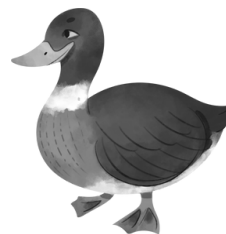


Have your child mark this box after you've visited the park!

Activity 2: move like an animal!

Trails can be challenging for small children, so let's make it fun to get outdoors with movement!

Think of animals you might encounter as you move through the trail. These could be squirrels, crows, ducks, turtles, toads, fish and even coyotes. If you see any animals, take time to stop and watch them move and try to imitate their style of movement with your bodies. Here are some hints to start:



Duck:

Waddle from side to side, standing or squatting down.



Squirrel:

Quickly leap while running, and imagine climbing trees.



Crow:

Take little hops, and flap your arms like big wings.



Coyote:

Run like a dog, imagine your arms as front legs.

3 Sapperton Landing

This 1km flat trail has a lot to see and hear as you walk along the river. Two paths form a loop, one for biking and one for walking.

With amazing river views, majestic trees, public art, birdhouses and two kinds of train trains going past, your little ones will have plenty to explore and look at and older children can ride a bike.

How to get here:



Access from an exit slip off east Columbia Street heading north.



There is a pedestrian crossing at the light by Cumberland street.

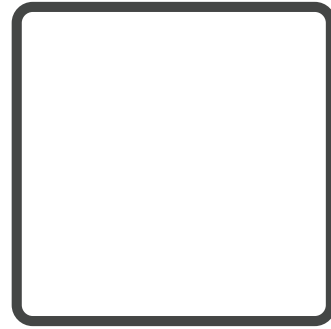


It is a 750 m walk west from the Sapperton SkyTrain Station.



Nearest bus stop #60167 for bus No 109 New Westminster Station

Trails are flat and stroller friendly and there is a bike path option.



Have your child mark this box after you've visited the park!

Activity 3: make a sound map

To prepare: for younger children you do not need materials. For older children, pack a few crayons, some extra paper, and a hard surface such as a book or clipboard.

Step 1: Find a spot to sit. Close your eyes, and listen to the sounds around you.

Step 2: Younger children can describe what they hear by pointing in the direction sounds come from, and imitating the things they hear.

Older children: Inside the box below: the **X** is you. The area above the **X** is in front of you, below is behind. The closer to the **X** in the box, the closer a sound is to you. Use the crayons to mark where the sound is located around you, and with whatever colour or mark you think matches the sound.

Above the X is in front of you

Left

Right



Below the X is in behind you

4 Queen's Park

1st St & 3rd Ave, New West, BC V3M 1V2

This prominent New West park features 75 acres of forest, fields, trails, gardens to explore beyond the playground you might be familiar with. With a stroller, bicycle or scooter, take the paved Millennium trail around the perimeter of the park and visit the wildflower meadow hill, new bike trials course or the skate park. Alternately, plan a unique adventure through the different forested areas of this huge park. Behind the playground you will find large old Cedar and Hemlock trees, with stumps and logs below. Be sure to wander the rose garden! You can spend a lot of time here so bring a lunch!

How to get here:



Access the parking lot at 1st street and 3rd Ave and take the Millennium Trail.

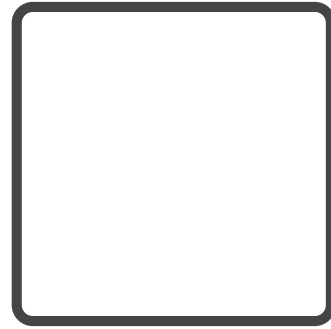


It is a nice walk through the Queens Park neighbourhood to access this large park.



There are several bus stops along the perimeter of the park. Take bus number 105 and 155 for nearest access.

Many trails are flat and stroller friendly, the walk through the forest should be done on foot. Public washrooms are available.



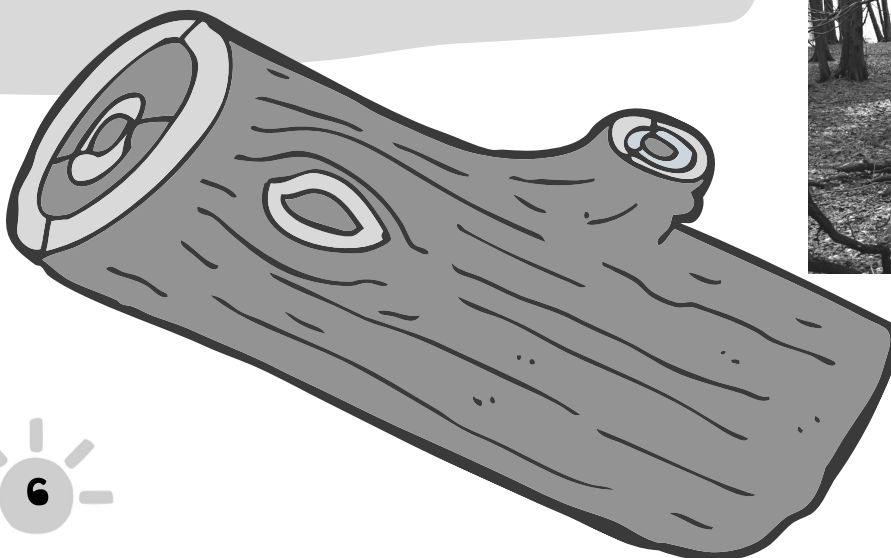
Have your child mark this box after you've visited the park!

Activity 4: Build a Forest house

With many fallen branches, twigs and logs, try making a forest house to play in. Your house could be small enough for a mouse, or big enough for a child to fit within.

Remember set guidelines for your children and remind them not to break branches or tear leaves from living plants. Instead, look on the ground for fallen materials, and consider setting up near a landmark location: the base of a large tree, rock or log works well.

This activity can teach children of all ages about balance, weight, size and materials, so take your time with it and have fun building together as a family!



5 Friendship Gardens

315 Queens Ave, New West V3L 1K1

This beautiful network of short trails are perfect for exploring on a day when you feel like meandering instead of strolling or hiking. There are lovely trees and shrubs with small waterfalls, streams, ponds where you might spot Mallard Ducks (remember not to feed them!) and even tiny black Stickleback fish that live in the water year-round. The friendship Gardens are located beside City Hall in a treed pocket of Tipperary Park where there are large old Cedar and Hemlock trees. On the other side of the parking lot where the summer Farmer's Market is held, you can find open grassy spaces with paved pathways.

How to get here:



Access the parking lot from 4th street off of Royal avenue.



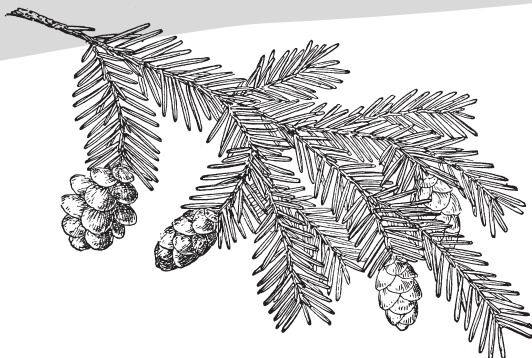
This park is easily accessed from Uptown and Downtown on foot, but be prepared for a large hill!



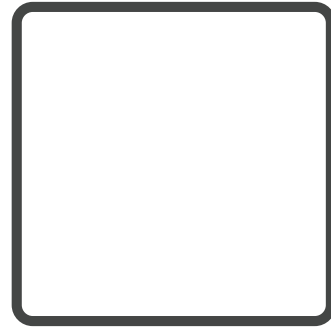
The nearest bus stop is next to City Hall on 6th street for bus No 105.

Public washrooms available within City Hall on Monday 8:00 am - 8:00 pm and Tuesday to Friday 8:30 am to 4:30 pm.

The park is stroller friendly, although the gardens have a few small pathways which are best enjoyed on foot.



Western Hemlock has needles and cones with forked segments.



Have your child mark this box after you've visited the park!



Red cedar smells great!

activity 5: meet a tree!

We see trees around us with our eyes, but it isn't often that we use our other senses to experience them. Try this calming activity together with at least two people.

To prepare: You will need a thick hat or a blindfold for this activity.

Step 1: Find an area that includes several different trees in close proximity to each other.

Step 2: Blindfold your child.

Step 3: Spin your child around many times so they are unsure of where they are facing.

Step 4: Carefully walk your child to a tree. Have them hug the tree, touch it to feel the texture, and smell it.

Step 5: Walk the child away from the tree and spin them around again.

Step 6: Take off the blindfold and have your child guess which tree they met!

6

Waterfront Esplanade

1260 Quayside Dr, New West, BC V3M 6E1

Take in the exciting views of the muddy Fraser River from the Waterfront Esplanade along the Quay. Look for tugboats, barges carrying sawdust for making paper, log booms, and salmon fishing boats: this is a busy working river! The path is wide and paved along one side, and is wooden- plank boardwalk on the other, with room for all. It is a great place to take a stroller, a scooter or a bicycle, with many viewpoints and gardens along the way, plus benches for a rest or a snack.

How to get here:



Access from street parking, nearby parking garages and paid parking along Quayside Drive.



This is an easy place to access from the skytrain, and downtown on foot.

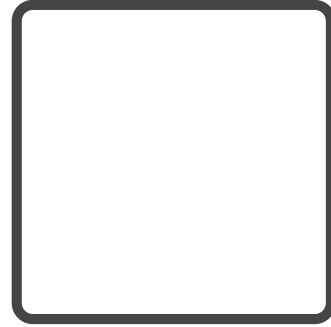


It is a simple 450 m walk from the New Westminster Station.



The nearest bus stop is #52336 for bus No 103.

Stroller-friendly walk with public washrooms available at Quayside Park on one end, and the Rivermarket at the other.



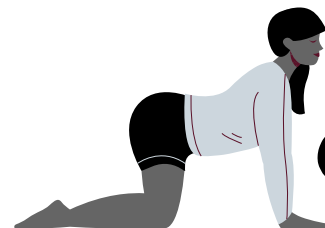
Have your child mark this box after you've visited the park!

Activity 6: Yoga Poses

When walking, make stops at viewpoints or benches a chance to practice your yoga poses! Here are a few to get you started:



Warrior



Cow



Crescent
Lunge

triangle



7

Queensborough Perimeter Trail

215 Salter St, New Westminster, BC V3M 5B1

Whether you decide to take a walk along the Queensborough Perimeter Trail or opt for the 1.8km Port Royal Loop with a stop at the Port Royal Park, Queensborough is a destination you will want to check out! There are nice flat pathways with river views all the way along where you might see hummingbirds calling in their scratchy voices from the tops of shrubs, you can visit community painted-rock displays with your children, and stop by the community garden.

How to get here:



Street parking is available on Salter street.

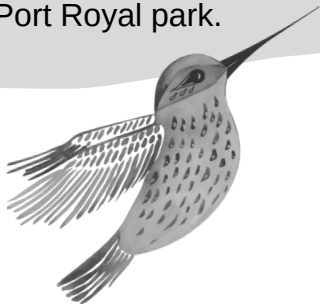


Nearest bus stop is at Furness street at Ewen avenue for bus No 104



The best way to access this walk is by taking the Q to Q ferry from New Westminster Quay. The cost is \$2.25 one way, and children under 12 ride free. Check the website for schedules: newwestcity.ca/qtoqferry

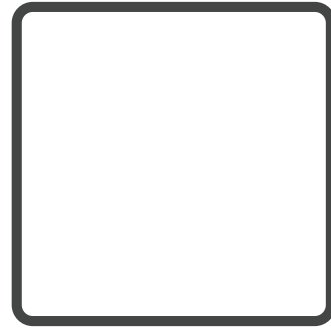
Trails are flat and are bike and stroller friendly. Public washrooms are available in Port Royal park.



That high-pitched rhythmic scratchy sound you hear is likely a hummingbird calling from the shrubs. They are easier to hear than to see as they are fast and tiny.



Local granite is used as gravel along pathways. Look for shiny flecks of crystal quartz on these speckled rocks.



Have your child mark this box after you've visited the park!

Activity 7: Build a rock tower

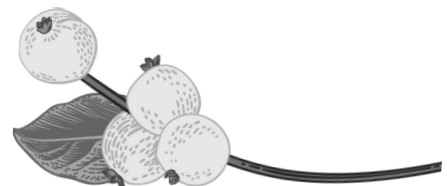
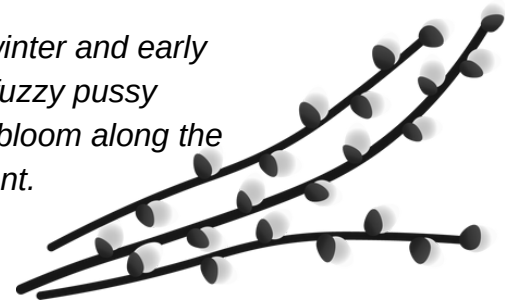
To prepare: bring a bag or basket to collect stones on your walk.

Find a spot to sit along your walk when children grow tired. Empty your collection of rocks and sort them by size. Notice the flat sides which are best for stacking. Work together to build a tower and see how high you can make it! If you find rocks of varying colours, try building with a pattern.



You'll see rose hips along this trail as vivid red berries

In late winter and early spring, fuzzy pussy willows bloom along the waterfront.




What are all those white berries you see? Snowberries! Don't eat them.





G ● P r e p a r e d f o r a G o o d t i m e !

Packing for the trails- Checklist

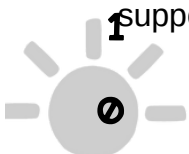
- ☐ Always bring a filled water bottle for each family member;
 - ☐ Healthy snacks for a quick energy boost, or lunch for a walk that will last over 3 hours;
 - ☐ A few small toys that are not precious: things that can get dirty and wet are best!
 - ☐ For parks with water features: consider bringing a clear container to scoop and view what is living in water;
 - ☐ Layer clothes for cold and heat;
 - ☐ Proper rain gear in a must in our climate for much of the year;
 - ☐ Keep a change of clothes in case of accidents;
 - ☐ Band-aids make sense, as you never know what might happen!
 - ☐ Wipes or hand sanitizer should always be on hand.
 - ☐ A tarp, sit-upon, or small blanket for picnics.
- 

Family Place New West

A place where families with children 0-5yrs can find encouragement, support and resources to THRIVE! Visit us online to see our program calendar, workshops and services www.newwestfamilies.ca

Email us at info@newwestfamilies.ca

Follow on social media [@newwestfamilies](#)



Use this space to draw a scene
from your walk

