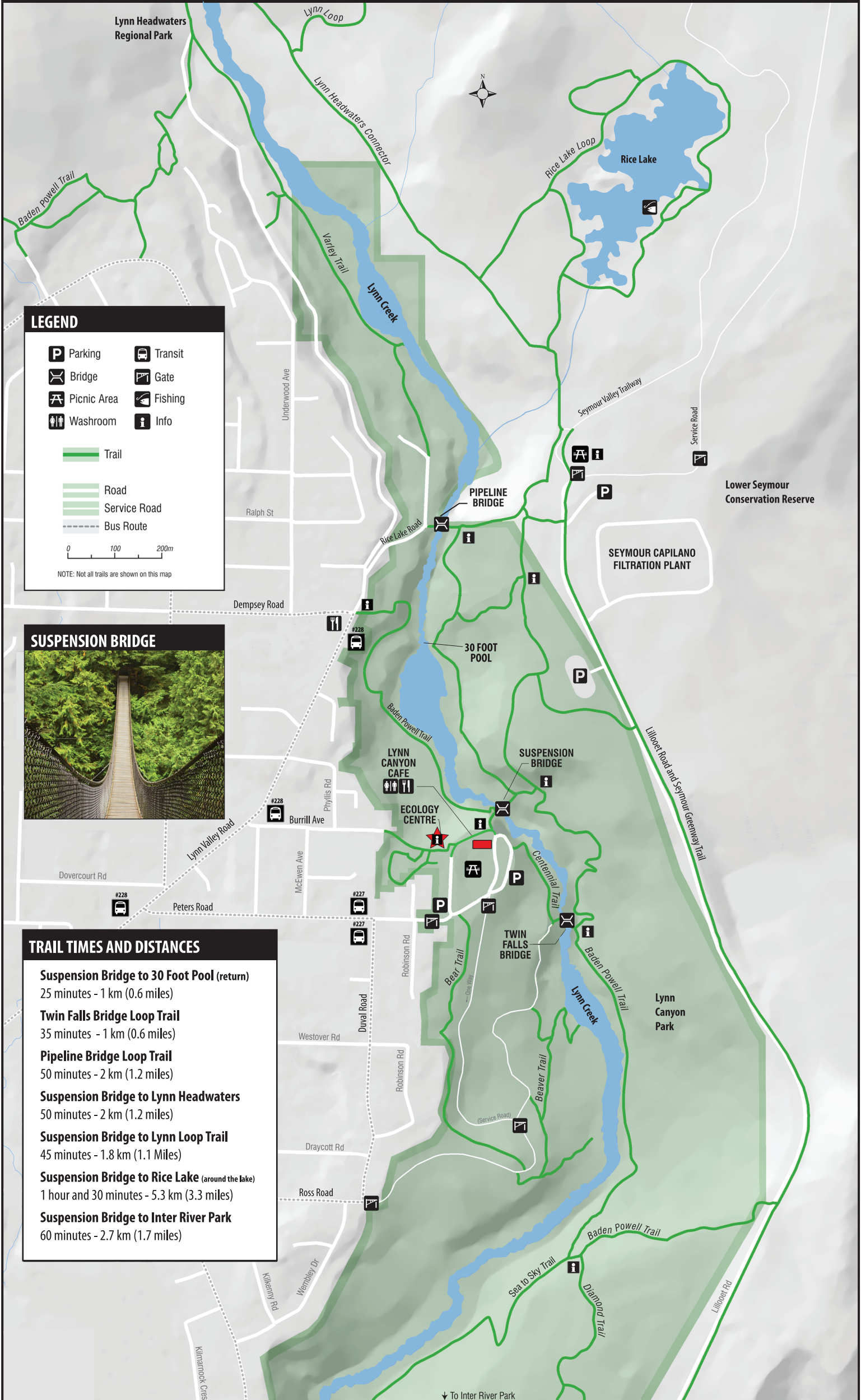


# LYNN CANYON PARK



## LEGEND

- Parking
- Bridge
- Picnic Area
- Washroom
- Transit
- Gate
- Fishing
- Info

- Trail
- Road
- Service Road
- Bus Route

0 100 200m

NOTE: Not all trails are shown on this map

## SUSPENSION BRIDGE



## TRAIL TIMES AND DISTANCES

- Suspension Bridge to 30 Foot Pool (return)**  
25 minutes - 1 km (0.6 miles)
- Twin Falls Bridge Loop Trail**  
35 minutes - 1 km (0.6 miles)
- Pipeline Bridge Loop Trail**  
50 minutes - 2 km (1.2 miles)
- Suspension Bridge to Lynn Headwaters**  
50 minutes - 2 km (1.2 miles)
- Suspension Bridge to Lynn Loop Trail**  
45 minutes - 1.8 km (1.1 Miles)
- Suspension Bridge to Rice Lake (around the lake)**  
1 hour and 30 minutes - 5.3 km (3.3 miles)
- Suspension Bridge to Inter River Park**  
60 minutes - 2.7 km (1.7 miles)

↓ To Inter River Park

### **LYNN CANYON - A Spectacular Park**

Enjoy the natural beauty of the coastal temperate rainforest as you hike the trails in Lynn Canyon Park. The Suspension Bridge hangs 50 metres above Lynn Creek, offering exciting views of Lynn Canyon. Once across the Suspension Bridge, a ten minute walk upstream brings you to the river's edge and the deep green waters of 30 Foot Pool. Fifteen minutes downstream from the Suspension Bridge, a wooden footbridge crosses Lynn Creek at Twin Falls. From the east side of the Suspension Bridge it is possible to hike to the Lower Seymour Conservation Reserve and Lynn Headwaters Park. An easy hike downstream from Twin Falls will bring you to Inter River Park.

### **HISTORY**

Lynn Canyon Park and the Suspension bridge officially opened September 12, 1912. The McTavish brothers, who owned land in the area, donated 5 ha next to Lynn Creek to be used as a park. The District of North Vancouver added another 4 ha, making the park a modest 9 ha in size. In 1991, the District of North Vancouver added another 241 ha to the park. At 250 ha, Lynn Canyon Park is one of the largest and most popular parks in the Metro Vancouver area. Photos of the early years in Lynn Canyon Park can be seen at the Lynn Canyon Ecology Centre.

### **STAY SAFE IN LYNN CANYON**

Lynn Canyon Park encompasses rugged terrain and many of the trails have steep stairways. Trails are not wheelchair accessible. Observe safety signs, keep to designated trails, and stay behind fences.

### **DOG OFF-LEASH AREAS**

Dogs are permitted off-leash but under their owner's control on trails and service roads south of Twin Falls Bridge. Dogs may be off-leash north of the Suspension Bridge on the west side of Lynn Creek. Dogs must be on leash in all other areas of Lynn Canyon Park.

### **LYNN CANYON - A Coastal Temperate Rainforest**

In the late 1800's, Lynn Valley's ancient Douglas-fir and western redcedar were milled into lumber for export to Eastern Canada, the United States and Europe. Many of these trees were 90 metres high and 11 metres in circumference. As you walk in the park you will notice some of the stumps remaining from these huge trees. Many show the springboard notches used by loggers when cutting down the trees.

Moderate temperatures and an average annual rainfall exceeding 200 cm make excellent growing conditions. The lush second growth forest is good evidence of the productivity of this area. Trees in the park are on average 100 to 150 years old. The upland forest is dominated by western hemlock, Douglas-fir, and western redcedar. Young hemlocks dominate the understory. Along the creek where periodic flooding occurs, the forest is dominated by red alder, black cottonwood, the occasional sitka spruce, and a dense undergrowth of salmonberry and other shrubs.

As time passes, the forest is slowly changing. In some areas Lynn Canyon is once again developing some of the attributes of an old growth forest. Wildlife in the area is diverse though often elusive and secretive. Douglas squirrels, chestnut-backed chickadees, varied thrushes, pileated woodpeckers, American dippers and Steller's jays are a few of the animals commonly seen in the park. Lucky visitors may even spot a giant banana slug. While native to the area, larger animals such as black bears, coastal blacktail deer and cougars are rarely seen by park visitors.



*Take only pictures and leave only footprints.*

### **LYNN CANYON PARK GATE HOURS**

Summer	Open: 7 am to 9 pm
Spring and Fall	Open: 7 am to 7 pm
Winter	Open: 7 am to 6 pm

### **PUBLIC TRANSIT**

#227 community shuttle at Peter's Rd and Duval Rd or #228 bus at Burrill Rd and Lynn Valley Rd.

### **PUBLIC WASHROOMS**

The public washrooms are located on the west side of the Café building.

### **PARK RANGERS AND FIRST AID**

Rangers patrol the park from May to Sept. The ranger station is located on the east side of the Café building. Phone: 604-240-8754.

### **LYNN CANYON ECOLOGY CENTRE**

The Ecology Centre features natural history displays, a movie theatre, and gift shop. Phone: 604-990-3755.

### **ECOLOGY CENTRE HOURS OF OPERATION**

*Weekdays* - Open: 10 am to 5 pm

*Weekends and Holidays*

June to September - Open: 10 am to 5 pm

October to May - Open: Noon to 4 pm

Closed December 25 to January 1, and statutory holidays October to May.

### **LYNN CANYON CAFÉ**

The Lynn Canyon Café is operated by an independent catering company.

### **CARING FOR LYNN CANYON PARK**

Keep dogs under your control at all times.

Dog waste must be scooped and removed.

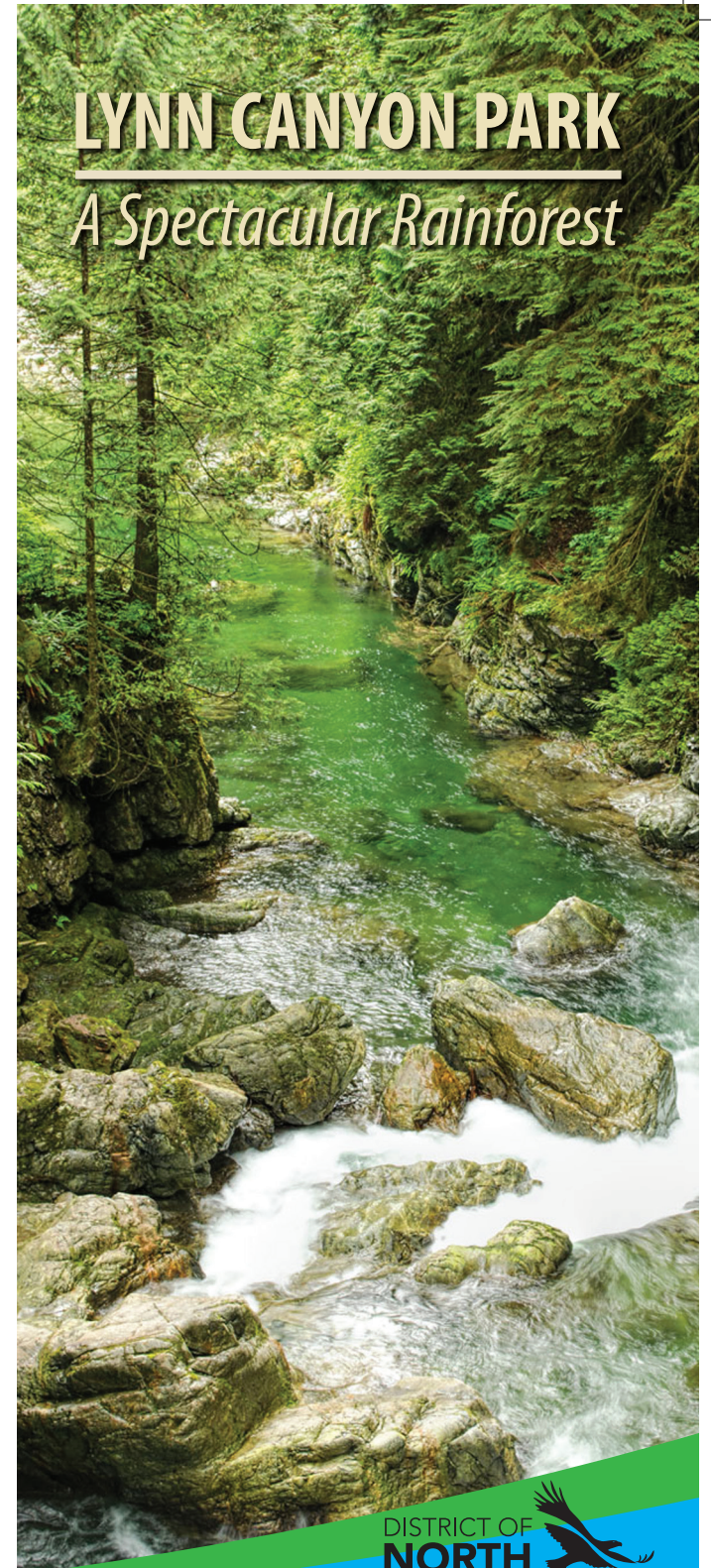
No collecting of plants, fungi or wildlife.

No overnight parking.

Pack out your garbage.

No alcohol is permitted.

No camping or fires are permitted.



# **LYNN CANYON PARK**

## *A Spectacular Rainforest*