

Burnaby Lake Nature House

A place for hands-on learning since the 1970s, the Nature House continues to inspire awareness about the park's plants and animals. It is open weekends and statutory holidays from mid-May through Labour Day. Check out educational displays, or stroll through the Butterfly Garden.

Wildlife Rescue Association (604-526-7275)

This rehabilitation facility for orphaned or injured wildlife is located at the Glencarin Entrance.

Burnaby Lake Park Association

Participate in hands-on projects to help remove invasive plants; look after nest boxes; monitor turtle nests; and support education programs. Find out more at burnabylakepark.ca.

Ecological Restoration Team

Help remove invasive plants and replant native species in regional parks. To volunteer for hands-on work parties, go to meetup.com and search 'regional parks.'

Metro Vancouver Regional Parks Foundation

Find out how you can donate to the parks you love at MVRPFoundation.ca.

'Aintree' (Picken House)

Built in 1929 this Tudor-styled house is currently the home of the Metro Vancouver Regional Parks Foundation, Catching the Spirit Youth Society, and Stream of Dreams – *Fish on Fences*.

Further information:

Area office for Burnaby Lake, 604-520-6442
Metro Vancouver, 604-432-6200
metrovanancouver.org

Mailing Address:

Metro Vancouver Regional Parks
4515 Central Blvd, Burnaby, BC
Canada V5H 0C6

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Burnaby Lake

Regional Park

Burnaby

Water, woodlands and wildlife will awaken your senses and renew your connection with nature.



Trails and Recreation

Shared Trails



Freeway and Avalon trails are open for hiking, horseback riding and cycling. Pedestrians yield to equestrians; cyclists yield to pedestrians and equestrians. All other trails are pedestrian-only except those signed as hiking/equestrian. To minimize erosion and habitat damage, stay on designated trails.

Dogs



Dogs are welcome but must be leashed and under control at all times. To protect bird habitat, dogs are not permitted on Piper Spit. There is a dog off-leash area at nearby Warner Loat Park. Please scoop up your pet's poop and dispose of it properly.

Horseback Riding



Horseback riding is permitted on designated trails. Unload horse trailers at the Avalon Avenue parking lot. Stay to the center of the trails as soft edges can be hazardous.

Canoeing



Canoeing is not recommended for novices because the marshy shoreline provides few safe places to land. Canoes can be launched from Piper Spit, but check water levels before unloading your canoe as low levels can make launching difficult.

No Vegetation or Mushroom Removal



To protect park habitats, vegetation and mushroom removal is prohibited.

No Liquor, No Camping, No Cannabis and No Smoking



Liquor, camping, and cannabis are not permitted in the park. Smoking is not permitted in regional parks, except in designated areas marked by signs. These areas allow the use of tobacco and e-cigarettes, but not cannabis.

No Wildlife Feeding



To protect wildlife health and habitats, feeding wildlife is no longer permitted at Piper Spit. Visitors are reminded that feeding birds, or other wildlife, is not permitted anywhere else in the park.

Accessibility



The Nature House, washroom facilities, boardwalk and viewing tower at Piper Spit are wheelchair accessible.

Enjoy the Park Safely

Regional parks are natural areas and can present hazards for the unprepared. Look and listen, and be aware of your surroundings. Know your limits, be prepared for changing conditions and obey all signs.

Emergencies



In case of emergency, phone 9-1-1 for fire, ambulance, and police services.

Bears



Bears are known to pass through the park from time to time. Help keep these animals wild and people safe - stay back 100m. If you encounter a bear, stay calm and slowly back away. Do not try to feed bears; and do not leave any garbage.

General Information

Park Hours

The park is open at 7 am. Park hours are posted at park entrances; earliest closing is 5 pm. Gates are locked when the park is closed.

Areas Not Open to the Public

Rental properties are closed to the public; please respect tenants' rights to privacy. Do not trespass on private property.

Park Programs

For information on programs, field trips and events, go to metrovanancouver.org and search 'nature programs.'

Park Conditions

To report an environmental spill, call 604-294-7200. To report conditions or situations requiring the assistance of Regional Parks, phone or leave a message at 604-520-6442.

BURNABY LAKE REGIONAL PARK



TRAIL INFORMATION

Trail	Distance to Return	Time to Return	Open to Cycling	Comments
Burnaby Lake Loop (route marked with signs)	10 km	3 hours	no (except for Avalon Trail section which is shared with equestrians & cyclists)	Excellent for walking and jogging - trails are flat with stairs at Cariboo Dam and Deer Lake Brook bridge.
Southshore Trail	6.8 km	2 hours	no	Flat with boardwalk sections along marsh edge.
Freeway Trail & Avalon Trail	7 km	2 hours	yes (only two cycling trails in the park)	Flat with connections to bike routes along Sperling Ave & Cariboo Rd.
Brunette Headwaters Trail	3.6 km	1 hour	no	Flat, shady walk in second growth forest on Conifer & Spruce Loops.
Cottonwood Trail	5.2 km	1.5 hours	no	Flat with view of the lake at Phillips Point.

