

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.

Picken House

Built in 1929 this Tudor-styled house is currently the home of the Catching the Spirit Youth Society which encourages and mentors outdoor activities, stewardship and leadership.

Wildlife Rescue Association (604-526-7275)

This rehabilitations 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](https://www.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.

Burnaby Lake

Regional Park

Burnaby

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



REGIONAL
BURNABY
LAKE
PARK

Trails and Recreation

Dogs



Dogs are welcome but must be leashed and under control at all times. Even well-trained dogs can frighten or injure park wildlife and visitors. 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 dog's poop and dispose of it in the dog waste bins.

Horseback Riding



Horseback riding is permitted on designated trails. Unload horse trailers at the Avalon Avenue parking lot. To prevent injuries to horse and rider, 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 Cycling on Trails



A bike rack is provided at the Nature House. Cycling is permitted on the Brunette-Fraser Regional Greenway east of the park; and along the Central Valley Greenway north of the park.

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.

Bird Feeding Area



Bird feeding is ONLY permitted at Piper Spit. Bread is unhealthy for birds, so please feed them grain or seeds. Help reduce rodents - do not leave piles of feed.

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 and Cougars



Bears and cougars are known to pass through the park from time to time. If you encounter a bear or cougar, stay calm and slowly back away. Do not approach or try to feed bears; and do not leave any garbage or unattended food.

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.

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

BURNABY LAKE REGIONAL PARK



TRAIL INFORMATION				
Trail	Distance to Return	Time to Return	Terrain	Comments
Burnaby Lake Loop	10 km	3 hours	Flat with stairs at Cariboo Dam and Deer Lake Brook bridge.	Trails are excellent for walking and jogging.
Avalon and Southshore Trails	8.4 km	2 hours	Flat with some boardwalk sections.	Access to Wildlife Rescue Association; boardwalk section along marsh edge.
Cottonwood Trail	5.2 km	1.5 hours	Flat	Phillips Point provides access to the lake shore.
Brunette Headwaters Trail	3.6 km	1 hour	Flat	Cool, shady walk through second growth forest on Conifer and Spruce Loop trails.

