

SPORTS & RECREATION

Whether you're interested in indoor sports, outdoor activities or a water adventure, Burnaby has it all.

Blessed with an abundance of natural beauty, Burnaby is a haven for all kinds of sport and recreational activities. When you're here, you'll definitely want to take some time to enjoy the wide range of recreational options.

From the mild to the wild, there's something for you.

Bird-Watching

- Burnaby Lake Regional Park

Located in the middle of the city, Burnaby Lake Regional Park is a stunning wildlife sanctuary with excellent bird-watching opportunities. Look for great blue herons, bald eagles, belted kingfishers and osprey – you might even spot rarer birds such as the green-backed heron. There's even a viewing tower that provides a bird's eye view for spotting wildlife.

- Deer Lake Park

Centrally located in the heart of Burnaby, Deer Lake Park offers seemingly endless wildlife-viewing opportunities in the lake, forest, meadow and marsh areas. Binoculars in-hand, bird-watchers will be especially thrilled with the array of birds in the park.

Children's Activities/Playgrounds

- Burnaby Fraser Foreshore Park

Children will enjoy fun and fantasy on the park's riverside pirate ship. The park also features a modern play area accessible to children with disabilities.

- Burnaby Mountain Park

Throw a Frisbee. Fly a kite. The green hillside of Burnaby Mountain Park provides many opportunities for children's activities. There's also a playground tucked into the upper hillside of the park.

- Confederation Park

Confederation Park offers the best of both worlds – excellent recreational facilities and untouched wilderness. In addition to running around the playground, children can take a ride on the model steam railway that operates on weekends during the summer. The summertime water park also provides hours of fun entertainment on a hot day.

Golfing / Pitch & Putt

- Burnaby Mountain Golf Course

The contemporary designed 18-hole layout at Burnaby Mountain has always been a favourite with players of all levels. The natural tree-lined beauty of the fairway, combined with the gentle rolling terrain at the foot of Burnaby Mountain offer a blend of charm, character and serenity that enhances your enjoyment of the game.

Staffed by qualified professionals who can help you with all aspects of your game, Burnaby Mountain also offers a comprehensive golf development facility that includes a driving range.

- Central Park Pitch & Putt

This busy 18-hole course offers an easy game for experts or a challenging one for amateurs. If your idea of golf is a walk in a park ruined by a small white ball, then the Central Park Pitch & Putt is for you. Located in one of the oldest parks in Burnaby, the course is among the busiest in Greater Vancouver and is set in a peaceful park-like surrounding. Players can come as they please. In fact, they can even come unequipped, as clubs are available for rent at the pro shop.

- Kensington Pitch and Putt

The 18-hole Kensington Pitch and Putt provides a great golfing experience for players of all calibres, aged eight and up. If you're a beginner, or just don't have time for a round on a full course, come enjoy a real golf experience within a beautiful park setting. Courses are open as weather permits.

- Riverway Golf Course

Situated amid lush evergreen forests, the Riverway Public Golf Course offers a tranquil setting in which to enjoy your game of golf. The course not only provides visiting golfers with one of the Lower Mainland's premier layouts, but also offers some truly spectacular views of the city and surrounding mountains.

Riverway boasts a true championship layout, and is appropriate for golfers of all levels of abilities and ages. Riverway also offers a CPGA professionally staffed development facility with a 54-stall covered driving range.

Horseshoe Pitch

- Central Park

Never pitched a horse's shoe? Whether you're a pitching pro or a novice, Central Park's Horseshoe Pitch is sure to be a galloping fun time. Similar to the magnificent rainforests that once dominated North America's west coast, Central Park is an urban oasis located just minutes from Metropolis at Metrotown.

Indoor Activities

From ice skating to bowling to racquet sports, Burnaby offers a wealth of indoor recreational possibilities. Skate like a pro at the official practice facility for the Vancouver Canucks NHL Hockey Team or scale the “Tech Towers”, BCIT’s climbing wall, featuring 800 square feet of climbing surface for top rope climbing – for whatever the weather and whatever your mood Burnaby has it all. Contact us for more information.

Picknicking

- **Barnet Marine Park**

Located on the spectacular Burrard Inlet, Barnet Marine Park is a favourite of water-lovers. You can swim in the ocean, explore the shoreline or just bask in the sun. Picnic tables and barbeques are scattered under shady trees and a concession stand, change rooms and outdoor showers are available in the summer.

- **Burnaby Fraser Foreshore Park**

Pack a lunch, bring some refreshing drinks and plan to spend the day along the Fraser River shore. Picnic tables in the shaded woodland area provide a peaceful natural environment where you can listen to songbirds and watch resident squirrels at play.

- **Burnaby Mountain Park**

The mountain, water and city views from high atop Burnaby Mountain make this a popular picnic location for locals and visitors alike. Whatever you do, make sure to bring your camera as you’ll want to capture the park’s natural beauty – and its spectacular views.

- **Confederation Park (off-leash dog area)**

Confederation Park offers the best of both worlds – excellent recreational facilities and untouched wilderness. Picnic among the trees at this park, where families can literally keep busy all day long with the myriad of activities available for people of all ages and abilities.

- **Robert Burnaby Park (off-leash dog area)**

It's easy to imagine you're far from the city in this peaceful setting of huge western hemlock, cedar and douglas fir. Picnic basket in-hand, Robert Burnaby Park is perfect for a family outing. Set in the middle of lush-green wooded areas, this park is one of Burnaby’s best-kept secrets for a woodland retreat away from the crowds.

Sightseeing

- Burnaby Fraser Foreshore Park

This picturesque riverside park provides a wonderful opportunity to experience and explore the mighty Fraser River. Sit back, relax and enjoy the view of tugboats, rowboats and various other marine traffic on this busy and bustling waterway.

- Miniature Railway, Confederation Park

Sightsee in style. Hop on board a classic model steam train and take a tour of one of the biggest and best parks in Burnaby. Regardless of whether you're eight or 80, everyone enjoys a whistling ride on a classis model train, right? (The train operates on weekends during the summer months.)

- Nature House, Burnaby Lake Regional Park

During the summer, the Nature House provides interpretive displays that allow visitors an opportunity to see and learn about the park at their own pace. Visitors to the Nature House also have an opportunity to ask questions and discuss natural history with interpreters and volunteers.

- Playground of the Gods, Burnaby Mountain Park

Stroll among the Playground of the Gods in Burnaby. Towering over the distant city are the tall Kamui Mintara (Playground of the Gods) sculptures at Burnaby Mountain Park. The Kamui Mintara comprise more than a dozen carved poles created by Japanese sculptors Nuburi Toko and his son, Shusei. The Tokos are members of the Ainu culture, Japan's first inhabitants.

Installed on the top of an open slope looking west over Coal Harbour, the poles honour the ties between Burnaby and its Japanese sister city, Kushiro. The spectacular setting inspired Toko to imagine it as Kamui Mintara, or Playground of the Gods. The poles represent the story of the gods who descended to earth to give birth to the Ainu. Animal spirits such as whale, bear, and owl adorn the tops of the slender poles that are clustered together in groups of twos and threes. A killer whale and a brooding raven stand apart from the rest, looking west across the Strait of Georgia towards Vancouver Island (and Japan). A stunningly beautiful setting, this is one of the best examples of art in a public place in the Lower Mainland.

Skateboarding

- Confederation Skateboard Park

A model of community involvement, Confederation Skateboard Park was created as a result of hard work and input from young skateboarders, local citizens and official authorities. The park incorporates a “bowl” slope, as well as street features such as pyramids, ramp steps and walls. The park has also been praised by the Canadian Amateur Skateboarding Association.

- Metro Skate Park, Bonsor Recreation Complex

Metro Skate Park is conveniently located next to the Bonsor Recreation Complex (and steps from Metropolis). Whether you're just beginning or more advanced, the park has something to offer everyone. Metro Skate Park is organized in three different zones: Metro Square, for realistic street skating; Bonsor Pipeline, including a full-pipe for extreme bowl skating; and Dogleg Bowl for "old-school" park-style, as well as beginner or flow skating.

Swimming

- Barnet Marine Park

Burnaby's only official salt-water beach, Barnet Marine Park is one of the few parks in Greater Vancouver with a long stretch of smooth, sandy beach. Perfect for a cool swim on a warm summer day, the park even has a large boomed-off swimming area.

- Bonsor Recreation Complex

Conveniently located just steps from Metropolis at Metrotown, Bonsor features a 37-metre indoor pool, as well as a whirlpool, sauna and kids' leisure pool.

- Central Park

This wooded oasis will transport you far from the hustle and bustle of city living, while still providing an array of modern amenities – including a large outdoor pool for your swimming enjoyment.

- Eileen Dailly Pool, Confederation Park

Perfect for families, this facility features an indoor pool with a 75-metre water slide, a leisure pool as well as a children's water-play area, sauna and whirlpool.

- Robert Burnaby Park

Though this urban oasis is known for its wooded ravine and forest trails, many locals visit the park for its large outdoor pool and children's wading pool – set in the middle of impossibly-lush greenery.

Tennis

- Burnaby Lake Sports Complex

Burnaby Lake Sports Complex is home to the Burnaby Tennis club which offers 11 outdoor courts for public use during the summer, no charge and offers 6 covered indoor courts from October to April.

- Confederation Park

Confederation Park offers the best of both worlds -- recreational facilities and untouched wilderness. Part of the recreational amenities include eight, outdoor, plexi-pave surfaced tennis courts.

- Robert Burnaby Park

Play a game of tennis amidst a peaceful setting of huge western hemlock, cedar and Douglas fir. Though this large park is known for its wooded ravine and forest trails, you'll also find an array of outdoor tennis courts.

Trails: Biking

- BC Parkway and Highland Park Line

Burnaby's BC Parkway Trail is a 19-kilometre linear park strip connecting the Westminster Quay waterfront to False Creek in Vancouver. The Parkway provides a separated cycle and pedestrian trail system within a beautifully landscaped park corridor. Take your bike, bring a picnic lunch and stop at a park. Many possible destinations are along the route, which provide opportunities for brief outings or a longer journey.

- Central Park

Bike through the many trails of this wooded oasis of colossal douglas fir, western hemlock, poplar and maple. Similar to the magnificent rainforests that once dominated North America's west coast, the park's trails (marked with signs) are popular with residents and visitors alike. This century-old park also features two ponds, home to geese and ducks, and the beautiful Earl and Jennie Lohn Perennial Garden.

- Deer Lake

Deer Lake Park offers a peaceful natural environment in the heart of the city. The park's trails meander around the lake and through unique meadows and woodlands, offering bicyclists an opportunity to discover the park's heritage and natural beauty.

Trails: Hiking

- Burnaby Mountain Park

With spectacular views of Vancouver, Richmond, the harbour and mountains, Burnaby Mountain Park is a local favourite. Hike among the Playground of the Gods as the park's network of trails provides untold opportunities for outdoor recreation, nature interpretation and education in Burnaby.

Trails: Mountain Biking

- Burnaby Mountain Park

With many different paths to follow and enjoy, Burnaby Mountain's landscape is the perfect place to learn about the joys of technical single-track mountain biking. With an elevation of 1,200 feet/365 metres, the park has dozens of trails that crisscross the mountain. The mountain's trail network has been upgraded by the Burnaby Mountain Biking Association (<http://www.bmba.ca/>), whose efforts have kept this network open and active.

Walking & Jogging

- Barnet Marine Park

A mill town at the turn of the century, this park still has remnants of its early days. Take a stroll or jog along the shoreline and watch the large freighters and pleasure crafts navigate the choppy waters. A level pathway leads west of the park towards the Ironworkers Memorial Second Narrows Bridge, and provides park visitors with a chance to stroll or jog amid the lazy trails.

- BC Parkway and Highland Park Line

Burnaby's BC Parkway Trail is a 19-kilometre linear park strip connecting the Westminster Quay waterfront to False Creek in Vancouver. The Parkway provides a separated cycle and pedestrian trail system within a beautifully landscaped park corridor. Take a picnic lunch and stop at a park. Jog or walk the route. Many possible destinations are along the route, which provide opportunities for brief outings or a longer journey. The BC Parkway is very accessible and a pleasure to experience. You can even walk or jog one way, then hop on the SkyTrain back to your starting point!

- Burnaby Fraser Foreshore Park

This picturesque riverside park provides a wonderful opportunity to experience and explore the mighty Fraser River. Take a jog, a walk or a leisurely stroll along the shoreline trail – but just make sure to take a break on one of the log benches to enjoy a view of the marine traffic on this bustling waterway. Two of the park trails take you inland. The western route, surrounded by wet brush lands, leads to the Marine Way pedestrian overpass. The eastern route follows along scenic Byrne Creek.

- Burnaby Mountain Park

This park offers a myriad of walking and jogging opportunities. Take a stroll in the Playground of the Gods, then stop and smell the roses at the resplendent Rose Gardens. Whether you choose to walk or jog, the park's network of trails provides untold opportunities for outdoor recreation, nature interpretation and education in Burnaby.

- Central Park

Walk or jog amidst this urban forest of colossal douglas fir, western hemlock, poplar and maple. Similar to the magnificent rainforests that once dominated North America's west coast, the park's many trails (marked with signs) are popular with residents and visitors alike. This century-old park also features two ponds, home to geese and ducks, and the beautiful Earl and Jennie Lohn Perennial Garden.

- Deer Lake Park

Deer Lake Park offers a peaceful natural environment in the heart of the city. The trails meander around the lake and through unique meadows and woodlands. While you're here, take a walk or jog on the many trails surrounding the lakeshore to discover the park's heritage and natural beauty. Alternatively, a self-guided walking tour highlighting the history of Deer Lake Park is available at [Deer Lake Walking Tour](#)

Water Activities

- Barnet Marine Park

Located on the spectacular Burrard Inlet, Barnet Marine Park is a favourite of water-lovers. Whether you prefer to be in the water or on the water, Barnet Marine Park is full of possibilities. You can launch your canoe, kayak or sailing dinghy from the shores of this sandy beach. Just across the water, you'll see large freighters at work and other pleasure crafts navigating the choppy waters.

- Burnaby Lake Regional Park

With a placid lake and marshy shores, Burnaby Lake Regional Park is one of the most pleasant spots to canoe or kayak in Greater Vancouver. Located in the middle of the city, Burnaby Lake Regional Park is also a stunning wildlife sanctuary providing wonderful viewing opportunities. The lake was created by a glacier 12,000 years ago, and its shores were home to sawmills in the late 1800s.

- Deer Lake Park

With a variety of water-based activities, Deer Lake Park is a favourite for residents and visitors. In the summer, you can rent a pedal boat, launch your own canoe, kayak, sailboat or rowboat on the lake – or simply enjoy sunbathing on the beach at the lake's east end. Paddling around the lake also offers an ideal opportunity to discover the park's heritage and natural beauty.