

BURNABY OFFERS PARKS FOR ALL SEASONS – AND REASONS

Seasoned travelers will tell you one of the best ways to get to know a city is to visit its parks. If you're visiting Burnaby, British Columbia, you'll have no trouble finding a park that fits your needs – the only trouble will be deciding which ones to pick.

Start your search with Central Park, an urban forest of colossal douglas fir, western hemlock, poplar and maple. Located just minutes from Metropolis Mall in central Burnaby, this wooded oasis will transport you far from the hustle and bustle of city living. The century-old park features two ponds, the beautiful Earl and Jennie Lohn Perennial Garden, a pitch-and-putt golf course, as well as a playground for the kids.

If adventure on the water is more your style, head over to Burnaby Lake Regional Park, a stunning wildlife sanctuary. Created more than 12,000 years ago (the lake, not the park!), Burnaby Lake is home to a plethora of rare birds. Children of all ages will enjoy taking a canoe around the lake to get a closer look at busy beavers, diving ducks, and turtles feeding in the marsh. To really get your heart pumping, visit the fitness circuit within the park, featuring activity stations and a wood chip surface.

After all that hard work, relax and take in gorgeous Barnet Marine Park, located on the spectacular Burrard Inlet. You can take a dip in the ocean, explore the shoreline, or – best of all – just luxuriate in the sand and soak up some sun. If you have the energy, launch your canoe, kayak, or sailing dinghy, or try your hand at crabbing.

Located near Simon Fraser University, Burnaby Mountain Park offers views of the entire area, from downtown Vancouver to the North Shore Mountains, as well as all of Burnaby. The lush-green hillside is perfect for picnics, frisbee-throwing or kite flying. In addition, the 1,423 acre park is made up of numerous hiking trails suited for all levels of hikers. Also, be sure to visit the marvelous Rose Garden or have lunch at the acclaimed Horizons restaurant. Most spectacular of all are the tall Kamui Mintara (Playground of the Gods) sculptures. Comprised of more than a dozen carved poles by Japanese sculptors, these pieces commemorate the goodwill between Burnaby and its sister city, Kushiro, Japan.

Finally, Deer Lake Park is the hub of arts, culture and history in Burnaby. Whether you visit the Burnaby Village Museum & Carousel (and what family can resist a carousel?), the Art Gallery, or a concert at the outdoor Concert Bowl, you're sure to find something to do. There are plenty of relaxing strolls around the lake itself, as well as boat rentals and a sandy beach. Round out your day with a visit to Century Gardens, with hundreds of rhododendrons – Burnaby's official flower – in bloom every spring.

With more than a dozen parks, the city has plenty to offer outdoor enthusiasts of all ages, abilities and interests. Whether you're interested in a casual garden stroll, a fun family outing, a hiking adventure or a scenic paddle in local waters – recreational opportunities abound year-round in Burnaby. Seek Adventure. Discover Everything.