

Baden Powell: Mountain View Park

This is a favourite quick walk for people wanting to exercise their legs or their dogs. Bikes allowed? Yes. Stroller-friendly? No. Time needed? About 40 minutes.



This multi-use trail is easily accessed off the top of Hoskins Road (right where it turns into McNair) but within seconds you are surrounded by rainforest on all sides and feel miles away from the hustle and bustle of daily life.

The 0.15 km trek in from the road leads past the now-fenced-off swamp that used to be a favourite wading spot for local youngsters, some of whom have memories of skating on it in winters long past. Now the pond and the woods directly around it are off-limits to all traffic in order to allow the natural habitat to re-assert itself, and

frogs are once again often being heard calling from the swamp's muddy shores.

To reach the Old Grouse Mountain Highway, turn left on the Baden Powell trail and make your way along the path that includes elevation gains with easy meanders. (Turning 'right' on the Baden Powell trail will take walkers down behind the Timber Ridge neighbourhood, and down the staircases that intersect with the road into Lynn Headwaters.)

As you make your way towards Grouse Mountain Highway, you may encounter other walkers, dogs, or the occasional biker ... or you may well have the forest to yourself. A final uphill scramble will bring you to the gravel road near its intersection with Thames Creek. You can head up the old highway if you'd like to build a bit more elevation into your walk, or you can turn back and retrace your steps down the Baden Powell trail. To complete a loop walk, you can simply walk down Mountain Highway and turn left on McNair Drive; in a few blocks you'll be back to where you started.

We hope you had a great day out! If you'd like to share photos or trail updates, please post your experiences on the LynnValleyLife Facebook page, or email us at info@LynnValleyLife.com.