



60 THREE BRIDGES LOOP

SINGLE COPY FOR PERSONAL USE ONLY



PORT COQUITLAM • SURREY • PITT MEADOWS Greenways, hardpacked trails, shared roads **50km loop**

Enjoy three bridges, three parks, and three greenways on this loop around the Fraser River. Ride over the Port Mann Bridge, through Surrey, over the Golden Ears Bridge, along the Pitt River Greenway, and the Poco Trail.

START at Colony Farm Park - park at Lougheed & Colony Farm Rd - Port Coquitlam

- 1** WEST then SOUTH on Perimeter Trail, through tunnel, RIGHT to bridge
 - 2** At United Blvd follow signs SOUTH over Port Mann Bridge
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- SURREY**
- 3** WEST 112 overpass, follow signed Neighbourhood Route to 144 Ave
 - 4** LEFT/S 144, cross 108, enter Hawthorne Park, SOUTH on trail to SE corner, cross 104, SOUTH 142, LEFT/E 100A, RIGHT 143
 - 5** LEFT/E on 100 Ave path, enter Green Timbers Park, SOUTH Willow Trail, at SW corner of park cross 96 at light, SOUTH Cascara trail
 - 6** LEFT/E Green Timbers Greenway - 5km
 - 7** LEFT/N 168, enter Tyneshead Park, NORTH Tyneshead perimeter path, RIGHT/E on path, cross 176 and 96, LEFT/E Golden Ears Greenway
 - 8** RIGHT Telegraph, first LEFT/N on Telegraph Trail under highway, RIGHT 98B, LEFT 197, RIGHT 101, RIGHT 199B, LEFT 100A, take EAST side ramp to Golden Ears Bridge

PITT MEADOWS

- 9** LEFT/W 113B - Airport Way overpass, LEFT/S Southgate, quick RIGHT on TGT - The Great Trail - parallels Airport Way, LEFT/S Bonson, RIGHT/W Shoreline Park trail *Osprey Village - Stomping Grounds Coffee
- 10** WEST Pitt River Greenway keep left on riverside path, LEFT/W dyke trail, at 176th choose:
 - a) WEST dyke trail
 - b) FARM ROADS 4km: R 176, L Ford, R Woodridge, N Kennedy, access dyke
- 11** After going under Pitt River Bridge, sharp RIGHT on path, cross bridge

POCO

- 12** RIGHT trail, under bridge, follow signs SOUTH Poco Trail - 6 km
- 13** NORTH Shaughnessy across Mary Hill Bypass, enter Colony Farm on Poco Trail, LEFT Millennium Bridge, past community gardens, NORTH on Colony Rd Trail back to start

FRASER HEIGHTS ALTERNATE ROUTE 5.5km:
 At 112 Ave S 152, L 111a - 153 - 110a, R 155, L 110, R 161a - 108a, R 162 - Frasersglen, L Glenwood, L 105, R 168, overpass to Tyneshead Park

LEGEND

- Start
- Connecting Route
- Ride Direction
- Parking
- Washrooms
- Pub
- TGT - The Great Trail
- Stomping Grounds Coffee
- Main Route 50km
- Fraser Heights Route 5.5km
- Farm Roads 4km
- Other Trails

