

KAMLOOPS

WASHINGTON

SEATTLE SPOKAN

KELOWNA

GREATER

VANCOUVER

VICTORIA

SPORTS & FITNESS

Burnaby Lake Sports Complex

This multi-sport and recreation area contains more than a dozen sports fields, tennis courts, a fitness circuit, rowing pavilion, archery range, equestrian centre, indoor pool, the Bill Copeland Sports Centre's twinned ice rinks (3676 Kensington Avenue, 604.297.4521), and C.G. Brown Pool (3702 Kensington Avenue, 604,297,4520). Burnaby 8 Rinks, a practice facility of the Vancouver Canucks, is around the corner. 8 Rinks is also home to the BC Centre of Excellence, one of the premier figure skating training facilities in Canada.

Swangard Stadium

The stadium is host to several international meets and sporting events, plus community special events. Sit back, take in great mountain views, and enjoy the game. Boundary Road and Kingsway, 604.297.4848.

Eileen Dailly Leisure Pool and Fitness Centre

This complex has pools, a waterslide, and water features – it's a kid's paradise! Adults can also enjoy the steam room, sauna, hot pool, weight room, and fitness classes. 240 Willingdon Avenue, 604.298.SWIM.

Bonsor Recreation Complex

Next door to the Metrotown shopping district, this large recreation facility has a pool, racquet courts, gymnasium, yoga studio, weight room, and more. 6550 Bonsor Avenue, 604.297.4597. The Metro Skate Park, with over 2,000 m² of skating area, is nearby at Bonsor Avenue and Jubilee Street.

And don't miss...

Burnaby's 21 other recreation facilities – some of the finest in Canada. There's no need to miss your daily workout! Mountain biking enthusiasts can also enjoy the 8,000 m² Mountain Air Bike Skills Park on the north side of Burnaby Mountain, on Barnet Highway at Takeda Drive.

Call 604.294.7450 or visit www.burnaby.ca/active for details.

ACCOMMODATION

In the centre of the Metro Vancouver Region and 20 minutes from Downtown Vancouver, Burnaby offers a wide range of accommodation to suit any budget. Please refer to the map for individual locations.

1 Accent Inn 128 guest rooms 3777 Henning Drive 604.473.5000 www.accentinns.com

Best Western Kings Inn & Conference Centre 1 Happy Day Inn 137 rooms, including some with kitchenettes 5411 Kingsway 604.438.1383 or 1.800.211.1122

1 Burnaby Cariboo RV Park 217 full hook-up sites for any size RV 8765 Cariboo Place 604.420.1722 www.bcrv.com

1 Delta Burnaby 200 guest rooms, conference centre, and Gateway Grand Villa Casino 4331 Dominion Street 604.453.0750 or 1.800.268.1133 www.deltaburnaby.ca

f Executive Inn 125 suites and conference centre 4201 Lougheed Highway 604.298.2010 or 1.800.590.EXEC

www.executivehotels.net

32 guest rooms 7330 6th Street 604.524.8501 or 1.800.665.9733 www.happydayinn.com

1 Hilton Vancouver Metrotown 283 rooms and conference centre 6083 McKay Ave. 604.438.1200 or 1.800.HILTONS

www.hiltonvancouver.com 1 Howard Johnson 42 rooms 4125 Hastings Street 604.298.7232 www.hoioburnaby.ca

www.lakecityinnandsuites.com

GROUP VENUES

1 Holiday Inn Metrotown

4405 Central Boulevard

1 Lake City Inn and Suites

5415 Lougheed Highway

48 guest rooms

centre

100 guest rooms and conference

604.438.1881 or 1.877.323.1177

www.hiexpress.com/yvr-burnaby

604.294.5331 or 1.800.694-6860

Thinking of hosting a meeting, banquet, convention, performance, or sports event in Burnaby? The city has facilities to suit every requirement. Visit www.burnaby.ca/rentals for more information.

1 Simon Fraser

University Campus Accommodation

www.sfu.ca/conference

199 guest rooms

778.782.4503

Shadbolt Centre for the Arts

This elegant building has perfect spaces for receptions, conferences, theatre presentations, and trade shows. 604.205.3020.

Bill Copeland Sports Centre

This site can seat up to 2,000 people and has reception space for up to 500. 604.320.2207.

Riverway Clubhouse

With its West Coast inspired menu, breathtaking water views of the first tee and outdoor patios, the new Riverway Clubhouse is a culinary experience to savour for banquets up to 200 guests.

And don't miss...

Other facilities available in the city, including the lakeside Burnaby Lake Pavilion (604.205.3033), the historic Ceperley House (604.297.4422), and the Alan Emmott Centre, which is located within a restored 1914 school building (604.205.3033). Catering services can be arranged at all locations. Call 604.205.3026 for complete information.

SHADBOLT CENTRE ▼



A WIDE VARIETY OF ACCOMMODATIONS CAN BE FOUND IN BURNABY ▼

ARTS, HERITAGE AND CULTURE

Burnaby Village Museum & Carousel

Transport yourself to the 1920s. This four hectare open-air museum features a town street with shops, homes, costumed interpreters, a farmhouse, the historic C.W. Parker Carousel, and the restored Interurban 1223 tram. 6501 Deer Lake Avenue, 604.297.4565.

Shadbolt Centre for the Arts

This award-winning glass, stone and cedar arts centre is a venue for performing arts, education and conferences. 6450 Deer Lake Avenue. Box Office: 604.205.3000, General: 604.291.6864.

Burnaby Art Gallery and Deer Lake Gallery

Built in 1912, Ceperley House, now the City's public art gallery, was the premier country estate of its day. 6344 Deer Lake Avenue, 604.297.4422. Art collectors also won't want to miss the Burnaby Arts Council's Deer Lake Gallery. 6584 Deer Lake Avenue, 604.298.7322.

Heritage Walking Tour at Deer Lake

This 45-minute, two kilometre self-guided walk takes in seven stately heritage estate homes set in a country landscape. Tour brochures are available online at www.burnaby.ca

National Nikkei Museum and Heritage Centre

This multi-use facility houses the National Nikkei Heritage Centre and the Japanese Canadian National Museum and offers arts and cultural programming, special exhibits, and more. 6688 Southoaks Crescent, 604.777.7000.

Eco-Sculptures

Bateman House "Elworth"

Mather House "Altnadene"

"Eagles Estate Heritage Garden"

Ceperley House "Fairacres" Townley House "Deerholme" 6 Hart House "Avalon" Restaurant

2 Anderson House

Baldwin House

Deer Lake

Discover Burnaby's Eco-Sculptures during the summertime. These sculptures are made up of thousands of plants and are an exciting, imaginative, horticultural attraction. View the carousel horses at Burnaby Village Museum, the Tancho Cranes high atop Burnaby Mountain, the bears at Burnaby Mountain Golf Course, and more! See map for locations.

PARKS AND TRAILS

Burnaby is one of the greenest cities in Canada with an amazing 133 parks and many kilometers of walking, hiking and cycling trails.

Burnaby Mountain Conservation Area

Get that top-of-the-world feeling at Burnaby Mountain. This wilderness conservation area has easily accessible lookouts with spectacular views of the city and Burrard Inlet, many kilometres of hiking and mountain biking trails that take you deep into Burnaby's natural beauty, and is home to Horizons Restaurant.

Deer Lake Park

The grounds of this picture-perfect park are home to the city's arts and heritage facilities, extensive walking trails (including the Heritage Walking Tour), boat rentals, and wildlife viewing points. Keep an eye out for television and movie production crews which often film in the area.

Only minutes from the Metrotown shopping district and from SkyTrain, this urban park has excellent recreational facilities including a sports stadium, fitness circuit, outdoor pool, tennis courts, pitch and putt golf, a playground, and easy walking trails, all within an urban forest of immense Douglas fir, hemlock, and maple.

Burnaby Lake Regional Nature Park

This nature park is one of the best birdwatching spots in the Lower Mainland. A viewing tower on the lake's north shore is a prime observation point. Other park features include a Nature House, boat launch, picnic sites, and a 19 km circle trail.

Trans Canada Trail

The completed Burnaby section of this cross-Canada 18,000 kilometre shared-use trail traverses five North Burnaby parks and links to the neighbouring cities of Port Moody and Vancouver.

This linear park connects the New Westminster waterfront to Vancouver's False Creek by separate cycling and pedestrian trails that follow the Expo SkyTrain route.

And don't miss....

The city's Urban Trail System and designated cycling routes, which link many community services with residential areas. There are also many other wonderful parks located around the city, each with its own unique character. Travelling with your dog? Several parks have off-leash areas. Pick up our brochures Burnaby Bike Map, Burnaby's Parks and Trails, and Dogs in Burnaby Parks or visit www.burnaby.ca for details.

GARDENS

Southwestern BC's gentle climate nurtures plants that don't grow anywhere else in Canada.

Century Gardens

These formal gardens feature a fabulous array of mature rhododendrons, Burnaby's official flower. Situated by the Burnaby Art Gallery in Deer Lake Park, the garden's style complements the grand old mansion perfectly. The park hosts the popular Rhododendron Festival every May.

And don't miss...

The Centennial Rose Gardens at Burnaby Mountain Park, Earl and Jennie Lohn Perennial Garden in Central Park, Burnaby Village Museum's Heritage Gardens, and the Nikkei Garden at the National Nikkei Heritage Centre.





VISITOR'S GUIDE

BURNABY WELCOMES YOU

Burnaby, BC is in the centre of it all! This growing, multicultural urban centre is in the heart of Metro Vancouver, with Downtown Vancouver, the North Shore Mountains, and the Vancouver International Airport less than 25 minutes away. Getting here is easy, and no matter what time of year you visit, Burnaby's attractions and events will be sure to please.

Stroll along the foreshores of the Fraser River and Burrard Inlet. Shop your heart out in Metrotown, home to Canada's second largest mall, with over 470 shops and restaurants. Enjoy spectacular views of the city's twinkling towers from high atop Burnaby Mountain.

Burnaby has over 130 parks. Visit beautiful Deer Lake Park, home to the Burnaby Village Museum, where you can explore a 1920s village and ride a historic carousel. If you're visiting during the summertime, lay down your blanket near the shores of Deer Lake and take in the music during the annual Vancouver Symphony Orchestra concert and the Blues and Roots Festival.

Delectable eateries are found throughout the city, especially along Kingsway in Metrotown, Hastings Street in the Heights shopping district, and Edmonds Street. Leaving the car at home? Two SkyTrain lines provide quick and convenient travel throughout the city and to Downtown Vancouver.

There is much more to Burnaby, so explore, enjoy, and visit often.



Heuk Carrigan

Mayor Derek Corrigan

FAST FACTS & **HIGHLIGHTS**

- Population: 205,000 and growing
- Area: 98.6 km²

Number of...

- Kilometres of cycling routes: 125
- · Horses on the beautifully restored 1912 C.W. Parker Carousel at Burnaby Village Museum: 36
- · Number of plants and bulbs in Century Gardens at Deer Lake Park: 37,000
- Parks in the city: 133
- Shops in Metropolis at Metrotown, BC's largest shopping centre: 470
- Totem poles forming the spectacular Playground of the Gods sculpture on Burnaby Mountain: 50

Celebrities with Burnaby roots...

- Carrie-Ann Moss, Actress
- Cliff Ronning, Former NHL Hockey Player
- · Matthew Good, Musician
- · Joe Sakic, Former NHL Hockey Player
- Michael Bublé, Musician
- · Michael J. Fox, Actor

GENERAL INFORMATION

BC Ferries. 1.888.223.3779. www.bcferries.bc.ca

Burnaby Board of Trade. 604.412.0100. www.bbot.ca

City Hall. 604.294.7944. www.burnaby.ca

Directory Assistance. 411 (service charge applies)

Greyhound Canada. Intercity bus service. 1.800.661.TRIP (8747). www.greyhound.ca

Burnaby Public Library. Free visitor information, bus and ferry schedules, and guest internet access with proof of out-of-town residency. See map for branch locations. www.bpl.bc.ca

Hospitals. Burnaby General Hospital (3935 Kincaid Street, 604.434.4211). Royal Columbian Hospital in neighbouring New Westminster (330 East Columbia Street, 604.520.4253).

Parks, Recreation and Cultural Services Department. 604.294.7450. www.burnaby.ca/active

Tourism Burnaby. 604.419.0377. www.tourismburnaby.com

Tourist Information Centre. May I to September 30. Metropolis at Metrotown Shopping Centre, upper level near the food court. 604.438.5154.

VIA Rail. 1.888.VIA.RAIL (1.888.842.7245). www.viarail.ca

Weather, 604.664.9010, www.weatheroffice.com

GETTING AROUND

By Air: The Vancouver International Airport is located approximately 25 minutes from Burnaby.

By Car: All major routes provide access to Burnaby including Highway #1, the Lougheed Highway, Canada Way, Hastings Street, Kingsway, and Marine Way.

By Public Transit: TransLink provides a completely integrated regional public transportation system that includes:

SkyTrain and Canada Line: Explore Burnaby by SkyTrain, the region's automated rapid transit system. Four stations are located in south Burnaby on the Expo Line, and seven stations are located in north Burnaby on the Millennium Line. Travel to Downtown Vancouver, New Westminster and Surrey in less than 25 minutes. Connect from Vancouver to Richmond and YVR Airport on the Canada Line.

Coast Mountain Bus: Offers convenient, economical, safe, and regular service throughout Metro Vancouver, including connections to SkyTrain stations.

For transit information call 604.953.3333. www.translink.bc.ca

Burnaby. 604.435.6655.

By Taxi: Bonny's Taxi is the largest taxi company servicing

By Bicycle: Cyclists can safely ride along the city's extensive network of Urban Trails, Bikeways and Cycle Roads. Visit www. burnaby.ca/cycling to view or download the Burnaby Bike Map. Bicycles are permitted on SkyTrain during certain periods of

the day, and most buses are equipped with bicycle racks. Call 604.953.3333 for details.



A PROUD HERITAGE

The City of Burnaby has a proud heritage as one of British Columbia's pioneer settlements. The city is named after Robert Burnaby, the private secretary to Colonel R.C. Moody of the Royal Engineers, who founded New Westminster, the colony's first capital city. In 1859, Robert Burnaby led a survey party with local aboriginal guides to explore the wilderness surrounding Burnaby Lake, which is

Burnaby owes its existence and prosperity to its fortunate location between New Westminster, the old colonial capital, and Vancouver, the terminus and port city for the great Canadian Pacific Railway created in 1886. Travel between the old capital city and the new port city led to the construction of the country's first interurban electric tramline in 1891 (today's SkyTrain Expo Line route). The tramline opened up the area to farming and settlement, and local residents banded together to form the new Municipality of Burnaby, which was incorporated on September 22, 1892.

In its early days, the city was promoted with the slogan "Beautiful Burnaby", as its great natural beauty made it one of the most attractive suburbs in the province. By 1930, Burnaby had shed its early agricultural beginnings and had grown to become the third largest municipality in British Columbia. Today, the City of Burnaby is one of the most dynamic, sustainable and prosperous communities in Canada.

SHOPPING

Metropolis at Metrotown Retail & Entertainment Complex Did you know that BC's largest shopping complex spans three city blocks? Metropolis at Metrotown has 470 shops, a 1,000 seat food court (the largest in Western Canada), and a 10-screen cinema. Station Square, linked to the west side of Metropolis, has a smaller range of retail shops and services and a seven-screen cinema. The complex is connected to the Metrotown Skytrain station and bus loop. Free parking is available. 4700 & 4800 Kingsway.

Two retail centres make up this complex: Metropolis at Metrotown 604.438.4715 604.433.8438 Station Square

Crystal Mall

ner of Willingdon Avenue and Kingsway in Metrotown, this Chinese Asian retail complex has 200 stores and services including specialty food stores and eateries. 604.438.6263.

Lougheed Town Centre Mall

More than 185 shops and services for shoppers and visitors to explore. There is excellent access to the mall via SkyTrain (Lougheed Station) and by bus. 9855 Austin Avenue, 604.421.3434.

Brentwood Town Centre Mall

More than 110 shops and services for shoppers and visitors. The Brentwood Town Centre SkyTrain station and bus loop are located near the southwest side of the mall. 4567 Lougheed Highway, 604.298.7314.

Heights Commercial District

Burnaby's oldest and most vibrant shopping street is lined with restaurants, cafes, and many specialty shops. Hastings Street, from Boundary Road to Delta Avenue.

Big Bend Specialty Retail Centres

Located in South Burnaby, Big Bend Crossing and Marine Way Market cater to those looking to "power shop" for home furnishings, shoes, clothing, and more. Marine Way near Byrne

Burnaby Village Farmers' Market

Seasonal market with vendors featuring farm fresh produce, local crafts, delicious edibles, and much more. Call 604.294.7400 or visit www.burnaby.ca/farmersmarket for dates and hours of operation. Burnaby Village Museum, 6501 Deer Lake Avenue.

GOLF

Golf lovers will enjoy Burnaby's two full-size public courses. Both offer lessons and have driving ranges, pro shops, and restaurants. www.golfburnaby.net

Burnaby Mountain Golf Course

This course is a tree-lined beauty, making it a favourite with players of all levels. Before your game, hit some balls at our new driving range. 7500 Halifax Street, 604.280.7355.

Riverway Golf Course

This classic championship course in south Burnaby is designed by Les Furber and is one of the premier layouts in the region. 9001 Bill Fox Way, 604.280.GOLF.

And don't miss...

Burnaby's two excellent par-3 pitch and putt golf courses at Central Park (3883 Imperial Street, 604.434.2727) and Kensington Park (5889 Curtis Street, 604.291.9525).

LAKES & FORESHORE

Burnaby is bordered by the Fraser River to the south and Burrard Inlet to the north, and is home to two lakes

Barnet Marine Park

Burrard Inlet makes a stunning backdrop for this beach park where you can swim, picnic, walk the shore trails, or launch a canoe or kayak. There are no lifeguards on duty.

Burnaby Lake Regional Nature Park and Deer Lake Park Conveniently located in the centre of the city, these parks have many kilometres of walking trails and are perfect places to reconnect with nature. Both are popular with bird and wildlife watchers. Burnaby Lake has a rowing course and a public canoe launch. Seasonal group boat rentals are available at the east shore of Deer Lake. (Deer Lake Boat Rentals, 604.839.3949)

Burnaby Fraser Foreshore Park

See a piece of BC history. The mighty Fraser River is still a working river, plied by tugs, fish boats, and barges. Stroll along the trails and have a picnic. Bring your fishing rod and your golf clubs - Riverway Golf Course is next door.

RESTAURANTS

Burnaby has two fine dining restaurants located in scenic City parks: the elegant Tudor-style Hart House on the shores of Deer Lake (6664 Deer Lake Ave, 604.298.4278, www.harthouserestaurant.com), and Horizons on Burnaby Mountain, with spectacular panoramic views (100 Centennial Way, 604.299.1155, www.horizonsrestaurant.com).

Looking for a patio seat? Be sure to stop by the Riverway Clubhouse at Riverway Golf Course. Burnaby also has a wide variety of casual, ethnic, and family-style restaurants, especially along Kingsway in Metrotown, Edmonds Street, and in the Heights commercial district.

SPECIAL EVENTS

Each year, Burnaby comes alive with exciting special events and festivals you won't want to miss.

- Rhododendron Festival (May)
- Century Gardens / Deer Lake Park
- Environment Week (June) -Various locations
- Hats Off Day Parade and Street Festival (June) - Hastings Street
- Canada Day Celebrations (July) - Burnaby Village Museum & Carousel and Richmond Park
- Giro di Burnaby (July) - Burnaby Heights
- Discovery Day (July)
- Deer Lake Park
- Vancouver Symphony Orchestra Concert in the Park (July) - Deer Lake Park
- Burnaby Blues and Roots Festival (August) - Deer Lake Park
- Rivers Day (September) -Various locations
- Haunted Village (October) - Burnaby Village Museum & Carousel
- Burnaby-Edmonds Santa Claus Parade (November) - Edmonds Street
- Heritage Christmas (December)

- Burnaby Village Museum & Carousel

DID YOU KNOW?

Burnaby is Hollywood North! The city has over 60% of the studio space in Metro Vancouver, and over 5,000 Burnaby residents are employed in this billion dollar industry for the province. Major feature films shot here recently include: Catch and Release, Mission Impossible 4, Underworld, Watchmen, the Twilight movies, and Caesar -Rise of the Apes. TV series include: The Killing, Chaos, Vampire Diaries, Supernatural, Psyche, Fringe, and Hellcats. Global BC's television studios and the **Knowldege Network**, a public educational broadcaster, are also located in Burnaby. The city is working with production companies to "green" the film industry.

Burnaby is home to two major post-secondary institutions.

Simon Fraser University is one of the top-ranked comprehensive universities in Canada and has 30,000 students. The main campus is located at the top of Burnaby Mountain and was designed by world famous architect Arthur Erickson. Be sure to stop by the campus art gallery and the Museum of Archeology and Ethnology and take in the stunning views of the Lower Mainland. Guided tours are available. 778.782.3111. www.sfu.ca

The British Columbia Institute of Technology is Canada's premier polytechnic institution and BC's largest post-secondary institution, with more than 16,000 full-time and 32,000 part-time students. The school specializes in advanced technology training in a wide range of fields and provides the majority of apprenticeship training in the province. BCIT's main campus is located just north of Metrotown along Willingdon Avenue. 604.434.5734. www.bcit.ca

The city is also home to the head offices of many leading edge, high tech companies including Electronic Arts, Ballard Power, IBM, PMC Sierra, Telus, Schneider Electric, Nokia, and Tekmira Pharmaceuticals.

