

City of Coquitlam Hiking Rating

Beginner Intermediate Advanced

		Backcountry Navigation	Miller Ravine & Chines	Mundy Park & RV Forest	Belcarra Peninsula	Ridge Park	Eagle Bluff Viewpoint	Coquitlam River	Burk Mountain Explorer	Cypress Lake	Eagle Mountain	Frank's Trail	Burke Lower Slopes	Woodland Walk	Coq Lake View Trail
Overall Rating		Intermediate	Beginner	Beginner	Intermediate	Intermediate	Intermediate	Beginner	Intermediate	Intermediate	Intermediate	Intermediate	Beginner	Intermediate	Intermediate
Distance/Time	Less than 2 hours / 5km.		●										●		
	2-5 hours / 5km to 10km.	■		■	■	■	■	■				■		■	
	More than 5 hours / 10km.								◆	◆	◆				◆
Elevation Change	Less than 200m.		●	●				●					●	●	
	200m to 600m.	■			■	■	■			■		■			
	More than 600m.								◆		◆				◆
Trail Steepness	Mostly flat.						●								
	Many moderate inclines, a few steep inclines.	■	■	■	■	■	■		■	■	■	■	■	■	■
	Many steep inclines.														
Exposure	No fall potential.	●	●	●	●		●	●		●		●	●	●	
	Places where a fall could occur, with injury potential.					■			■		■				■
	Sections where a fall could have serious consequences.														
Trail Condition	Well-groomed easy trails. Wet sections.			●				●				●			
	Potential for loose rocks, stream crossings, short vegetated sections. Wet sections.	■	■		■	■	■		■	■	■		■	■	■
	Potential for loose rocks, large steep rock steps, stream crossings, thick bush/deadfall, unstable ground, snow patches. Wet sections.														