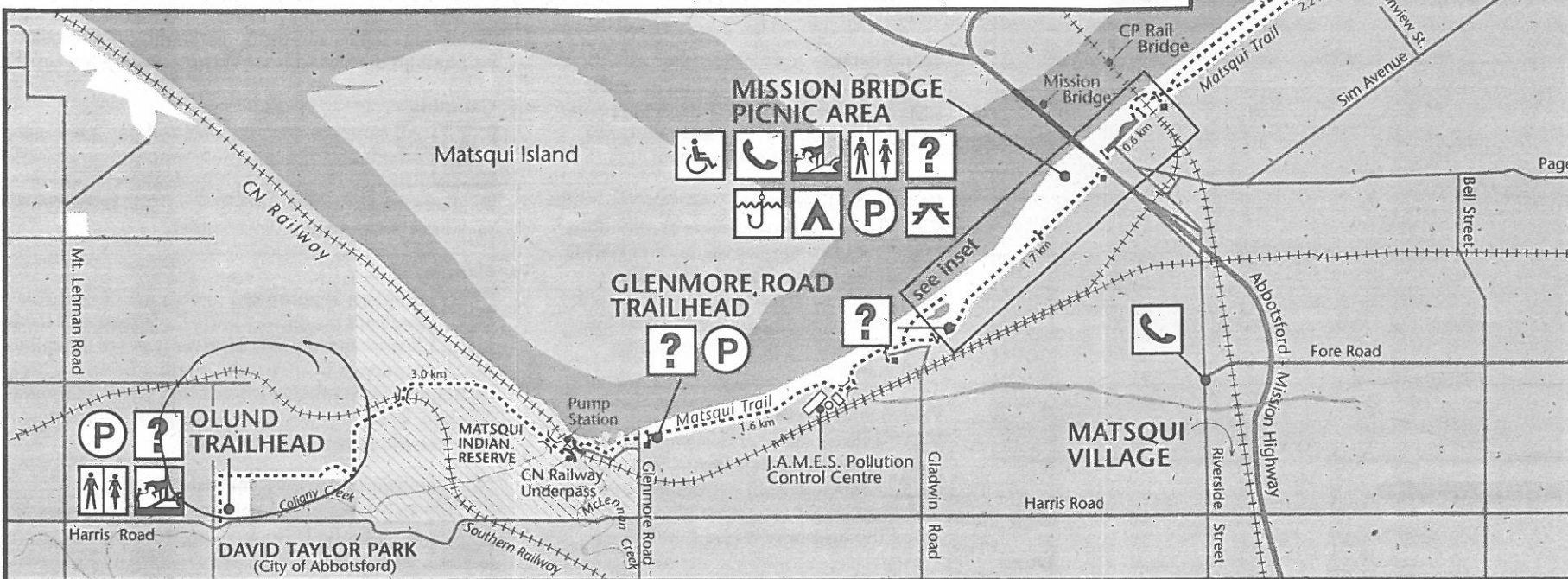
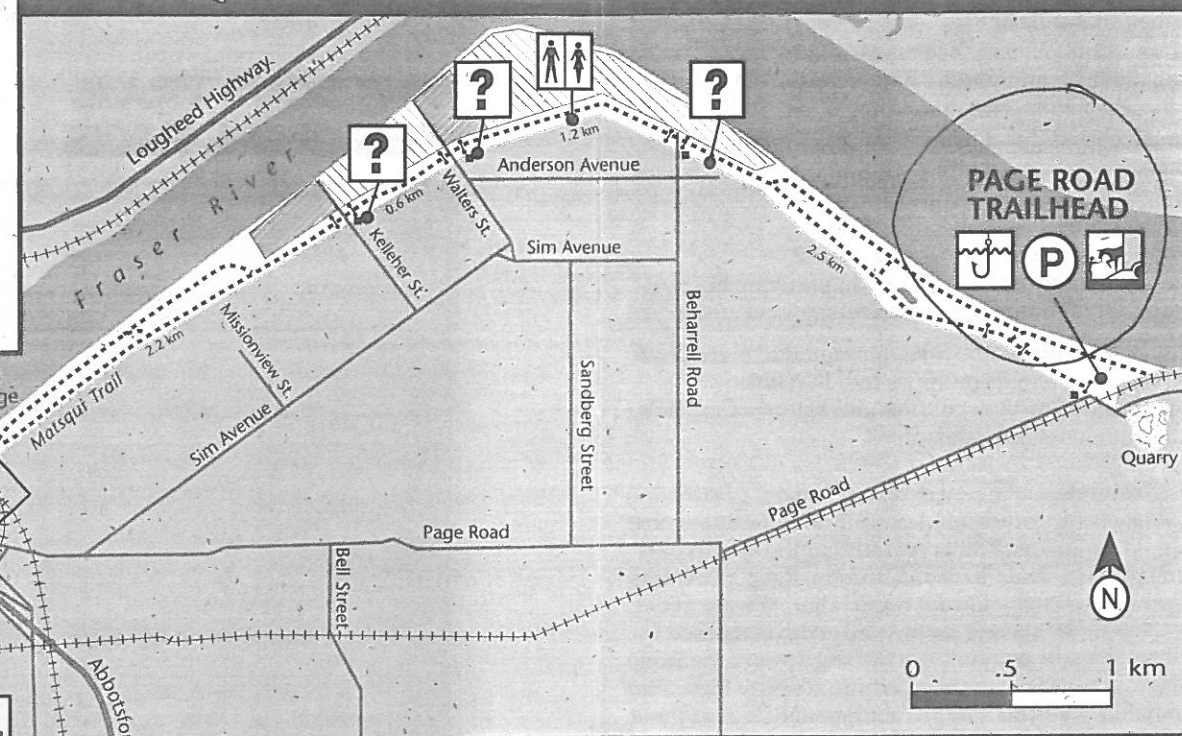


**TRAIL INFORMATION CHART** – ALL DISTANCES ARE FOR A ONE WAY JOURNEY.

MATSQUI TRAIL SEGMENT	DISTANCE	WALKING TIME	DIFFICULTY	COMMENTS - Please stay on designated trails
Page Road to Mission Bridge	7.1 kilometres	3 hours	Flat	Watch for sturgeon in the river and swans in the fields in winter.
Mission Bridge to Glenmore Road	3.3 kilometres	1 hour	Flat	Quiet observation at Gladwin Pond will reveal turtles, frogs and herons.
Glenmore Road to Olund Park	3.0 kilometres	1 hour	Some hills	Note the changes as you pass from wetland to forest to farmland.

**MATSQUI TRAIL REGIONAL PARK**



**LEGEND**

Information	Matsqui Indian Reserve
Parking	Picnic area
Toilets	Shared Trail (be alert for service vehicles)
Telephone	Pedestrian Trail
Fishing	Trans Canada Trail
Horse Trailer parking	Creek
Camping	Gate
Park Boundary	Underpass
Rental Property	Distance marker
Private Property	Bridge

**MISSION BRIDGE PICNIC AREA INSET**

