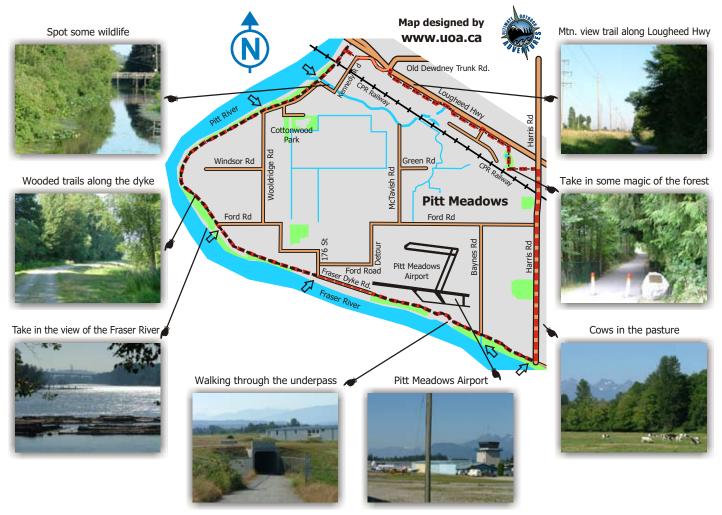


Hawk Rotary Loop



Information

Directions: This trail loops around the western part of Pitt Meadows taking in the business area along Harris Road and north to the Fraser River and west along the dykes. The trail continues north up the Pitt River to the Pitt River Bridge and then follows east along the Lougheed hwy. There are various entry points and parking is limited. Best to park at the PM Heritage Hall or the Family Rec Centre.

You can enjoy the Hawk Rotary Loop in pieces or in full. As a runner you can plan this course for one of your long runs or as a cyclist you can enjoy a leisurely and scenic ride. Great place to bike as a family along the dykes. As a resident of Pitt Meadows you can plan your route according to where you live and connect up along the trail at various points. Park at the Family Recreation Centre and continue along Harris Road and loop all the way around and back.

DISTANCE: Approximately 17km **DIFFICULTY:** Flat

Trees and forest Hawk Rotary Loop Dyke Access Trail Scale 0 1 km 2 km

Tips

Don't over walk your steps. If your neighbours can hear your footsteps as you walk, you might be taking too big of a step. Correct you stride to ensure you have good posture and can walk at a good pace. Taking too big of a step can slow your pace down.

