



NORTH VANCOUVER SPIRIT TRAIL RIDE

By Vancouver Biennale

4 KM / 22 KM / 30 KM
25 MINUTES / 1.5 HOURS / 2 HOURS

ABOUT THE ROUTE

Before starting this ride, take some time to consider the space it takes place in. You will see the land, the ocean, and the mountains-landmarks which have existed since before humans. Overlaid on the landscape are cement structures, an electrical grid, infrastructure for cars, and other marks of human intervention.

The area is also full of Indigenous history from the people who lived here before colonizers arrived. Imagine how different it would have been. What might it have been like?

To help understand and reposition your perspective of the land you will ride through today, consider listening to this podcast episode from Future Ecologies that features WE ARE OCEAN VANCOUVER educator T'uy't'tanat Cease Wyss.

LISTEN HERE

<https://www.futureecologies.net/listen/fe1-1-decolonize-this-podcast>

Bike Ride Safety

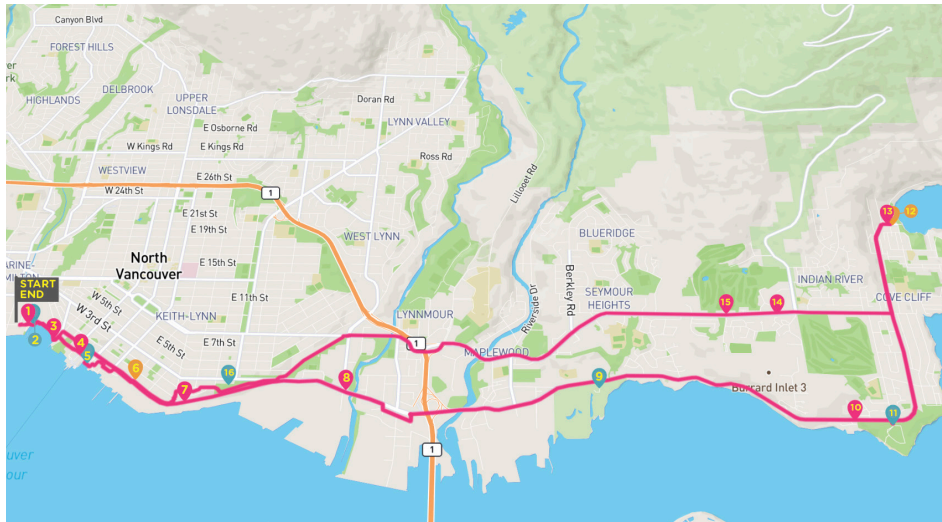
- Use bike lights and wear a helmet.
- Use designated bike lanes and routes, whenever possible.
- Ride at a leisurely pace and yield to people walking.
- When passing on the right, ring your bell or yell "ON UR LEFT"

Follow rules of the road. The Motor Vehicle Act and city by-laws apply to cyclists.

ROUTE STOPS

1	WE HOLD OUR HANDS UP TO YOU - WA CHET K'AYÁCHTNTUMI JODY BROOMFIELD	Spirit Trail at Bewicke Ave
2	MOSQUITO CREEK ESTUARY	1415 Johnston St.
3	GATEWAY TO ANCIENT WISDOM - MINTLE-E-DA-US	415 W Esplanade Ave
4	SEA CHANGE - JILL ANHOLT	Lower Lonsdale, Spirit Trail
5	THE POLYGON GALLERY + NORTH VANCOUVER MUSEUM	Vanier Park
6	BEER BREWING 4 KM ROUTE TURNAROUND	312 E Esplanade
7	THE STORY OF LIFE - SUSAN POINT	Spirit Trail - Low Level Roadway
8	SWALE - VERONICA AND EDWIN DAM DE NOGALES	212 Brooksbank Ave
9	CHIEF DAN GEORGE EXHIBIT AT MAPLEWOOD FLATS	2645 Dollarton Hwy
10	STORY OF CREATION - ZACHARY GEORGE	4141 Dollarton Hwy
11	CATE'S PARK	4141 Dollarton Hwy
12	WHO'S GOT THE UMBRELLA - GREG KAWCZYNSKI	4360 Gallant Ave
13	HONEY DOUGHNUTS & GOODIES	4373 Gallant Ave
14	THE LAND IS A PERSON - MARIANNE NICOLSON	3633 Mount Seymour Parkway
15	LOST STREAM FOUND - JILL ANHOLT	3354 Mount Seymour Parkway
16	MOODYVILLE PARK	759 E 3rd St





CHOOSE YOUR RIDE

Welcome to the North Vancouver Spirit Trail Ride! For this tour, we have three different route options, depending what sort of riding you feel like doing today. To navigate these options, simply follow the instructions in the annotations.

- MUSEUM AND CAFÉ ROUTE:** 4 KM / 25 MIN (for casual riders)
- CATES PARK ROUTE:** 22 KM / 1.5 HOURS (an intermediate route)
- DEEP COVE ROUTE:** 30 KM / 2 HOURS (for more advanced riders)



#1 - WE HOLD OUR HANDS UP TO YOU - WA CHET K'AYÁCHTNTUMI

We Hold Our Hands Up to You - Wa chet k'ayáchtntumi
Jody Broomfield
2018

Coast Salish artist Jody Broomfield has designed *We Hold Our Hands Up to You - Wa chet k'ayáchtntumi* to welcome trail users as they enter on to the lands of the traditional Squamish Village of Eslh7ah. The sculpture features a pair of hands held in an upright position, which symbolizes a traditional Salish welcoming gesture that is often used as a show of respect towards others.



#2 - MOSQUITO CREEK ESTUARY

Currently you are passing over the spot where Mosquito Creek meets the ocean. This space, known as an *estuary*, has enormous ecological, environmental, and societal significance.

Estuaries are areas where rivers meet the ocean, creating what is known as brackish water (sweet and salty). Generally partially enclosed, they create unique ecosystems for plants and animals, particularly salmon.



#3 - Gateway to Ancient Wisdom - Mintle-e-da-us (Wade Stephen Baker)

Gateway to Ancient Wisdom
Mintle-e-da-us (Wade Stephen Baker)
2009

This contemporary stainless steel and red cedar sculpture represents the concept of entering traditional territory as one enters Mosquito Creek Marina / Squamish Nation land from the North Vancouver waterfront. The artistic design concept behind the artwork is the historical architecture of the Coast Salish people while the philosophical context of the sculpture is about returning to ancient wisdom and knowledge that have been lost in our recent industrial era.



#4 - SEA CHANGE - JILL ANHOLT

Sea Change
Jill Anholt
2020

Sea Change celebrates North Vancouver's connection to the waterfront by marking the location of the historic tideline and by serving as a symbolic reminder of the importance of water to humanity.

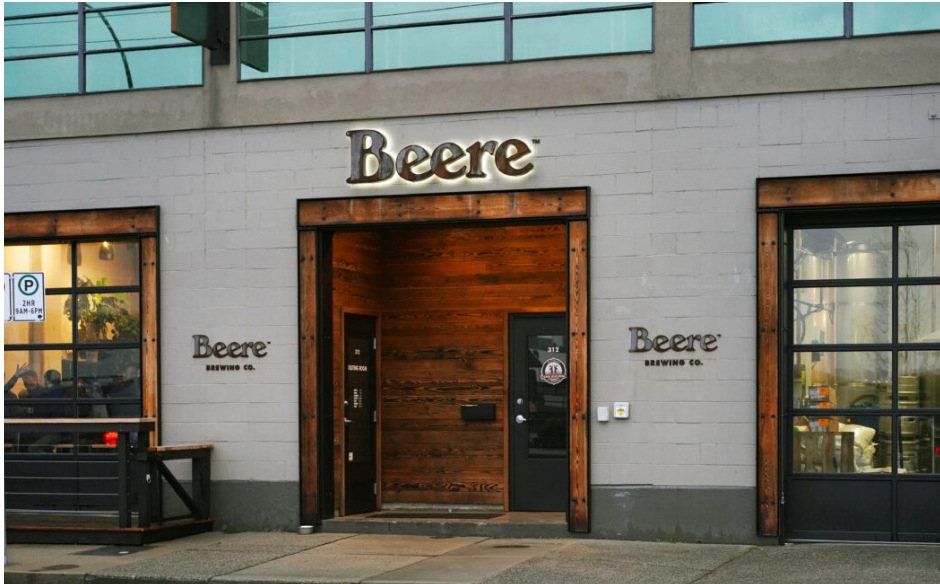


#5 - THE POLYGON GALLERY + NORTH VANCOUVER MUSEUM

The Polygon Gallery, a vibrant art institution that inspires and provokes cultural insight through adventurous programming, is committed to championing artists and cultivating engaged audiences.

If you fancy a coffee, Nemesis Coffee, housed in The Polygon Gallery building, is an excellent choice.

Across the street is MONOVA: Museum of North Vancouver. Opening later in 2021, this arts and cultural space will be a dynamic and innovative hub where the stories of North Vancouver's people, places and past come to life.



#6 - BEERE BREWING

MUSEUM AND CAFE ROUTE RIDERS: This marks the end of the Museum and Café Route. Head back to the start along the seawall or Esplanade Ave.

CATES PARK AND DEEP COVE RIDERS: Continue to the next stop: there's definitely more to see!

Beere Brewing is a family owned and operated brewery. They offer delicious beer, snacks, and even kombucha on tap.



#7 - STORY OF LIFE - SUSAN POINT

Story of Life **Susan Point** **2015**

Musqueam artist Susan Point created this illustrative cast concrete mural, which is featured on the mid-section of the retaining wall of the Low Level Roadway. An expert at pattern design, she has devised a three-panel design that depicts the story of this area with male and female figures welcoming all peoples to this land. At the beginning of the mural, there is imagery suggestive of traditional habitat; toward the centre there is a thriving community with images of butterflies, frogs, hummingbirds, salmon, eagles, and plant life. Finally, flora and fauna motifs represent the future generation with the knots symbolizing the ties within all cultures.

Fun fact: Susan Point and her daughter, Kelly Cannell, created the winning look in a competition for designing storm sewer covers in Vancouver.



#8 - SWALE - VERONICA AND EDWIN DAM DE NOGALES

Swale
Veronica and Edwin Dam de Nogaes
2012

Located at the entrance to Lynnmouth Park and connected to the Spirit Trail, Swale depicts a long ocean canoe floating over an extension of oars propelled forward by the efforts of a single young canoeist. Captured within the tension of the moment are our hopes for tomorrow as a new generation takes the oars.



#9 - CHIEF DAN GEORGE EXHIBIT AT MAPLEWOOD FLATS

Chief Dan George: Artist & Activist exhibition runs from May 22nd to August 29th, 2021.

The exhibit explores the life and legacy of Tsleil-Waututh Chief Dan George (T̓s̓étsawanexw & Stalaston), 1899-1981. The exhibit focuses on his influence as an advocate for the rights of First Nations Peoples and his career as an actor. It also considers other significant figures, events and milestones in the First Nations' rights movement in British Columbia and Canada, and touches on the wider history and portrayal of Indigenous people in film and television.

PUBLIC HOURS AND COVID-19 PROTOCOLS

The Nature House will be open to the public on Saturdays and Sundays, 10 am to 2 pm on a first-come, first-served basis. Reservations for 60-minute viewings will be held for safely distanced bubble groups to view the exhibition on Thursdays and Fridays, 10 am to 4 pm. Make a reservation here: <https://calendly.com/wildbirdtrust>



#10 - STORY OF CREATION - ZACHARY GEORGE

Story of Creation
Zachary George
2018

Telling a story that is deeply rooted in the history of the land and the Tseil-Waututh people, the Story of Creation house-post, hand-carved from old-growth western red cedar, depicts the transformation of man through the love and power of the wolf spirit.



#12 - CATE'S PARK

CATES PARK ROUTE RIDERS: If you're ready to head back, you'll want to turn towards Moodyville Park.

DEEP COVE ROUTE RIDERS: This next section of the route is a bit more intermediate. There is some elevation, and for a portion of the ride, you will be in traffic.

This park is an ideal place to stop for a lunch or snack break, or simply take a moment to enjoy Nature's beauty.

"It's very comforting to me that this park was the summer home to thousands of my ancestors—their bones, blood and spirits are still there. The ancestral name for Cates Park is Whey-Ah-Whichen which means 'faces the wind.' Whey-Ah-Whichen was a food-gathering place and there were deer and elk trails there. . . . None of my art has a squared edge, none of it has a sharp corner or a straight line. Each line has a real slight bend, so it's easy on the eyes. It makes people feel peaceful, because I think that's what I feel at Cates Park."

- Artist Damien George



#13 - WHO'S GOT THE UMBRELLA - GREG KAWCZYNSKI

Who's Got the Umbrella?

Greg Kawczynski
1992

You've made it to the community of Deep Cove, affectionately known as "The Cove" by local residents. Historically, it has been a traditional clamming and fishing area of the Tsleil-Waututh nation for multiple generations.

Who's Got the Umbrella is a marble sculpture of two people in conversation. The concrete pedestals support marble blocks carved into the shape of human heads with smooth classical features. Commissioned for the opening of the Deep Cove Cultural Centre in 1992, the sculptures' flat upper surface and title allude to the effects of local weather.



#14 - HONEY DOUGHNUTS & GOODIES

An iconic destination in Deep Cove, Honey Doughnuts & Goodies offers a great selection of delights for breakfast and lunch. Of course, we mustn't forget to mention the DOUGHNUTS (the classic honey flavour is a Biennale staff favourite) and the specialty beverages!



#15 - THE LAND IS A PERSON - MARIANNE NICOLSON

The Land Is a Person
Marianne Nicolson
Unknown Year

Inspired by cedar and spruce-root hats of the Indigenous Pacific Northwest Coast people, Marianne Nicolson, a Dzawada'enuxw (Kwakwaka'wakw) artist based in Victoria, has created an artwork expressing the belief that the land exists as an equivalent being to humanity and, as such, it should be respected. The horizontal layers of the landscape reveal that the land we live on is an ancient body. Knowledge acquired over time is embedded in the land in the same way that it is embedded in the aging human body.



#16 - LOST STREAM FOUND

Lost Stream Found
Jill Anholt
2013

Hundreds of streams once splashed unhindered through dense North Shore forests carrying water down the mountainside to the sea. Over the past decades intense urban and rural development has left the majority of these waterways buried and effectively lost. Crafted from laminated cedar, stainless steel, and LED light, *Lost Stream Found* celebrates the resurfacing of a hidden stream's journey: rising out of a dry creek bed on the site and twisting and turning dynamically in the air before disappearing back below the surface.



#17 - MOODYVILLE PARK TO NORTH VAN SPIRIT TRAIL

Moodyville Park is a great place to take a stop for some water, sun, or a bathroom break. When ready to proceed, keep going west along the Spirit Trail.

DEEP COVE ROUTE END: That's it! Congratulations on finishing the Deep Cove section of our NORTH VANCOUVER SPIRIT TRAIL RIDE.

Did you take a winning snapshot? Share it with us on social media using #VanBiennale. We can't wait to see your photo memories!