

SEAWALL SOUNDS - SEVEN AT SEVEN

A SELF-GUIDED SOUNDWALK

Created by Jamie Dolinko



Begin at 7 a.m. at the foot of Alberni Street and Chilco Street in Vancouver, on either the walking path, or bike path if cycling. Take a breath, quiet your thoughts, and prepare to listen. Head under the overpass on your right towards the Marina, and continue to your left along the seawall. The soundwalk begins here and should take approximately one hour by bike and three hours on foot.



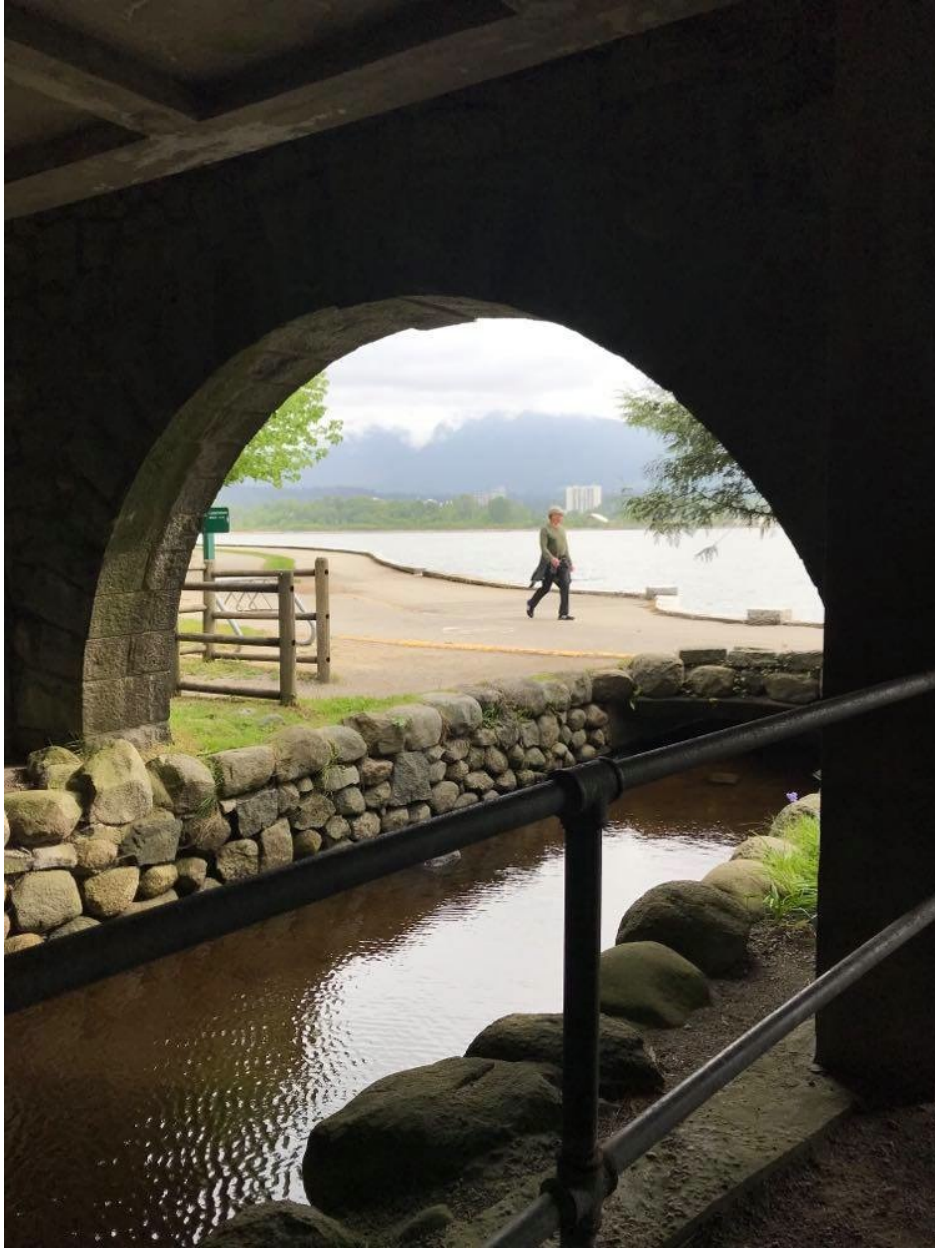
1. The Totem Poles

First stop is the Totem Poles to acknowledge that Stanley Park is on the traditional, ancestral and unceded territory of the Coast Salish peoples—Skwxwú7mesh (Squamish), Stó:lō and Səlilwətaʔ/Selilwitulh (Tseil-Waututh) and xʷməθkʷəy̍əm (Musqueam) Nations. Take a moment to consider the sounds that have existed here throughout time. This is also a shortcut for those with mobility issues or those who may wish to avoid the small incline around the 9 O’Clock Gun and the lighthouse on Brockton Point. Approx 1.5 km. from start.



2. Sea Lions Rising

A short walk or ride under the overpass at the waterpark and public rest rooms near Lumberman's Arch will lead you to the back of the Vancouver Aquarium. The aquarium is currently closed due to Covid, but behind the long green fence on the left, the sea creatures are alive and well. Listen for them as they wake up, and to the sounds of the crews and equipment that care for them as they begin their day. Approx 3.3 km. from start.



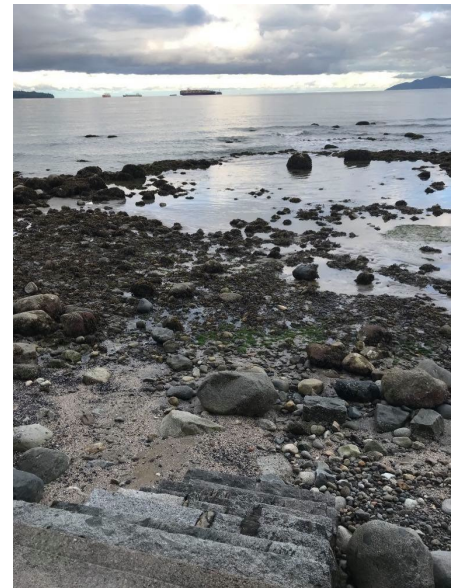
3. Ravine Trail Tunnel

Step off the seawall, enter a small tunnel through the arch, and within steps find yourself in an entirely different environment. The acoustics under the bridge diffuse and absorb two distinctly different soundscapes. The tunnel is easy to access off the seawall, but there is a gravel path leading further down the trail. Riding bicycles is not allowed on this gravel path so please walk your bike. Approx 3.7 km. from start.



4. Under Lions Gate

Vancouver's iconic Lions Gate Bridge bisects Stanley Park and is a major link connecting Greater Vancouver. The location of this sound stop provides a singular position from which to hear but not see the mass movement of people. Listen from underneath one of the main arteries of our metropolitan area. Approx 4.7 km. from start.



Sunday 23 May 2021

Tide	hour	tidal range
high tide	03:30	4.51m
low tide	10:17	1.39m
high tide	16:48	3.87m
low tide	22:02	2.48m

5. Tide Listening

The tide is on its way back out Sunday morning for low tide at 10:17am. Pull up a bench, sit on a step, or walk right down to the beach and listen closely. Eagles and Pacific harbour seals abound. Approx 5.6 km from start.



6. Second Beach Industrial Sounds

Behind the natural beauty of Stanley Park are many people in many roles, landscapers, gardeners, sanitation workers, mechanics, and more. Buildings and grounds must be constantly maintained and repaired, and the work load is 24/7. Take a moment to stop behind the Second Beach concession stand and listen to the hum of machines and equipment powering the park. Approx 8.1 km. from start.



7. Echo Tunnel and Playground

These last two spots are adjacent, with the tunnel leading bikes along Lost Lagoon back to the starting point, and a paved path next to the playground leading walkers over the tunnel to the same route. Please take these final moments to consider the range of sounds you've noticed, and reflect on the amazing variety Stanley Park has to offer. It's been a pleasure soundwalking with you! Approx 8.5 km. from start.

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Handi-Map

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