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DO YOU KNOW?

Amazing Facts About Coquitlam & the Tri-Cities

Our community is full of history, nature, and hidden gems. Here are some fascinating facts about Coquitlam, Port Coquitlam, and Port Moody that you might not know!

- ✓ **A City Built on Rivers** – Coquitlam's name comes from the Coquitlam River, which has been a vital waterway for thousands of years, supporting Indigenous communities, early settlers, and today's residents.
 - ✓ **More Parks Per Person** – The Tri-Cities (Coquitlam, Port Coquitlam & Port Moody) has one of the highest ratios of park space to residents in Metro Vancouver. Over 600 hectares of parkland means nature is always close by!
 - ✓ **Home of BC's Tallest Peak in Metro Vancouver** – Eagle Mountain, located in Coquitlam, stands at an impressive 1,157 metres, making it the highest natural point in the Metro Vancouver area.
 - ✓ **The Birthplace of a Global Game** – Trivia fans might be surprised to know that Trivial Pursuit was invented in Port Moody in 1979 by two local residents!
 - ✓ **A Strong Community Spirit** – From lively farmers markets and festivals to decades-old community events like the Coquitlam Crunch and Car Free Day, the Tri-Cities is known for its welcoming, connected communities.
 - ✓ **Rapid Growth, Small-Town Feel** – While our cities continue to grow, the Tri-Cities keeps its small-town charm with local shops, family-owned businesses, and neighbours who look out for one another.
- SUPPORT LOCAL. SHOP LOCAL. LOVE LOCAL.

JOKES, TRIVIA & FUN FACTS

Laughter connects us. Knowledge makes us proud.

JOKES

Why did the bicycle fall over?
Because it was two-tired!

Why don't skeletons fight each other?
They don't have the guts!

TRIVIA

✓ **Coquitlam Was Once Called "Mill City"**
In the early 1900s, Coquitlam earned the nickname "Mill City" due to its many sawmills that supported the booming lumber industry.

✓ **Eagle Mountain is the Tallest Peak in Metro Vancouver**
Standing at 1,157 metres, Eagle Mountain in Coquitlam is the highest natural point in the region and a favourite for hikers.

✓ **The Evergreen Extension Changed Everything**
The Evergreen Line (SkyTrain) has connected Coquitlam, Port Coquitlam and Port Moody like never before, making our cities more accessible and vibrant.

✓ **A Hub for Arts and Culture**
From the Evergreen Cultural Centre to local theatres, galleries, and events, the Tri-Cities has a thriving arts scene that brings creativity and community together.

✓ **The Coquitlam River is Salmon Strong**
Every year, salmon return to the Coquitlam River to spawn—supporting the local ecosystem and a vital part of our community's history.

✓ **Port Moody Means "Port of Moody"**
Originally named by early settlers, Port Moody was the western port of the Columbia Department, connecting communities by rail and water.

✓ **Over 600 Hectares of Parkland**
The Tri-Cities is home to more than 600 hectares of parkland, with beautiful trails, lakes, and green spaces for everyone to enjoy.

Proud of where we live. Excited for where we're going.

WHAT'S HAPPENING IN COQUITLAM

Your guide to local events and activities happening in Coquitlam this July 2026!



CANADA DAY CELEBRATIONS

July 1, 2026 | Town Centre Park
Celebrate Canada's birthday with a full day of family fun including live entertainment, food trucks, kids' activities and a spectacular evening fireworks show!

COQUITLAM SUMMER CONCERT SERIES

July 9, 16, 23 & 30, 2026 | Town Centre Park
Enjoy free outdoor concerts featuring local and regional artists. Bring a chair or blanket and enjoy great music with the community!

COQUITLAM 5K & KIDS RUN

July 12, 2026 | Mundy Park
Lace up for a fun-filled morning in Mundy Park! 5K run/walk for all ages plus a kids run. All fitness levels welcome.

COQUITLAM FARMERS MARKET

Every Sunday in July | Town Centre Park
Shop local produce, artisan goods, baked treats and more. Support local farmers and small businesses.

FAMILY FUN DAYS

July 18 & 19, 2026 | Lafarge Lake Park
Free weekend of interactive activities, games, bouncy castles, and entertainment for the whole family.

MOVIES IN THE PARK

July 24, 2026 | Lafarge Lake Park
Catch the latest blockbuster movie under the stars. Movie time announced soon.

NIGHT MARKET - COQUITLAM

July 25, 2026 | Town Centre Park
A night of local vendors, live music and vibrant community vibes. Perfect for a summer night out!

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PET CORNER

DOG PARK OF THE MONTH

Town Centre Park Off-Leash Dog Area

Right in the heart of Coquitlam, Town Centre Park is a local favourite for dogs and their people. This spacious, fully fenced off-leash area features separate sections for large and small dogs, so every pup can play safely and comfortably.

With plenty of room to run, explore and make new friends, it's the perfect place for exercise and socialization. Shaded trees, grassy areas and benches make it enjoyable for people too!

You'll also find walking trails, a playground and open green space nearby—making it an easy spot for a full morning or afternoon outing.

QUICK FACTS

- LOCATION:** Town Centre Park 1299 Pinetree Way, Coquitlam
- OFF-LEASH:** Yes – Separate areas for large & small dogs
- PARKING:** Free street parking and nearby lots

Happy dogs, happy life, happy Coquitlam!

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ADDRESS 2755 Lougheed Highway, Coquitlam, BC V3B 6S2

EMAIL hello@wildflourbakery.ca

WEBSITE www.wildflourbakery.ca

ChitChat SHOP LOCAL. SUPPORT LOCAL. LOVE LOCAL.
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JULY MOVIE LINEUP

ALL NEW MOVIES ALL MONTH LONG!

JULY 2 JURASSIC WORLD REBIRTH PG-13

JULY 4 DESPICABLE ME 4 PG

JULY 11 SUPERMAN PG-13

JULY 11 I KNOW WHAT YOU DID LAST SUMMER R

JULY 16 SMURFS THE MOVIE G

JULY 18 THE FANTASTIC 4: FIRST STEPS PG

JULY 18 I STILL KNOW WHAT YOU DID LAST SUMMER R

JULY 25 THE BAD GUYS 2 PG

JULY 23 TWISTERS PG-13

JULY 30 THE NAKED GUN PG-13

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