



North Vancouver Guide to Great Walks & Trails



Additional Resources:

For information on North Vancouver Parks:

Pick up a copy of the **Parks Guide & Map** at any North Vancouver Community Recreation Centre.

or visit

City of North Vancouver website @ www.cnv.org
District of North Vancouver website @ www.dnv.org

For information on the Lower Seymour Conservation Area and Lynn Headwaters Regional Park (Metro Vancouver) visit: www.metrovancouver.org

Walking Groups:

Looking for others to walk with?
Visit northvanrec.com for information on walking groups in North Vancouver.

Check out the North Vancouver Recreation Commission's Trail Trekkers, a group of fun and committed walkers.
Call **604-983-6327** for more information.



North Vancouver Recreation Commission



get walking!



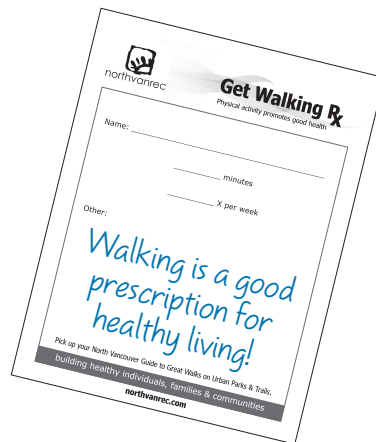
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get walking!



Whether you are just starting out or are a seasoned walker, we invite you to explore the wonders of walking! Breathe in the fresh North Shore air, soak up the beauty of where we live and celebrate a healthy you!

Our new Get Walking! guide introduces you to 20 favourite North Vancouver walks through stunning forest trails, quaint neighbourhood crescents and magnificent urban parks. Work your way up from easy to moderate to advanced walks as you increase your fitness and stamina.

Walking can:

- Increase your energy level
- Enhance your mental well-being
- Help you relax and sleep better
- Help you manage your body weight and tone muscles
- Increase bone density
- Help increase flexibility and coordination
- Reduce high cholesterol
- Lower your risk of high blood pressure, cancer of the colon, diabetes, heart disease, stroke and osteoarthritis

So let's get walking. You may be surprised how great you feel!



North Vancouver Recreation Commission
Building healthy individuals, families and communities

On behalf of the District and the City of North Vancouver, the North Vancouver Recreation Commission has served one of Canada's most active communities for more than 30 years. Our mission is to build healthy individuals, families and communities by providing and facilitating diverse, accessible recreation opportunities.

We hope you enjoy this guide to great walks and we also hope you'll visit us soon at one of our neighbourhood Community Recreation Centres. We have lots of new fitness and recreation programs to help you stay active.

Check out our website at www.northvanrec.com for more information.



Thank you to our partners in community health and wellness.



*In Memory of
Douglas Albert Kent
who has gone walking.*

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Walking Trail Categories

EASY WALKS

- Relatively flat
- Mostly groomed or paved trail
- May include some city streets
- Generally short in distance

MODERATE WALKS

- Relatively flat with some inclines and downhill slopes and/or stairs
- Mostly groomed or hard packed paths/trails
- May include some city streets

ADVANCED WALKS

- Mostly trail with some steep sections, staircases or boardwalks with uneven surfaces, rocks and roots to step over and possibly creeks or brooks to cross
- Generally longer in distance

Symbols used in this Guide for your convenience:



Approximate distance of walk in kilometers



Strollers can be used under the right conditions



Parking available near start location



Steps or steep inclines on parts of the walk



Dogs are permitted as long as they are on leash



Washroom facilities near or at start location



Dogs are permitted and allowed to be off leash



Picnic opportunities along the walk. *Remember to bring your trash back or place in receptacle, if available.*



Dogs are not allowed, on or off leash



Some maps indicate a u-turn with this symbol



Walk located in City of North Vancouver



Walk located in the District of North Vancouver



Walk located in a BC Provincial Park



Walk located in Lower Seymour Conservation Reserve



Richard Juryn Trail



LOWER TRAIL ONLY
PART OF TRAIL IS ON ROAD

Description:

Neighbourhood
Inter River

Start Location

Inter River Park at the Lacrosse Box and Bike Park

Nearest Intersection

Lillooet Road and Inter River Park Road

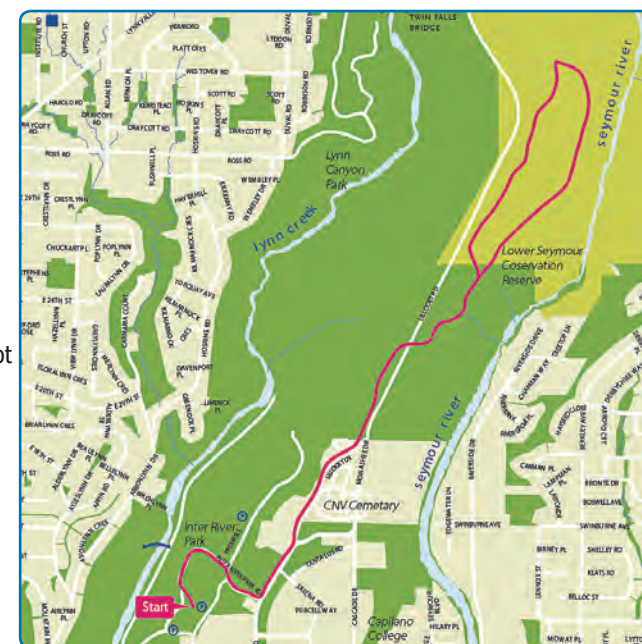
- Left on Inter River Park Road off of Lillooet Road
- Turn left to overflow parking lot and washrooms
- Turn right past lacrosse box and proceed to parking area

Trail Condition

Beginning is paved to compact gravel ½ way the trail becomes rustic with muddy and rocky sections

Walk Description

- Begin at trail head kiosk and follow Richard Juryn Trail signs.
- When trail comes out at Lillooet Rd. & Inter River Rd., turn left and stay on trail that parallels Lillooet Rd.
- Continue on trail that runs on the road up and through the cemetery parking lot.
- Follow trail markers as they come out at top of cemetery and cross Lillooet Road.
- Turn left and continue on trail that now parallels road.
- Turn right into trees at next trail marker sign.
- Continue to follow trail markers although they get a bit more spread out now.
- After a big blue sign board, the trail forks. Head left toward a Richard Juryn trail marker.



Walk up the incline and the trail forks again. Do not be concerned as all paths join together further ahead. Pick your path of choice and enjoy.

- Follow trail as it loops around and reconnects with itself and continue to follow trail signs back to trail head at Inter River Park.

Spots of Interest

Check out the amazing Inter River megaplex mountain bike skills park at the start of the trail that would not be there if it weren't for the support and dedicated help of our great friend, Richard Juryn. Also, did you know that the 8 fields that surround the area are all built on a refurbished land fill?



NOTES: _____



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Old Buck

Km
3.8

P

BC
PARKS

Description:

Neighbourhood

Seymour / Parkgate

Start Location

Old Buck Trail Head – Seymour
Road and Anne MacDonald Way

Nearest Intersection

Seymour Road and Anne
MacDonald Way

Trail Condition

Compact dirt, some loose rock,
moderate grade

Walk Description

- Begin at Old Buck Trail Head.
- Stay right on trail and continue up sustained hill until Old Buck intersects with Baden Powell Trail.
- Return to start.

Spots of Interest

Enjoy this trail in Mount Seymour Provincial Park as it passes through thickets of early season salmon berries, crosses small streams and many trail intersections of the vast Seymour trails network.

Walkers and hikers share this trail with mountain bikers.



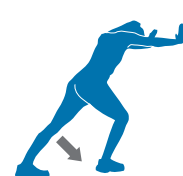
Before & After Stretches

It's easy. Before doing the following stretches, warm up by simply moving the muscle groups around, such as by walking at a slower than normal pace for 5 to 10 minutes. Warmed muscles are much more easily stretched than cold muscles and the muscle that is used is more pliable and has more ability to be stretched. Hold each stretch with easy tension, on both sides, for a count of 20, no bouncing.



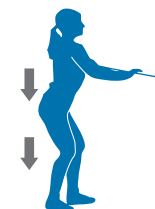
Standing Hamstring Stretch

Place one heel on a low step or bench and, keeping your knee and back straight, bend your upper body forward from your hips. You should feel the stretch behind your knee.



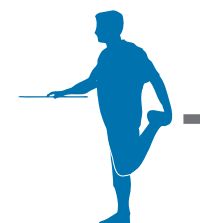
Standing Gastrocnemius Stretch

Stand in a walking position with one leg stretched straight behind you and the other leg bent in front of you. Using a wall or chair for support, lean forwards and down until you feel the stretch in the upper part of your back calf. Make sure that both feet are pointing straight ahead and that your heels stay on the floor the whole time.



Standing Achilles Tendon Stretch

Standing with one leg slightly behind the other, push your heels down while bending your knees.



Standing Quadriceps Stretch

Hold onto something for support with one hand and grab your ankle with the other hand. Pull your ankle towards your bottom, then try to straighten your knee while resisting with your hand and allowing no movement. Then pull your ankle toward your bottom again.



Hip Flexor Stretch

Stand in a stride standing position. Put both hands on your front knee while keeping the back knee straight. Push your pelvis forward keeping your back straight. The stretch should be felt in front of the hip and slightly down the front of the thigh.

NOTES:

'Get Walking' Tips & Suggestions

Note: Always check with your doctor before beginning a new exercise program

Here are a few ways to ensure that your walking experience remains safe and enjoyable:

Walking Form:

- Do not push yourself. Set small goals to begin with and increase them as your body becomes accustomed to a regular walking routine.
- If you become breathless while walking and talking, slow down.
- Drink small amounts of water before, during and after your walk. This is especially important if you are sweating heavily due to warm weather.

Personal Safety

- Walk with a friend for pleasure and safety.
- Stick to areas that you know to be safe; have a clear idea of where you are and what your route will be.
- If you are out walking alone, ensure a friend or family member knows your route and your expected time home.
- If walking at night, stick to well lit areas. Wear bright, reflective clothing; orange and yellow are best.
- Ensure you are carrying personal and medical information with you at all times.
- Consider carrying a cell phone for special circumstances.
- When walking on the road, always walk facing traffic and ensure drivers see you by making eye contact.
- Walking with a dog is great company. It will also discourage any unwanted interaction and encourage fellow dog-walker camaraderie.
- If you are walking a trail, make sure that you remain on the trail to avoid getting lost.
- If you wear an iPod, ensure the volume is low enough so you can hear traffic or people around you.
- Always be aware of your surroundings.

Equipment and Clothing

The wonderful thing about walking is that it requires very little equipment. But thinking about what is needed will go a long way towards helping you enjoy this activity:

- Comfortable shoes are essential! Find ones with good arch support, flexibility and well-cushioned heels.
- Wear socks that fit correctly and don't bunch up as this can lead to blisters. The best socks to wear are those that allow for air circulation such as wool or those made of wicking fabrics such as Cool-Max or Dri-Fit.
- Layer, layer and layer! Wearing layers of light-weight clothing will allow you the flexibility to layer up or layer down as the weather changes or you warm up from the activity. Wear light breathable fabrics in the summer and waterproof gear in the rain.
- Wear reflective material to ensure you are always visible.
- Wear a hat and put on sunscreen when the weather is warm.
- Take a small backpack to carry water, hat, personal identification and a cell phone. This is a comfortable, safe way to carry your belongings which also leaves your hands free.
- Plan to walk during daylight hours. Keep a flashlight in your backpack.

Special thanks to North Shore Athletics for providing equipment to do the trail grading for this booklet. Visit their store at 101-1200 Lonsdale and ask their knowledgeable staff team any of your clothing or equipment questions.



Norgate-Bowser Trail



AROUND SCHOOL AREA OMITTING STAIRS

Description:

Neighbourhood

Lower Pemberton Heights /
Norgate

Start Location

Norgate Community School
1295 Sowden Street

Nearest Intersection

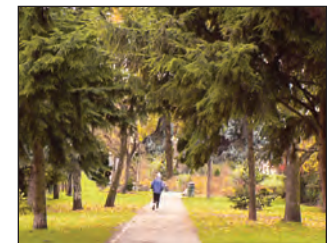
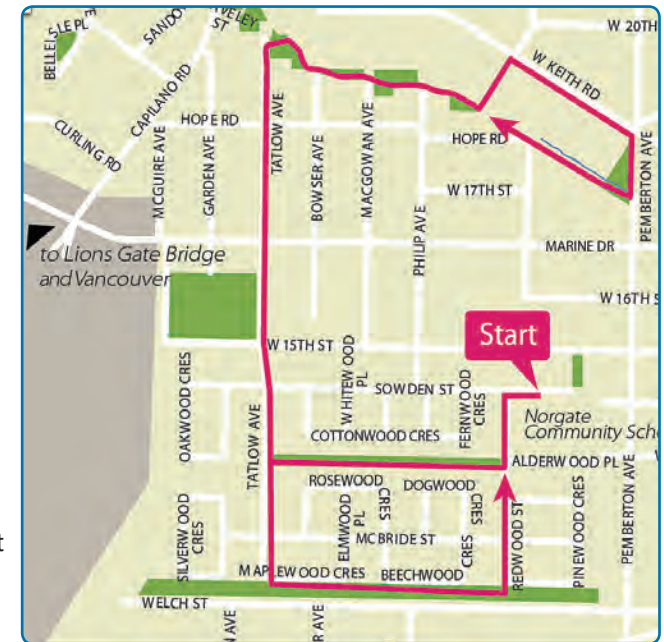
Sowden Street and
Redwood Street

Trail Condition

Sidewalks, trail with some uneven surfaces, steep stairs

Walk Description

- Start the walk at the Totem Pole in front of school on Sowden Street.
 - Turn left onto Redwood Street
 - Turn right onto trail across from Alderwood Place and follow trail to Tatlow Avenue.
 - Turn right at Tatlow Ave.
 - Cross Marine Drive and stay on Tatlow to end.
 - Enter Bowser Trail to your right.
 - When you get to the first set of stairs, climb up to Keith Rd. and turn right.
 - Take stairs at Pemberton Ave. back down to Bowser Trail.
 - Turn right at trail and follow back to Tatlow Avenue; turn left on Tatlow Avenue.
 - Cross Marine Drive and continue going straight to the south end of Tatlow.
 - Turn left onto the trail through Welch Strip Park.
-
- Continue on the trail and turn left at Redwood Street.
 - Turn right on Sowden Street back to totem pole.
- ### Spots of Interest
- The totem pole at the front of Norgate School was made by Darren Yelton of the Coast Salish Nation and erected in June, 2004. Count the stairs on the Bowser Trail. Did you get 204 on the way up to Keith Road and 156 on the way back down? Did you want to go and do them one more time?



NOTES:



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Hastings Creek Loop

Km
3.0W/ CAUTION
ON STREET

Description:

Neighbourhood
Lynn Valley

Start Location
Hoskins Road north of
Arborlynn Dr.

Nearest Intersection
Hoskins Road and
Arborlynn Drive

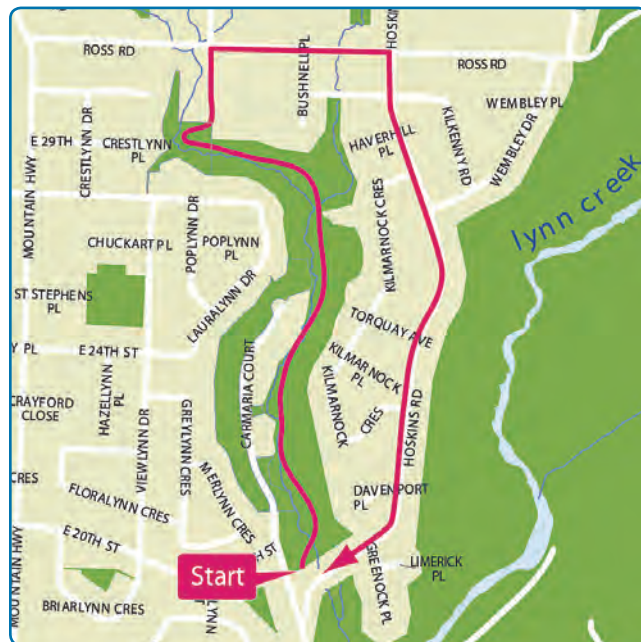
Trail Condition
Rustic with muddy, rocky
sections, boardwalks and stairs

Walk Description

- Start at parking area at entrance of Hastings Creek trail off Hoskins Rd. (about 50m North of Arborlynn Dr.).
- Go up East side of Hastings Creek through forested trail and stairways to playground of Ross Road School.
- Turn left onto Allan Road.
- Turn right onto Ross Road.
- Turn right onto Hoskins Road.
- Continue down Hoskins Road, returning to starting point.

Spots of Interest

Before mid-1800's Hastings Creek and its numerous tributaries made up the prime spawning area for most of the Lynn's migratory runs of cutthroat, steelhead, coho and chinook salmon. In the early days, this creek contained excellent spawning and rearing



habitat for salmon and trout, and had strong coho runs. Today, you can walk this forest trail, forgetting you're only minutes from civilization, enjoying the rushing creek, boardwalks and wooded stairways.



NOTES:



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Bridgman Park (to Fire Hall) – South

Km
3.6PART OF
TRAILPARKING LOT
& FOR 150M

TRAIL

Description:

Neighbourhood
Inter River/Lower Lynn Creek

Start Location
Bridgman Park parking lot at
picnic shelter

Nearest Intersection
Keith Road between Lynnmouth
Avenue and Mountain Highway

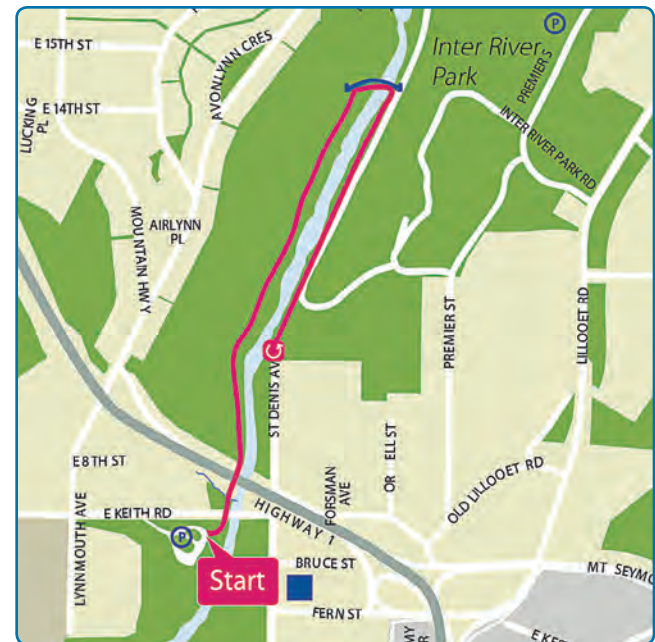
Trail Condition
Compact dirt & gravel

Walk Description

- Begin at picnic shelter and turn left onto trail.
- Go down slight decline and turn right (follow trail).
- Cross over foot bridge when you get to it.
- Turn right after bridge.
- Follow trail to Fire Hall.
- Turn around and head back to parking lot.

Spots of Interest

Check out the fabulous array of native trees and plants that grow along the banks of Lynn Creek.



NOTES:

Bridgman Park (to Morten Creek) – North

Km
4.1

P

PART OF
TRAILPARKING LOT
& FOR 150M

TRAIL

DNV

Description:

Neighbourhood

Inter River/Lower Lynn Creek

Start Location

Bridgman Park parking lot at picnic shelter

Nearest Intersection

Keith Road between Lynnmouth Avenue and Mountain Highway

Trail Condition

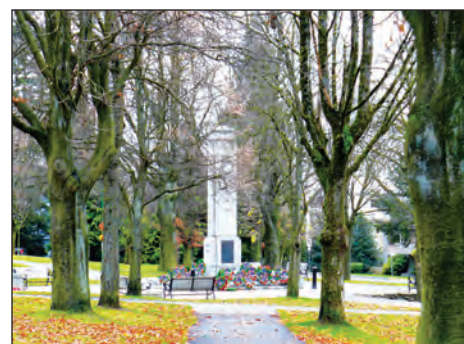
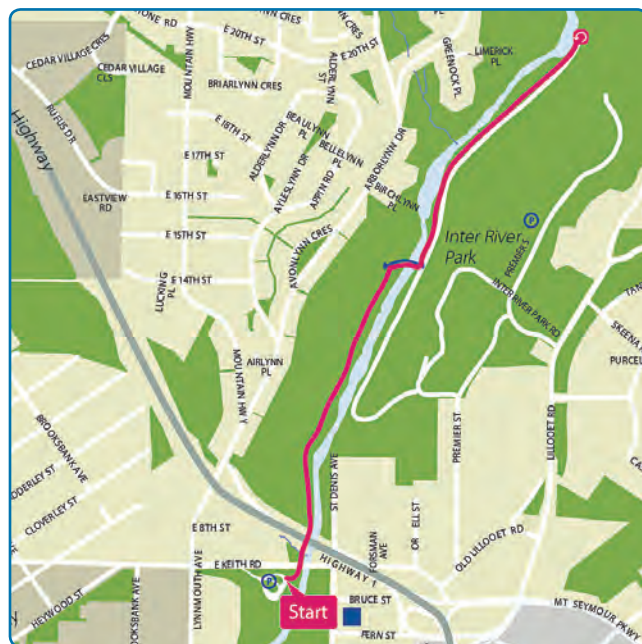
Compact dirt & gravel

Walk Description

- Begin at picnic shelter and turn left onto trail.
- Go down slight decline and turn right (follow trail).
- Cross over foot bridge when you get to it.
- Turn left after bridge.
- Follow trail to Morten Creek sign.
- Turn around and head back to parking lot.

Spots of Interest

Lynn Creek is stunning all year long. Try this walk in every season!



Green Necklace

This walk is the route of the proposed "Green Necklace," an ambitious project that follows the City of North Vancouver's original 1907 town plan, which laid out the bold idea of a continuous green loop around the centre of city. This elegant plan now identifies several unique features and public spaces, such as Victoria Park, Grand Boulevard and Mahon Park with a vision to link them to provide enhanced access for pedestrians, inline skaters and cyclists alike.



NOTES:

NOTES:



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Green Necklace

AT HARRY
JEROME CTR.AT HARRY
JEROME CTR.

Description:

Neighbourhood

Lonsdale West/Grand Boulevard

Start Location

Harry Jerome Community
Recreation Centre

Nearest Intersection

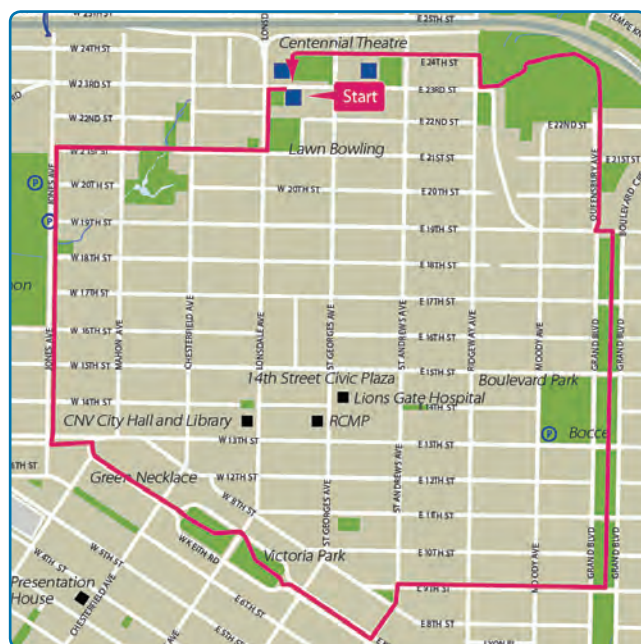
23rd and Lonsdale

Trail Condition

Sidewalks, hard packed gravel
trail, forest trail

Walk Description

- Walk to Lonsdale from Harry Jerome Community Recreation Centre on 23rd Street.
- Walk south on Lonsdale to 21st Street.
- Turn right on 21st Street and continue to the end where you will see a path.
- Stay on path to Jones Avenue.
- Turn left and stay on Jones until you come to Keith Road.
- Cross Keith Road, walk past grocery store then stay right on Keith Road.
- Walk by the front of Queen Mary School.
- Stay on Keith Rd. and cross Chesterfield to start of path that runs through Victoria Park.
- Continue on path to where it takes a 'Y' — stay to the left to Lonsdale and Keith Road.
- Cross at the Lonsdale and Keith Road intersection.
- Enter Victoria Park path again walking past the cenotaph, and onward along Keith Rd.



to St. Andrews.

- Turn left on St. Andrews.
- Turn right onto 9th Street to Grand Boulevard.
- Go to the path that runs between Grand Blvd. West and Grand Blvd. East.
- Turn left at the path, walk up to 19th St. and turn left again.
- Turn right onto Queensbury & carry on to Greenwood Park.
- Enter park and stay on trail as it curves around to the left.
- Turn right when you come out of trail, then immediately turn right again and follow Ridgeway Avenue to 24th Street.

- Stay straight on trail.
- Trail takes you north then makes a sweep to the left and comes out at Grand Boulevard East (23rd Street).
- Turn right, then immediately turn right again and follow Ridgeway Avenue 24th Street.
- Turn left and continue on 24th Street straight through to big parking lot behind Centennial Theatre (Norseman Park)
- Walk through parking lot to the covered walkway, then over the pedestrian overpass on 23rd to the front door of Harry Jerome Community Recreation Centre.



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Cates Park/Whey-Ah-Wichen

ON UPPER
TRAIL

Description:

The ancestral name for this land
is Whey-Ah-Wichen which
means 'faces the wind'

Neighbourhood

Seymour East/Deep Cove/
Dollarton

Start Location

East end of upper parking lot

Nearest Intersection

Cates Park/Whay-Ah-Wichen
entrance off Dollarton Highway

Trail Condition

Compact dirt & gravel

Walk Description

- A scenic stroll on gravel paths winding through a forest of Douglas Fir and big leaf Maple trees.

Walk Description

- You can begin your walk in almost any direction. The connecting paths will take you through the forest and along the shoreline with beautiful west coast waterfront views.

Spots of Interest

There is staircase access to the beach at several places along the lower trail for those who want to wiggle their toes in the sand.



Shacks that were built along the shoreline in the 1940's and 50's linked the Cates Park area to Canada's literary heritage as poet Earle Birney and novelist Malcolm Lowry lived here.



NOTES:



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Harbourview Park

Km
1.6

P



DNV

Description:

Neighbourhood

Inter River/Lower Lynn Creek

Start Location

Harbourview Park

Nearest Intersection

Harbour Avenue and Rainbow Drive

Trail Condition

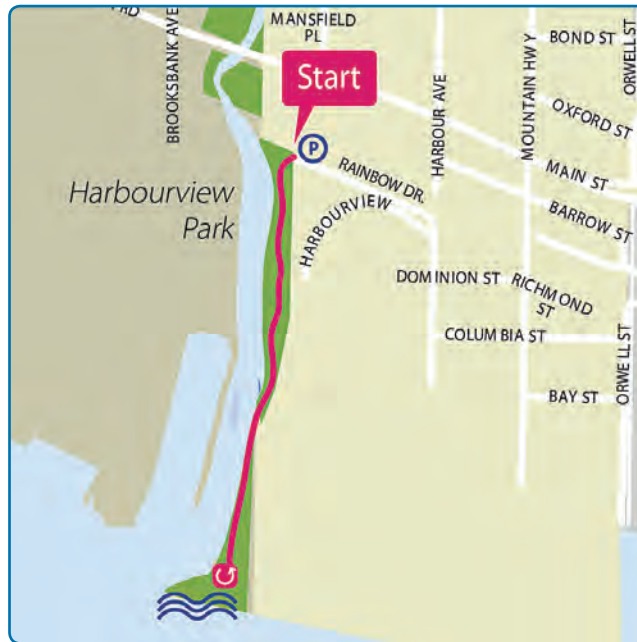
Groomed compact dirt and gravel

Walk Description

- Begin at parking lot.
- Walk out along trail to end (viewing tower).
- When you reach the end of the path at the railway tracks, turn around and walk back to start.

Spots of Interest

Look up in the trees as you walk along the trail and you might just see the large bald headed eagles that make their home here in the park. At the end of the path, climb the 3 storey viewing tower and enjoy the commanding view of the industries along the waterfront and the adjacent 82 acre Lynnterm Stevedoring.



NOTES:



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Mosquito Creek – Upper Trail

Km
4.2

P



DNV

AT THE
RECREATION
CENTREAT THE
RECREATION
CENTRE

Description:

Neighbourhood

Upper Capilano

Start Location

William Griffin Community Recreation Centre – 851 W. Queens Rd.

Nearest Intersection

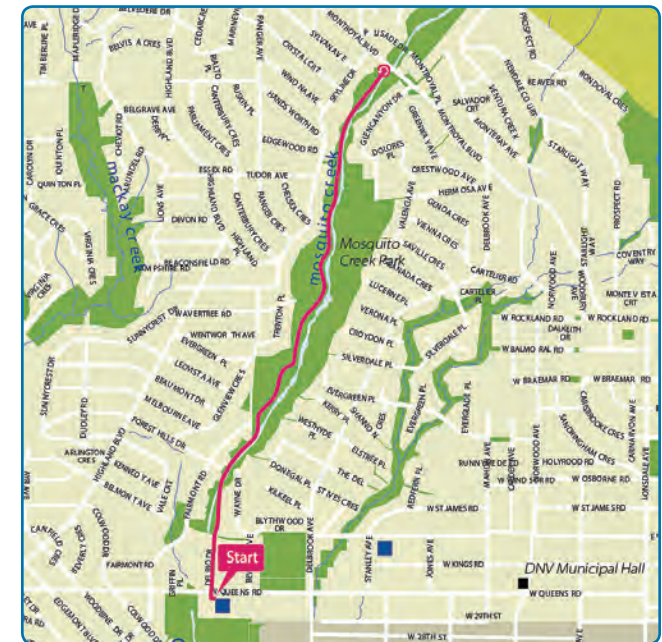
W. Queens Road and Westview Drive

Trail Condition

Gravel pathway with some loose stone that can be uneven in places. Slight to moderate grade

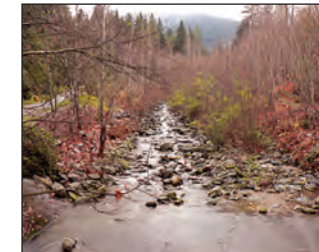
Walk Description

- Start at the front door of William Griffin and follow sidewalk to Queens Road.
- Cross at pedestrian light then turn left and walk a few short steps to Del Rio Road.
- Turn right at Del Rio Rd. and walk to end of road to trail head.
- Enter trail and stay on trail heading north to the junction with the bridge with yellow stairs. Don't cross the bridge.
- Stay straight on uphill trail that follows the Mosquito Creek all the way to the Mont Royal overpass stairs.
- Turn around and retrace your steps back to the William Griffin Community Recreation Centre.



Spots of Interest

Enjoy the meandering path that is spell binding in the spring when all the deciduous trees are sprouting and breathtaking in the fall when the leaves begin to change color. This is a salmon habitat so you might catch a glimpse of a fish in one of the many ponds along the



NOTES:

Mosquito Creek – Lower Trail

AT THE
RECREATION
CENTREAT THE
RECREATION
CENTRE

Description:

Neighbourhood
Lower Capilano

Start Location

William Griffin Community
Recreation Centre – 851 W.
Queens Rd.

Nearest Intersection

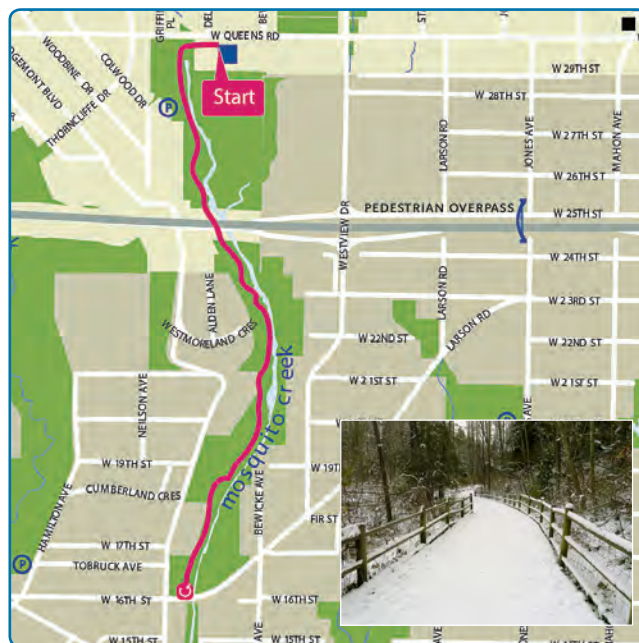
W. Queens Road and
Westview Drive

Trail Condition

Hard packed gravel

Walk Description

- Turn left as you exit the Recreation Centre and follow sidewalk around the building.
- Stay on sidewalk as you walk towards playing fields, heading for bottom parking lot.
- At the end of the bottom parking lot, cross the little footbridge to the west side of the creek.
- Walk south on lovely groomed trail that winds its way to the trailhead at 16th St. and Fell.
- When you get to the trail head, turn around and make your way back on the same trail to William Griffin



Beauty to be enjoyed year-round!



Community Recreation Centre.

Spots of Interest

The new playground at Mosquito Creek Park features play areas for several age groups and a training area for cyclists and inline skaters. Take a moment to enjoy the public art display.

NOTES:



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King's Mill Walk



Description:

Neighbourhood
South of Automall

Start Location

Fell Avenue and
Harbourside Place

Nearest Intersection

Fell Avenue and
Harbourside Place

Trail Condition

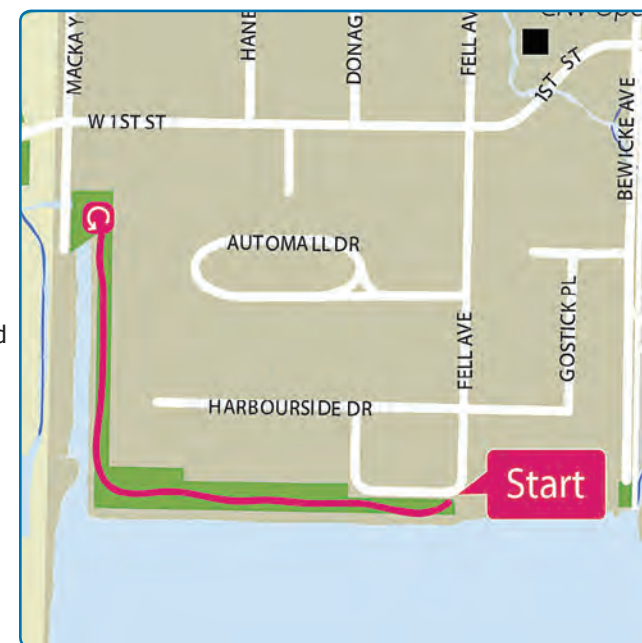
A mix of paved and well groomed
gravel path

Walk Description

- Begin at Fell Avenue and Harbourside Place.
- Follow path west along waterfront then north along Mosquito Creek.

Spots of Interest

King's Mill serves as a reminder of the mill that once stood at the foot of Fell Avenue. M. B. King Lumber operated here for almost 40 years, eventually employing over 200 people. Many of King's descendants, and those of the mill's workforce, continue to live in the Lower Mainland, including North and West Vancouver. While walking along this heritage path, look up and enjoy the bird



house forest, a public art display of originally designed artistic bird houses.



NOTES:



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Lynn Valley Walk

UNDER
LIBRARY &
ON STREETSOME STEEP
SECTIONS &
HIGH CURBS

AT LIBRARY

Description:

Neighbourhood
Lynn Valley

Start Location
New Lynn Valley Town Plaza

Nearest Intersection
Mountain Highway and Lynn Valley Road

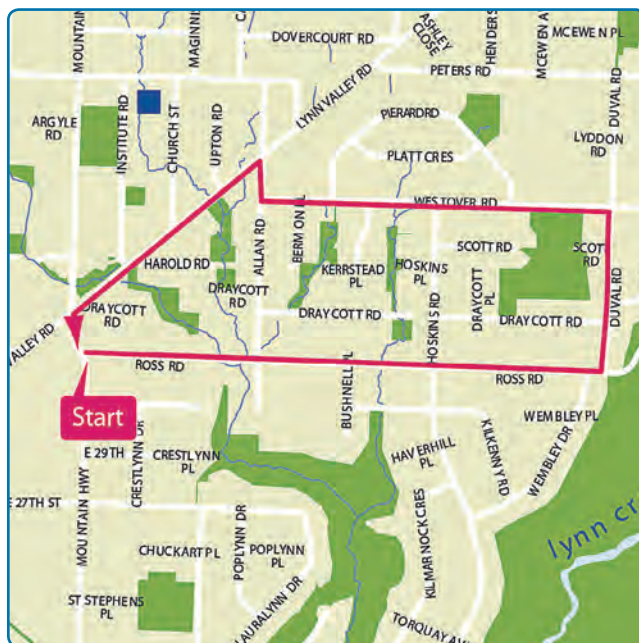
Trail Condition
Paved sidewalks

Walk Description

- From Lynn Valley Town Plaza, walk East along Ross Rd.
- Turn left onto Duval Rd. and left again onto Westover Rd.
- Turn right onto Allan Rd. and left when you get to Lynn Valley Rd.
- Continue on Lynn Valley Rd. to where you started.

Spots of Interest

Experience the new Town Centre built next to the Lynn Valley Shopping Centre. This is the home to an array of shops and conveniences including banks, coffee shops, medical offices and the new North Vancouver District Main Library.



NOTES:



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Seymour Golf Course

AT COMMUNITY
CENTREAT COMMUNITY
CENTRE

Description:

Neighbourhood
Seymour East

Start Location
Parkgate Community Centre

Nearest Intersection
Mount Seymour Road and Banff Court

Trail Condition
Paved road, sidewalks and gravel trails

Walk Description

- Head north from entrance of Parkgate Community Centre onto Banff Court; turn right on Banff Crt.
- Cross Mt. Seymour Rd. and turn left.
- Right at Hamber Pl.; Left at Hamber Crt.
- Enter trail at end of Hamber Crt. and take an immediate right onto paved path.
- Follow path for about 350 meters and take path to left towards school ground.
- Keep swing sets to your left and tennis courts to your right as you stay on the path that hugs the side of the tennis court.
- At end of tennis court, go straight to brick path and turn right (south).
- Follow brick path across Brockton Crescent.
- Continue on path to Mt. Seymour Parkway.
- Cross Parkway and turn left
- Stay on Parkway to Fairway Drive.



- Turn right on Fairway Drive to Dollar Road.
- Turn right on Dollar Road.
- Enter Roche Point Park at end of Dollar Rd.
- Enter trail to your left.
- Take first right turn; continue on trail that circles playing field up the other side. You are now on Roche Point Trail.
- Turn right at "T" in trail and continue for about one kilometer to next trail marker.
- Turn right at wide gravel path straight up to Roche Point Dr.
- Continue up curving drive,
- Cross Mt. Seymour Parkway at light

- Follow Mt. Seymour Road to Banff Court
- Turn left, returning to Parkgate Community Centre.

Spots of Interest

Seymour is a championship golf course well known for its undulating terrain, tree lined fairways and small greens.





Hyannis — to Wooden Foot Bridge

Km
2.7

P



DNR

LSCR

ON STREET

FIRST PART
TRAIL ONLY

Description:

Neighbourhood
Blueridge

Start Location

Trail Head at the end of
Hyannis Road

Nearest Intersection

Most northern point of
Hyannis Road

Trail Condition

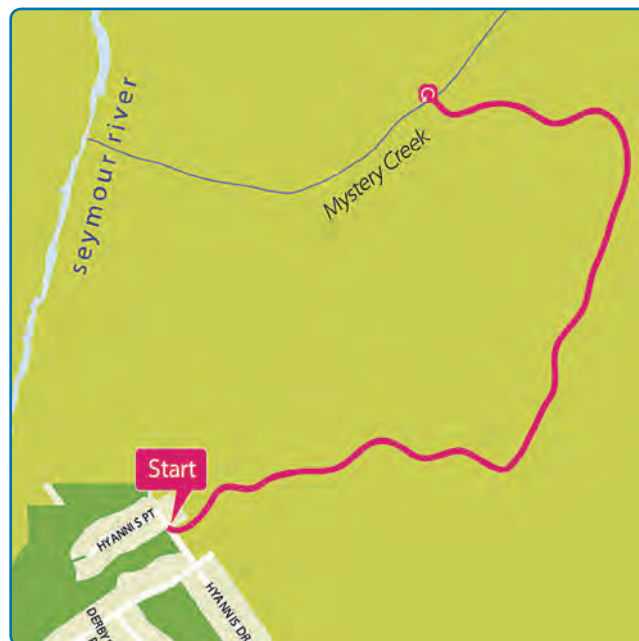
Beginning is paved to compact
dirt; half way the trail becomes
rough with muddy and rocky
sections

Walk Description

- Begin at trail head.
- Continue straight on trail
until you reach the wooden
foot bridge.
- Turn around and head back to
trail head.

Spots of Interest

This walk is home to many of
the most beautiful and ancient
Douglas Fir trees (some more
than 100 meters high) that
provide a spectacular canopy
over much of the trail.



The trail begins in the District of
North Vancouver and enter into
the Lower Seymour Conservation
Reserve.



NOTES:



northvanrec

Panorama Park

Km
1.8

P



DNR

Description:

Neighbourhood

Seymour East/Deep Cove

Start Location

Panorama Park parking lot
(east end)

Nearest Intersection

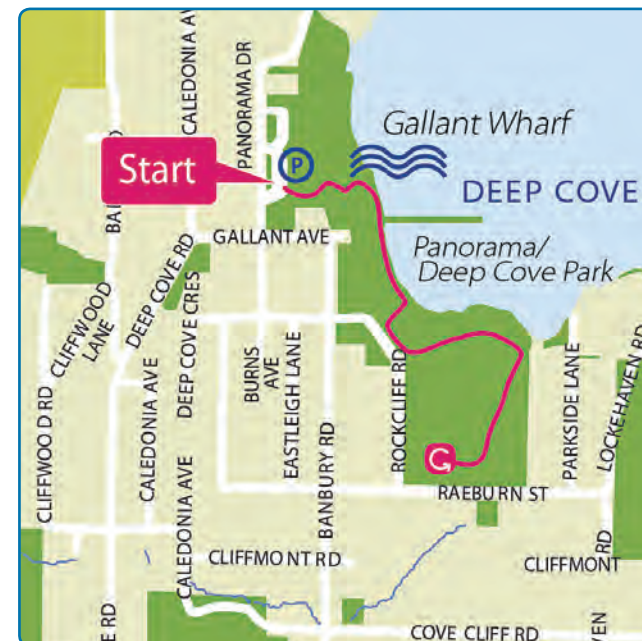
Gallant Ave. and Panorama Dr.

Trail Condition

Paved to compact dirt
Hill half way is slightly rocky

Walk Description

- Begin at east end of parking
lot by playground and go
down hill.
- Stay on paved trail and head
towards Government dock.
- Continue on path as it crosses
in front of Deep Cove Kayak.
- Follow path up small hill and
turn left onto natural trail.
- Walk down hill and turn right.
- Follow trail to the red gates
and turn around.
- Walk back same way until you
get to where the path splits
into 4 by the playground.
- Turn right and walk past the
picnic shelter to end of path.
- Turn left and walk up the
sidewalk back to parking lot.



Spots of Interest

Enjoy browsing through the many
shops in the village of Deep Cove.
Skip a rock or two at the beach,
look for starfish, take a kayak
lesson or just sit on a bench and
enjoy the spectacular panoramic
view. There are plenty of fun
things to do for the entire family.



NOTES:

Rice Lake

AT TRAIL
START

Description:

Located in the Lower Seymour Conservation Reserve, this is a scenic walk along a wooded trail that loops around tranquil Rice Lake then returns to gazebo at walk start.

Neighbourhood

Seymour

Start Location

Gazebo at picnic area, Lower Seymour Conservation Reserve

Nearest Intersection

Northern most point of Lillooet Road

Trail Condition

Gently undulating gravel path

Walk Description

- From gazebo follow paved sidewalk to gravel trail that enters the forest.
- Follow the wide dirt road a short distance until you reach a wooden fence marking the entrance to the Rice Lake area.
- Continue along the path towards Rice Lake.
- Turn right when you see the lake and walk along the trail that weaves it's way around the lake.



- Retrace your steps back to the Gazebo after finishing your loop of the lake.

Spots of Interest

Admire the trees and moss covered forest floor that surrounds you. There are several viewpoints with benches to relax and take in the natural beauty of the area. Long

legged Herons, a wide variety of colorful ducks and the occasional eagle can excite even the most amateur bird watchers. Bring your fishing rod and fish off the peaceful dock for one of the more than 10,000 Rainbow trout stocked in the lake each year. Fishing licenses are required for adults but not for children 16-yrs & younger.

NOTES:

NOTES:

Fisherman's Trail

LIMITED
ON STREET

Description:

Neighbourhood

Blueridge

Start Location

Trail head at North end of Riverside Drive

Nearest Intersection

Most northern point of Riverside Drive

Trail Condition

Hard packed gravel in forested area

Walk Description

- Follow Fisherman's Trail to Twin Bridges and return.

Spots of Interest

This is an amazing multi-use trail where you can often spot fisherman on the river, river kayakers, runners, hikers, walkers and mountain bikers.



NOTES:

Waterfront – Lonsdale Quay

Km
3.1

P



CNV

ON STREET
& AT QUAYAT COMMUNITY
CENTRE

Description:

Neighbourhood

Lower Lonsdale

Start Location

John Braithwaite Community Centre, 145 West 1st Street

Nearest Intersection

Chesterfield and West 1st Street

Trail Condition

Paved sidewalks and roadways

Walk Description

- Head east on 1st Street from John Braithwaite Community Centre to Lonsdale.
- Turn right on Lonsdale and walk to bottom of street.
- Turn left towards Lonsdale Quay pier.
- Walk out on the pier for a spectacular harbour view.
- Walk back along pier enjoying the view of the North Shore Mountains.
- Turn left at the end of pier and follow sidewalk around to Carrie Cates Court.
- Turn left and walk the short distance to the Lonsdale Quay entrance. Stay on the boardwalk that follows the waterfront.
- Continue along waterfront, heading west. Stay on the path until you reach the Gateway to Ancient Wisdom arch that marks the entrance to the new Squamish Nation Waterfront Greenway. Walk along the path to the marina office then turn around and walk back.



Spots of Interest

Enjoy beautiful harbour views and explore the many shops inside Lonsdale Quay.



NOTES:

NOTES:



northvanrec

Seymour Valley Trailway

Km
4.0

P



LSCR

AT TRAIL
START

Description:

Neighbourhood

Seymour

Start Location

Gazebo at picnic area, Lower Seymour Conservation Reserve

Nearest Intersection

Northern most point of Lillooet Road

Trail Condition

Flat and paved, but undulating beyond 2km marker if you choose to go further

Walk Description

- Leave from Gazebo.
- Walk along wide paved path for 2km.
- Turn around at 2km marker and head back to Gazebo.
- There are markers all the way to the 10 kilometer point so you can keep challenging yourself as you get more fit! The road does get more hilly past the 2km marker so be cautious if you choose to continue on!



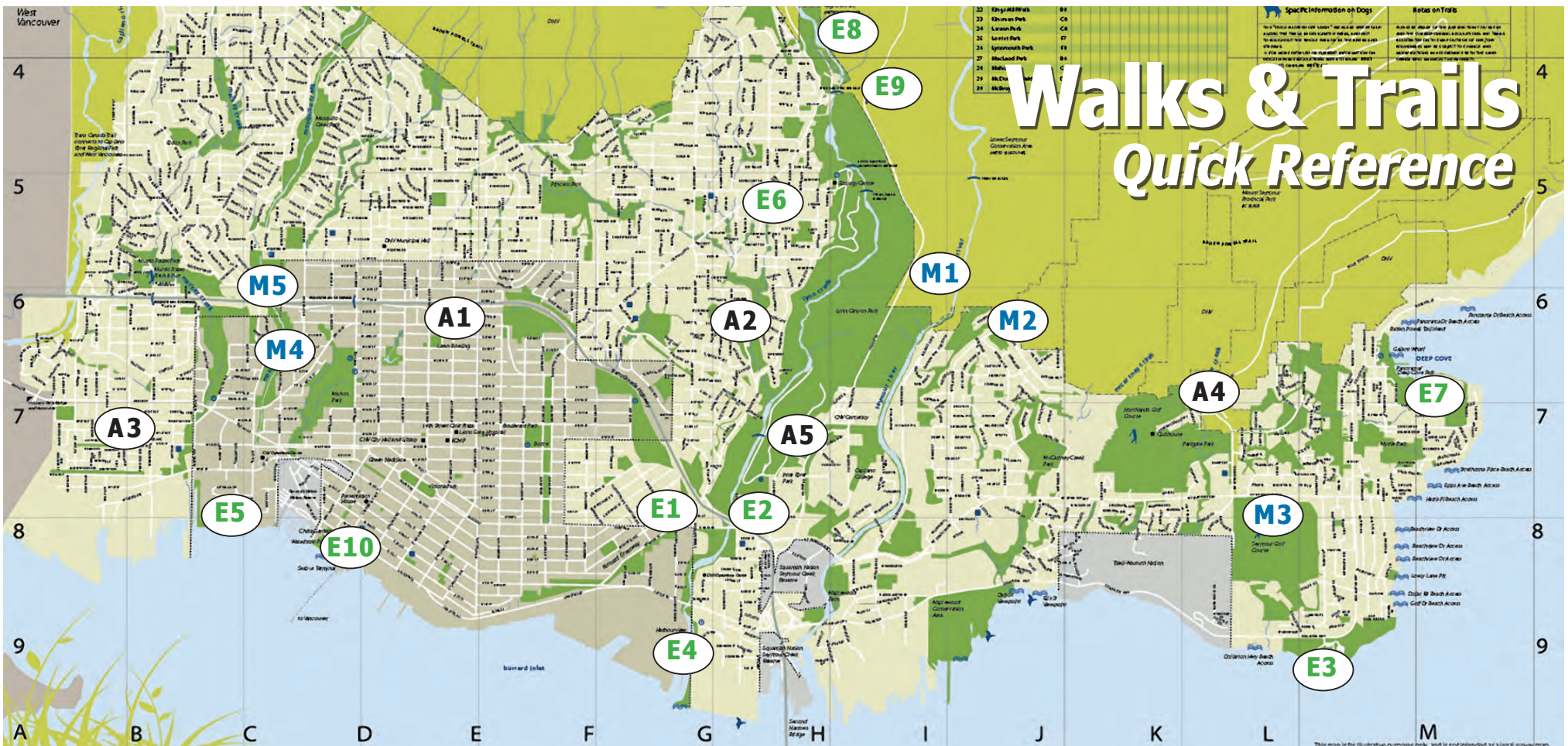
Spots of Interest

Enjoy browsing through the 5,668-hectare reserve that contains some of the most spectacular and diverse landscapes in the Metro Vancouver area. Bring your camera and capture photos of some of the most beautiful alpine meadows,

forested slopes and river flood plains. Almost 60 km of roads and recreational multi-use trails run through the Lower Seymour Conservation Reserve (LSCR).

NOTES:

NOTES:



EASY Walks & Trails	Distance	Neighbourhood	<input checked="" type="checkbox"/>
E1 Bridgman Park to Firehall (south)	3.6 km	Inter River/Lower Lynn Creek	<input type="checkbox"/>
E2 Bridgman Park to Morten Creek (north)	4.1 km	Inter River/Lower Lynn Creek	<input type="checkbox"/>
E3 Cates Park	.5–2.0 km	Seymour East/Deep Cove/Dollarton	<input type="checkbox"/>
E4 Harbourview Park	1.6 km	Inter River/Lower Lynn Creek	<input type="checkbox"/>
E5 King's Mill Walk (Auto Mall)	1.8 km	South of Marine/Auto Mall	<input type="checkbox"/>
E6 Lynn Valley Walk	3.0 km	Lynn Valley	<input type="checkbox"/>
E7 Panorama Park	1.8 km	Seymour East/Deep Cove	<input type="checkbox"/>
E8 Rice Lake	2.5 km	Seymour	<input type="checkbox"/>
E9 Seymour Valley Trailway	4.0 km	Lower Seymour	<input type="checkbox"/>
E10 Waterfront/Lonsdale Quay	3.1 km	Lower Lonsdale	<input type="checkbox"/>

MODERATE Walks & Trails	Distance	Neighbourhood	<input checked="" type="checkbox"/>
M1 Fisherman's Trail	3.4 km	Blueridge	<input type="checkbox"/>
M2 Hyannis to Wooden Foot Bridge	2.7 km	Blueridge	<input type="checkbox"/>
M3 Seymour Golf Course	4.6 km	Seymour East	<input type="checkbox"/>
M4 Mosquito Creek (lower)	3.3 km	Lower Capilano	<input type="checkbox"/>
M5 Mosquito Creek (upper)	4.2 km	Upper Capilano	<input type="checkbox"/>
ADVANCED Walks & Trails			
A1 Green Necklace	7.0 km	Lonsdale West/Grand Boulevard	<input type="checkbox"/>
A2 Hastings Creek Loop	3.0 km	Lynn Valley	<input type="checkbox"/>
A3 Norgate/Bowser Trail (with stairs)	5.3 km	Lower Pemberton Heights / Norgate	<input type="checkbox"/>
A4 Old Buck	3.8 km	Seymour/Parkgate	<input type="checkbox"/>
A5 Richard Juryn Trail	6.9 km	Inter River	<input type="checkbox"/>

Drop by any North Vancouver Community Recreation Centre to pick up your free copy of **North Vancouver Parks Guide & Map**
Note: the walks and trails plotted in this Guide may differ from the ones shown on the North Vancouver Parks Guide Map.