Stanley Park (full loop)

Wreck Beach

Pacific Spirit Park (full loop)

Queen Elizabeth Park

Hike Length:

Hike Difficulty:
PLEASE KEEP IN MIND

• Some of the hikes shown are very long and/or difficult!
• Start easy and find a level you are comfortable with
• Many are only in season for certain Summer months
• Always do your research beforehand!
• Always bring essential supplies and gear (which can range from proper shoes and water to a first aid kit, spikes, headlamps, bear spray, water tablets and more depending on the hike’s length, level of remoteness and difficulty)

• Please always pack in what you packed out (“leave no trace”)
• Please do not play loud music on the trail (people might be too polite to say something but everyone you pass will secretly despise you!)
WHERE TO FIND GOOD HIKES?

• VancouverTrails.com – Fairly well-curated and descriptive
• AllTrails.com – Community-based; mixed quality, but huge selection
• “105 Hikes” and “Destination Hikes” books by Stephen Hui

• Feel free to ask me or other hikers in the lab, e.g. Reid, Katharine, Adam, …