

A misty forest scene with tall, thin trees and a path covered in ferns. The image has a torn-paper edge effect at the top and bottom. The text is centered in the middle of the image.

HIKING AROUND VANCOUVER

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September 7, 2022





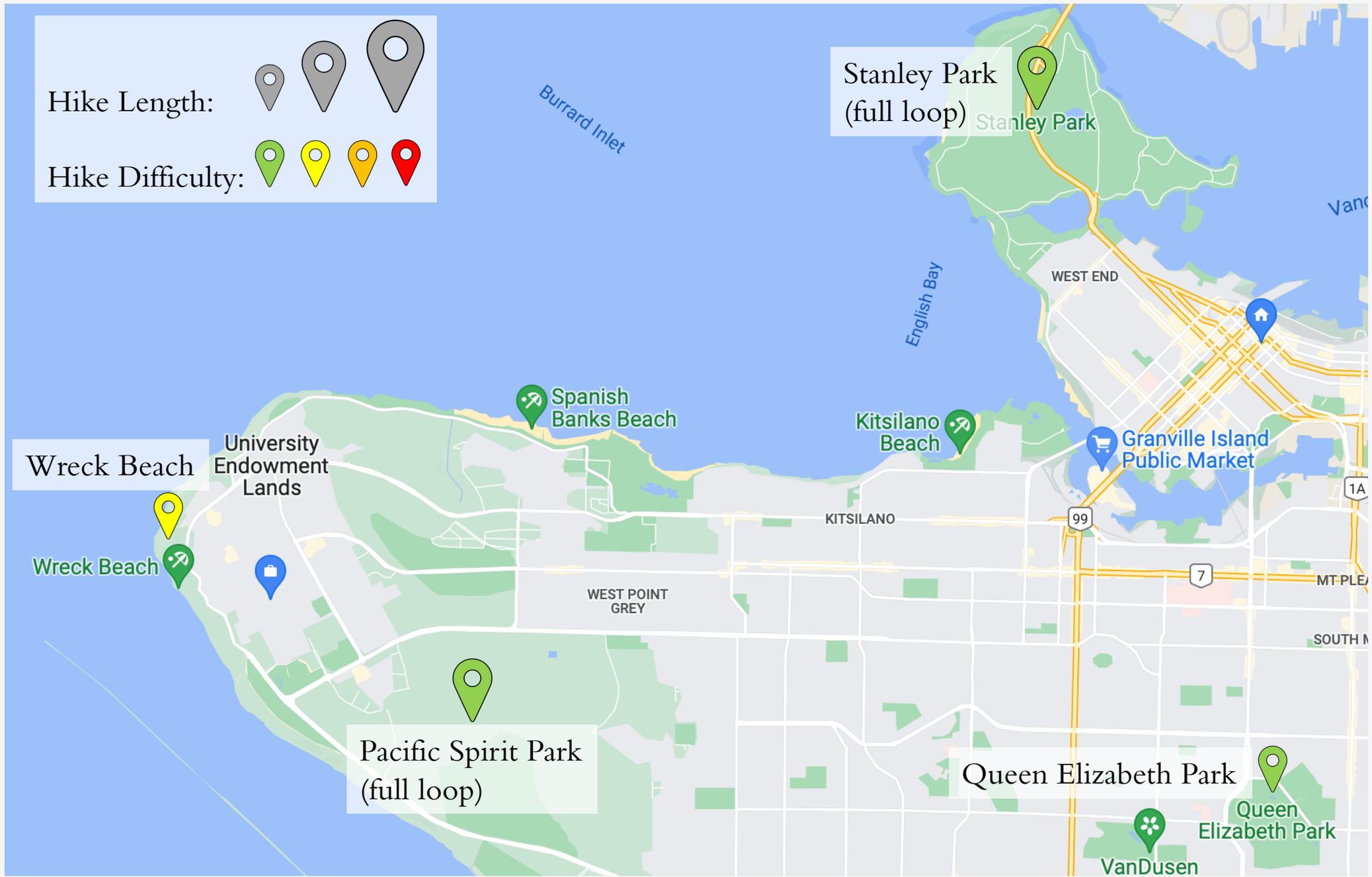


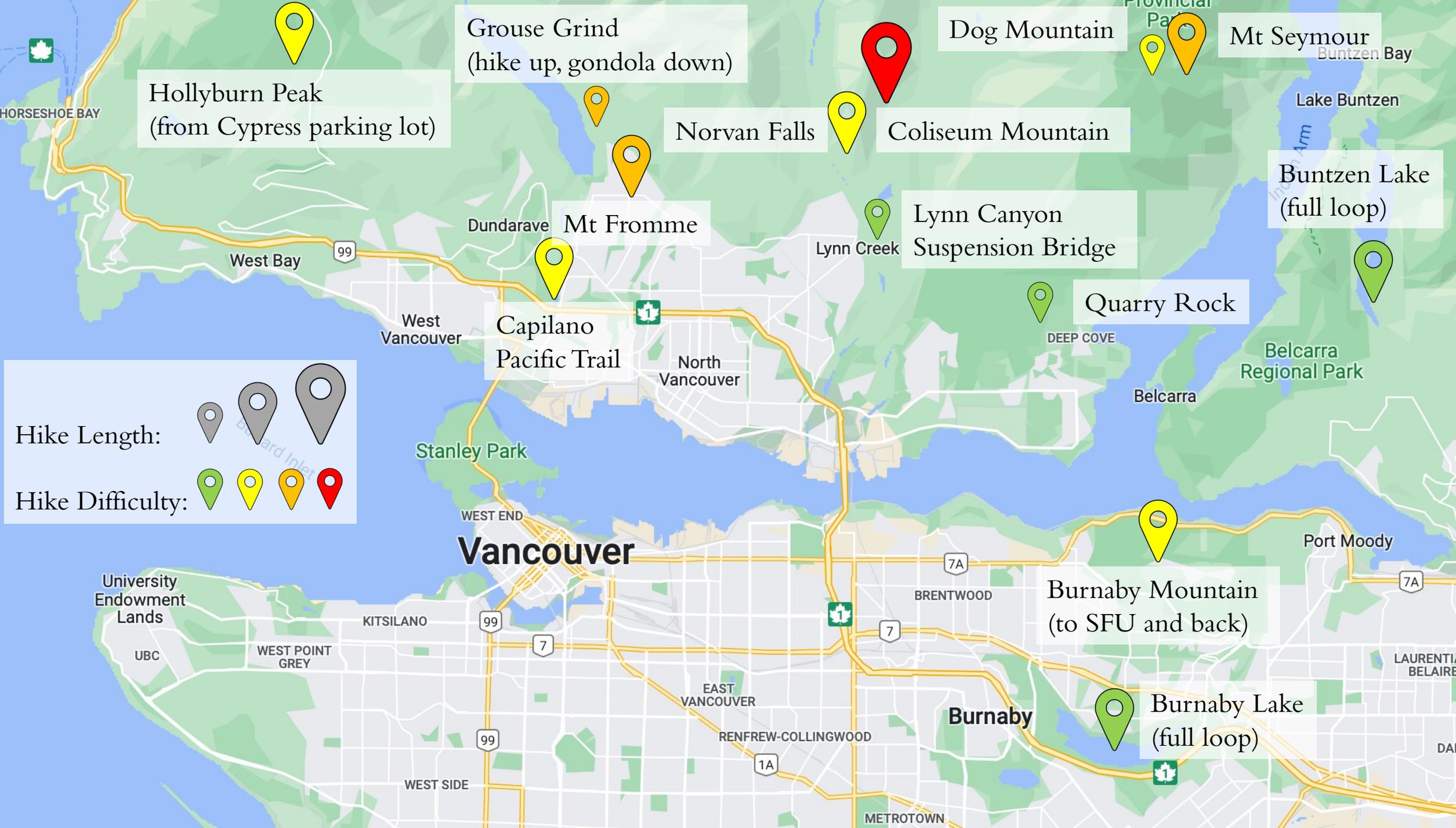


Hike Length:



Hike Difficulty:





Hollyburn Peak
(from Cypress parking lot)

Grouse Grind
(hike up, gondola down)

Dog Mountain

Mt Seymour
Buntzen Bay

Norvan Falls

Coliseum Mountain

Buntzen Lake
(full loop)

Dundarave Mt Fromme

Lynn Canyon
Suspension Bridge

Quarry Rock

Hike Length: 

Hike Difficulty: 

Capilano
Pacific Trail

Lynn Canyon
Suspension Bridge

DEEP COVE

Belcarra
Regional Park

Vancouver

Burnaby Mountain
(to SFU and back)

Burnaby Lake
(full loop)

Burnaby

University
Endowment
Lands

KITSILANO

BRENTWOOD

WEST POINT
GREY

EAST
VANCOUVER

Burnaby

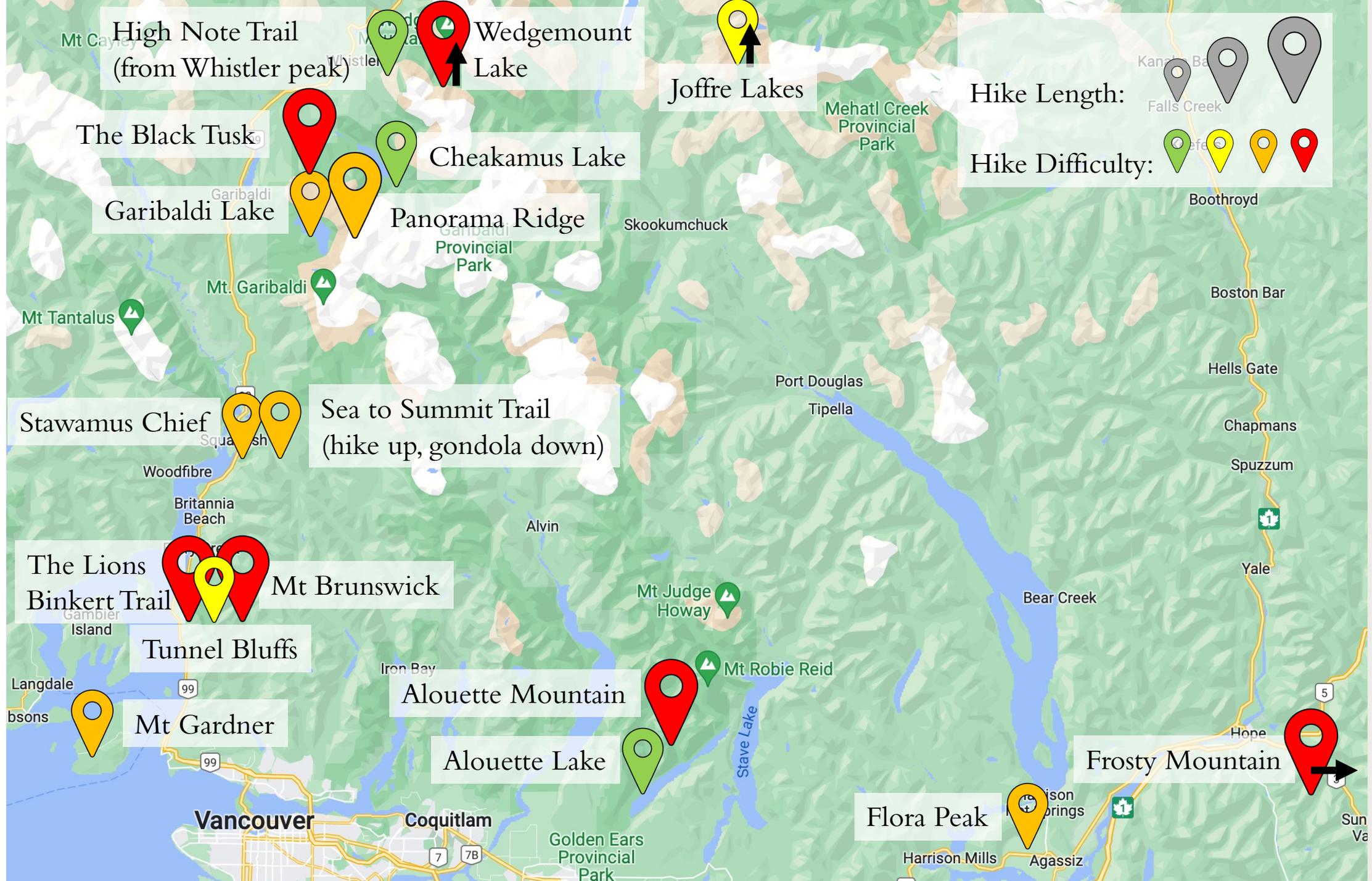
LAURENTI
BELAIRE

WEST SIDE

RENFREW-COLLINGWOOD

METROTOWN

DA...



High Note Trail (from Whistler peak) Wedgemount Lake

Joffre Lakes

Hike Length: [small pin] [medium pin] [large pin]

Hike Difficulty: [green pin] [yellow pin] [orange pin] [red pin]

The Black Tusk

Cheakamus Lake

Garibaldi Lake

Panorama Ridge

Stawamus Chief

Sea to Summit Trail (hike up, gondola down)

The Lions Binkert Trail

Mt Brunswick

Tunnel Bluffs

Mt Gardner

Alouette Mountain

Alouette Lake

Flora Peak

Frosty Mountain

Vancouver

Coquitlam

Golden Ears Provincial Park

Harrison Mills

Agassiz

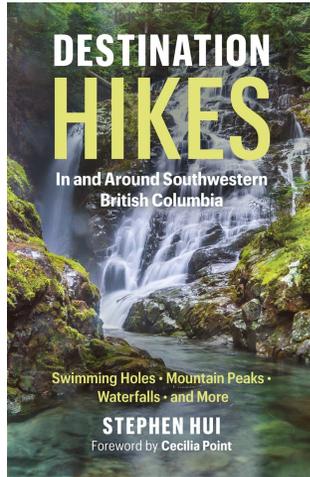
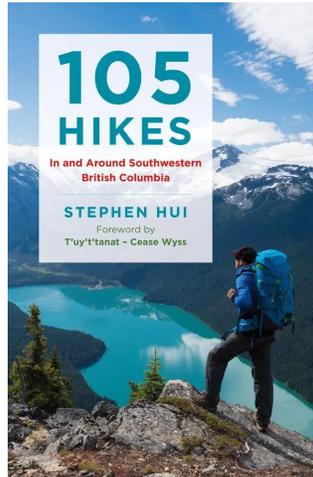
Sun Valley

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, ...

