

# North Shore Trail Loop



**Distance:** up to 35 km, allows for several smaller loops – See Sub-loops descriptions.

**Suggested Starting and end point:** Bridgman Park –Accesses by car from east end of Keith Road or from Mountain Highway south of the Upper Levels Highway.

**Mode of travel:** Well maintained Mountain or hybrid Bike, Good hiking shoes

**Level of Difficulty:** Intermediate - long distance and fairly steep inclines

**Altitude** – 0 to 204m/670 ft.

**Time allowed for cycling:** 4 to 6 hrs including lunch for the complete loop

**Fitness level:** Should be in good physical condition and have experienced cycling over 30k and uphill.

**Possible places for coffee and snacks** –Tilford Shopping Centre, Lonsdale Quay, Pemberton Station, Ambleside, and Edgemont Village.

## Features and Description

### Suggested starting point

Bridgman Park is a good starting point. It has washroom amenities and free parking, and is easily accessible. From the Second Narrows Bridge take the Main Street exit and turn right on Mountain Highway immediately after heading west into North Vancouver. It is also recommended to travel clockwise by first heading south on Lynn Creek Trail for gentler uphill inclines.

### Lynn Creek Trail

Head south along the Creek. It is a pleasant wooded area giving refuge from the neighbouring commercial area around Park & Tilford Mall. Be aware that this is an off-leash area for dogs. At one point take one of the short trails leading to the Park & Tilford Mall and go through the mall and then head for Cotton Road.

### Spirit Trail – North Vancouver Section – 10 km

Along Cotton Road just past Park & Tilford are the Park & Tilford Gardens accessed from Gladstone Avenue, a worthwhile visit.

Continue on Cotton Road to 3<sup>rd</sup> St E and head uphill taking a pedestrian overpass to where the completed Spirit Trail begins. This part of the trail, through a wooded area, overlooks the grain elevators and Burrard Inlet and comes out on 2<sup>nd</sup> St E. This is still the case as of Jan 1, 2015. Follow 2<sup>nd</sup> St. (part of the Spirit Trail) to St. Davids Ave. and turn left. Another pathway begins at the end of the street. This section of trail comes out on Esplanade. However, this detour will soon not be necessary.

The market is a great spot to eat and stroll around. Also the Quay is the accesses to the SeaBus, a good spot to start this loop from the Vancouver side.

Past the Quay is Waterfront Park along the water. It has washrooms. Do enjoy its interesting sculptures, interpretive signs, and the national aboriginal theme Trans Canada Trail Pavilion with its welcoming totem Sculptures by Darren Yelton.

Past the BCIT Marine Building the Spirit Trail and Trans Canada Trail must follow Forbes, 3<sup>rd</sup> St, 2<sup>nd</sup> St and Bewicke Ave for now. On the left are the Mission Squamish Lands with its National Historic Site, St. Paul's Catholic Church, the oldest church in Vancouver.

The finished Spirit Trail Path begins again shortly after the railroad tracks. Follow the trail by taking a right fork towards the waterfront. This greenway goes around an Automall along the waterfront taking in Mills Walk and Mackay Creek over a delightful pedestrian overpass to First Street.

Continue on the Spirit Trail along 1<sup>st</sup> past the former Pemberton Train Station into Welch Strip Park then through the Capilano Squamish Nation lands reaching the Capilano River under the Lions Gate Bridge. Note the Squamish Nation's Long House along way.

### Spirit Trail – West Vancouver Section – 2.2 km

The section of the Spirit Trail continues once over the bridge crossing of the Capilano River. At this junction the walkers should follow the better option along the Pacific-

Capilano Trail to eventually reach the Fish Hatchery in Capilano Regional Park, an extraordinary walking trail.

Cyclists continue following the marked Spirit Trail Path through Ambleside Park with its great amenities. (Walkers have another option of following the waterfront on a Spur Trail all the way to Dundarave.)

### **Connecting to Stevens Drive – 4.2 km**

At 13<sup>th</sup> St head across the railroad tracks and veer to the right unto Keith Rd and stay on Keith right up and under the Upper Levels Highway where you need to take a trail to the left. This unfinished section of trail follows the Upper Level to 3<sup>rd</sup> St. Go up 3<sup>rd</sup> to Mathers Ave. Turn right on Hadden Drive. Stay on Hadden up to Stevens Drive. Turn on Stevens Drive.

### **Stevens Drive – 3 km**

Stevens Drive is a steady climb on the Trans Canada Trail past the Capilano Golf Club to Deep Deny Rd. Turn left continuing on the Trans Canada Trail on Glenmore Drive. Shortly up Glenmore Drive watch for an alley which is a pathway into Capilano Regional Park via the Trans Canada Trail.

### **Capilano Regional Park – 2.7 km (plus 2.2 km with fish hatchery)**

Well into the park cross over the Cleveland dam overlooking the Capilano Canyon. Watch for TCT signage and turn right down a Park roadway to Capilano Park Road. At this juncture there is an opportunity to go right to visit the highly popular Capilano River Fish Hatchery with its viewing windows of salmon climbing fish ladders. Otherwise, turn left on Capilano River Road and watch for a trail veering to the left. It goes through a forested area to Eldon Rd. (Note that walkers follow a canyon trail from the hatchery to the Eldon Trail).

### **Edgemont Village – 2.5 km**

Cross Capilano Road and continue on Eldon Road to Eldon Park. Enter at the park entrance and take a trail around the sport fields to Sunset Blvd and cross over to Emerald Drive. Take it to Edgemont Blvd and turn left. Enjoy the amenities of this village and continue to Queens Road. Turn left. Watch for a TCT sign on the right to enter Mosquito Creek Trail.

### **Mosquito Creek Trail – 2.3 km**

Follow Mosquito Creek Trail all the way to its entrance at the corner of Fell Road and Larson Road enjoying the forest and the enhancements made to the creek for salmon spawning. To continue along Mosquito Creek, cross Larson Road, turn left and then right again along the east side of the creek to 14<sup>th</sup> St. Head left on 14<sup>th</sup> and turn right on Bewicke Ave to 13<sup>th</sup> st and turn left.

### **Keith Road – Greenway – 2.7 km**

Soon up 13<sup>th</sup> St, head east along Keith Road taking a pathway in the boulevard all the way through Victoria Park taking in the architecture and views, a section of the Green Necklace greenway. Past Victoria Park continue to Grand Boulevard. And turn left.

**Grand Boulevard** – 1.7 km, a section of the Green Necklace Greenway

Head up a gentle hill on a pathway in the middle of this very wide Boulevard and keep going all the way to 19<sup>th</sup> Street. Follow 19<sup>th</sup> to a High School. Go left and watch for a trail on the right just past the schoolyard.

**Greenway to Bridgman Park via Lutet and Keith-Lynn Parks** – 3 km

From here follow a good trail all the way back the Bridgman Park across Keith Road. Make sure to follow the trail along the playing fields when they come into view. Do not take the very steep trail that is closer to the highway. After the playing fields the trail is under power lines and is quite a steep downhill.