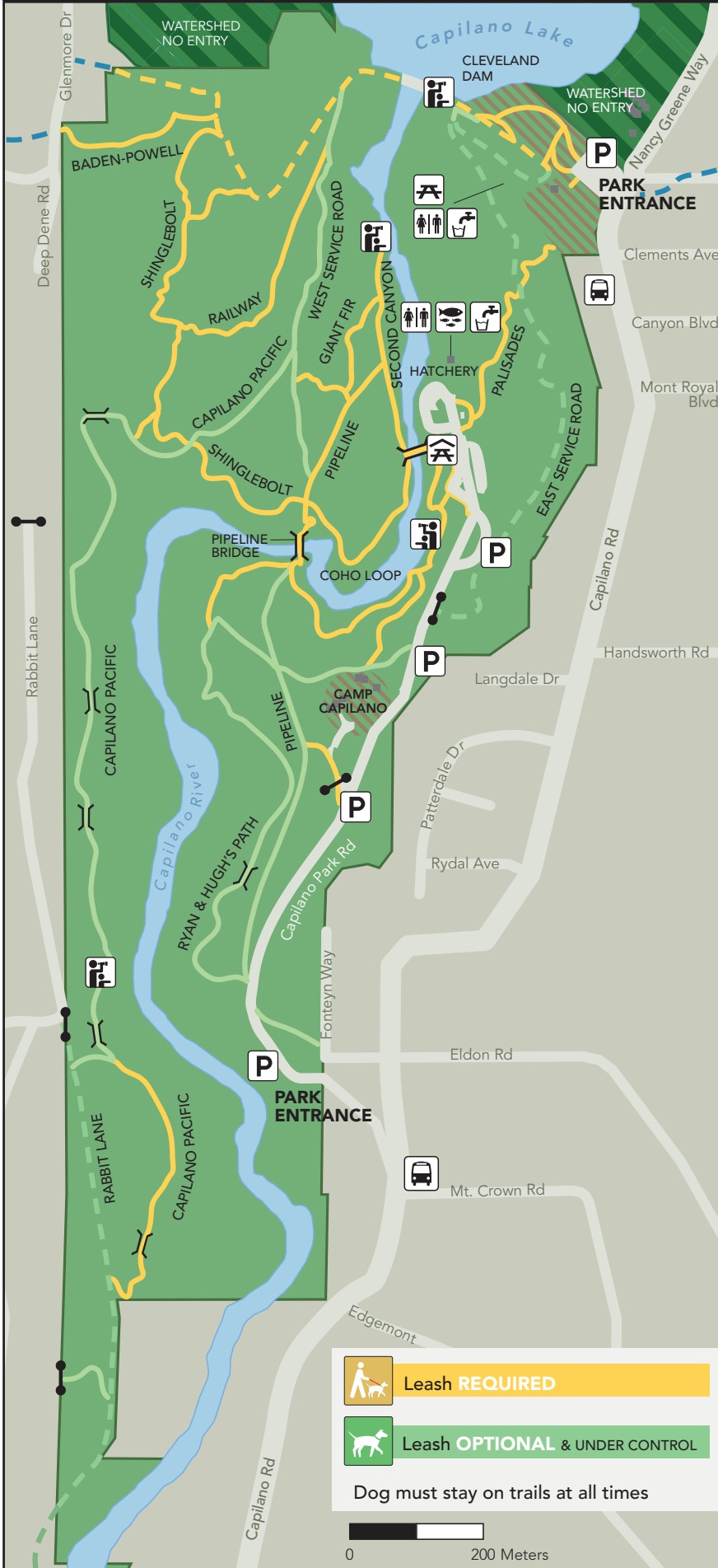


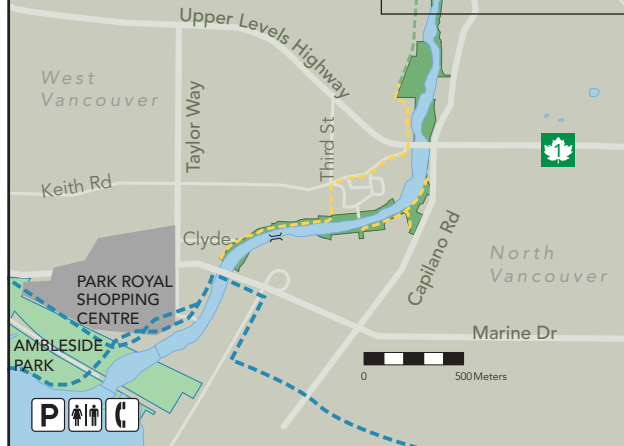
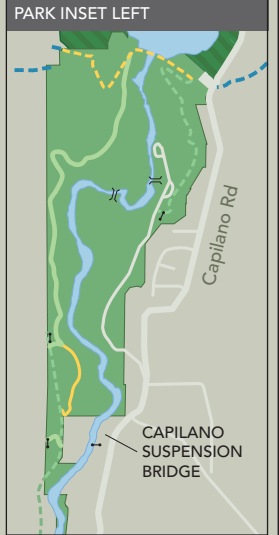
CAPILANO RIVER REGIONAL PARK



PARK OVERVIEW

HOW TO GET TO THE PARK

From Highway 1 take the Capilano Rd./ Grouse Mtn. exit (exit #14) and drive north to the fish hatchery turnoff, or continue to the Cleveland Dam parking lot.

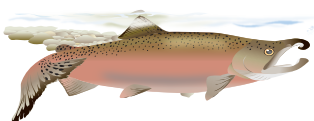


CAPILANO PACIFIC TRAIL

Stretching from Cleveland Dam at the north to Ambleside Park at the south end, the Capilano Pacific Trail runs for about 6 km.

- Information
- Viewpoint
- Parking
- Drinking Water
- Toilets
- Hatchery
- Picnic Area
- Bus
- Picnic Shelter
- Gate
- Leash Required Hiking Trail
- Bridge
- Leash Optional Hiking Trail
- Trans Canada Hwy
- Hiking/Cycling Leash Required
- Regional Park
- Hiking/Cycling Leash Optional
- No Entry
- Municipal Trail
- No Dogs in Area

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TRAIL INFORMATION

Trail	Distance to Return	Time to Return	Terrain	Comments
Coho Loop Trail (from Hatchery and back)	1.1 km return	30 minutes	Flat, a few short climbs and stairs.	Spectacular canyon views. Mixed forests, rocky outcrops, old cedar snags and scenic river crossings.
Second Canyon Viewpoint Trail (from Hatchery and back)	0.6 km return	20 minutes	Flat, easy.	Breathtaking views up the canyon to Cleveland Dam spillway.
Capilano Pacific Trail (from Cleveland Dam to Ambleside Park)	15 km	6 hours	Short climbs, stairs, some rough sections.	Wind through impressive forests of Douglas-fir and cedar, alongside the Capilano River.