



Grouse Mountain

Regional Park

District of North Vancouver

Steep mountain slopes and towering trees are the essence of this regional park. Hikers will enjoy the challenging uphill trails. The mature rainforest is also home to a variety of wildlife including red-legged frogs, barred owls, black bears and cougars.



Hikers: Know Before You Go

The Grouse Grind Trail and the BCMC Route are steep

- You must be fit to hike them
- They are NOT for beginners
- The trails are rated difficult due to the 800 m elevation gain

Wear good hiking footwear

- No flip-flops, flimsy runners or heels

Take drinking water

- 1 litre minimum (more when it's hot out)

Bring a snack

- e.g. nuts, fruit

Bring an extra layer

- to keep warm if you need to stop

Regional Parks – Get involved!

There are a number of ways to get involved with regional parks. A good starting point is the Volunteering Opportunities webpage at metrovancover.org.

Metro Vancouver Regional Parks Foundation

Find out how you can donate to the parks you love at MVRPFoundation.ca.

Further information:

Area office for Grouse Mountain, 604-224-5739
 Metro Vancouver, 604-432-6200
metrovancover.org

Mailing Address:

Metro Vancouver Regional Parks
 4515 Central Blvd, Burnaby, BC
 Canada V5H 0C6

Trails and Recreation

Hiking

The park has three main designated trails:



Grouse Grind Trail: while only 2.5 km long, the trail climbs 800 m in elevation and so is considered challenging. Uphill travel only.

BCMC Route: more rugged and on rougher terrain than a trail, which typically has more built features such as steps, bridges and handrails. 2.9 km long; 750 m elevation gain. Also rated challenging.

Baden-Powell Trail: a small section of the 50-kilometre Baden-Powell Trail, which stretches across the North Shore from Horseshoe Bay to Deep Cove. The section, which has steep parts as well as lots of rocks and roots, is rated intermediate.

Stay on designated trails at all times, for your safety, that of park staff and first responders.

Weather-related Closures



Trails in the park may close during times of inclement weather including high winds, heavy rain, heavy snow or icy conditions. For your safety, please respect all trail closures.

Dogs



Dogs are not allowed on the Grouse Grind Trail or the BCMC Route. The Baden-Powell Trail is leash-required.

No Cycling



Cycling is not permitted on park trails.

No Camping, No Fires and No Smoking



Neither camping nor fires are allowed in the park. Smoking is also not permitted in the park.

Enjoy the Park Safely

Regional parks are natural areas and can present hazards for the unprepared. Look and listen, and be aware of your surroundings. Be prepared for changing conditions. Please comply with all signs and enjoy your visit.

Emergencies



In case of emergency phone 9-1-1 for fire, ambulance and police services.

Wildlife Safety



Bears and cougars may be encountered from time to time in the park. Do not approach or attempt to feed them. If you encounter a bear or cougar on the trail, keep 100 m away. Talk to it in a calm voice, slowly back away and leave the area. Do not run. Alert other trail users and report your sighting to park staff.

General Information

Park Hours

In general, the park is open from 7 am to dusk. Closing time is posted at the entrance. Earliest closing time is 2 pm (in December).

Protect the Park

For information on programs, field trips and events, go to metrovancoveronline.org or call 604-432-6359.






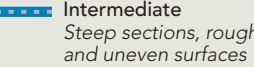
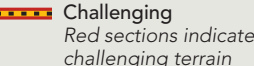
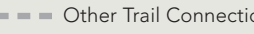

Rules and You

Help ensure the future of the region's natural treasures. By staying on designated trails and complying with other park regulations in place to protect habitat, wildlife and facilities, you are helping to keep regional parks healthy, beautiful and well-maintained.

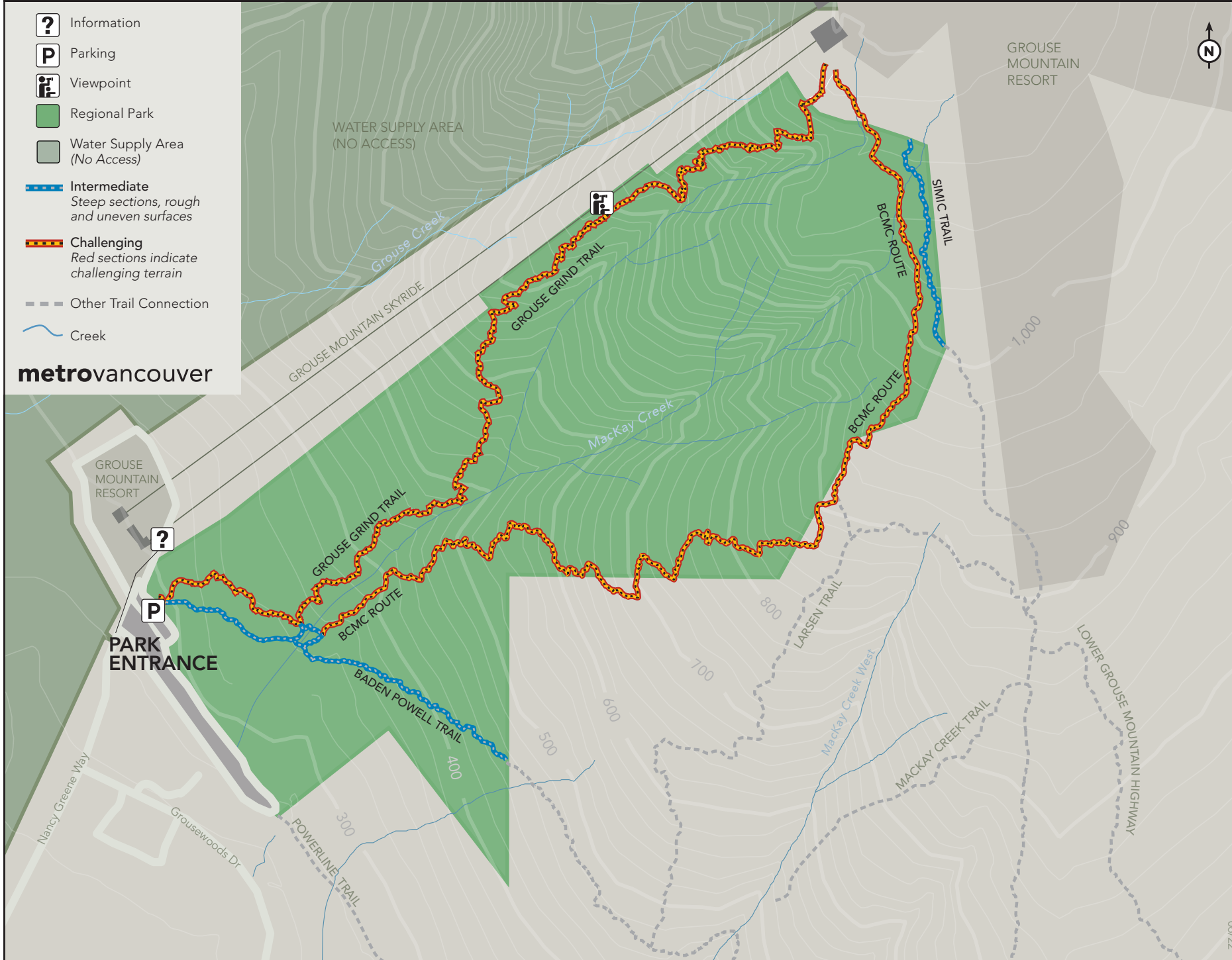
Park Alerts and Notices

Park conditions are posted on the Regional Parks page at metrovancover.org. To report conditions or situations requiring the assistance of Metro Vancouver, phone or leave a message at the Park Area office: 604-224-5739.

GROUSE MOUNTAIN REGIONAL PARK

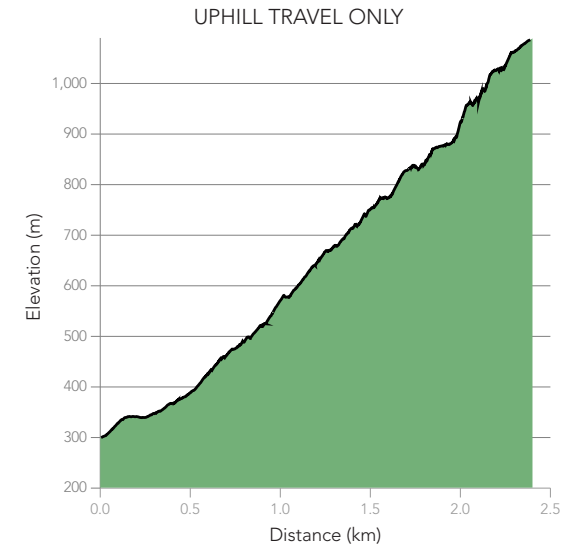
-  Information
-  Parking
-  Viewpoint
-  Regional Park
-  Water Supply Area (No Access)
-  Intermediate
Steep sections, rough and uneven surfaces
-  Challenging
Red sections indicate challenging terrain
-  Other Trail Connection
-  Creek

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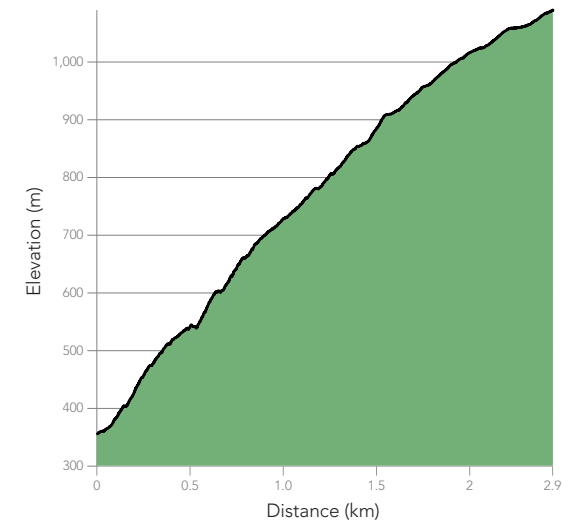
TRAIL AND ROUTE INFORMATION

Grouse Grind Trail - Elevation



While relatively short in distance, the trail is very steep and thus considered challenging. Stay on the trail at all times, for your own safety and that of others.

BCMC Route - Trail Elevation



This route is more rugged and rougher terrain than a trail, which typically has more built features such as steps, bridges and handrails.