




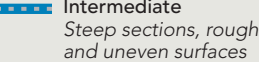
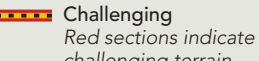
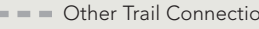

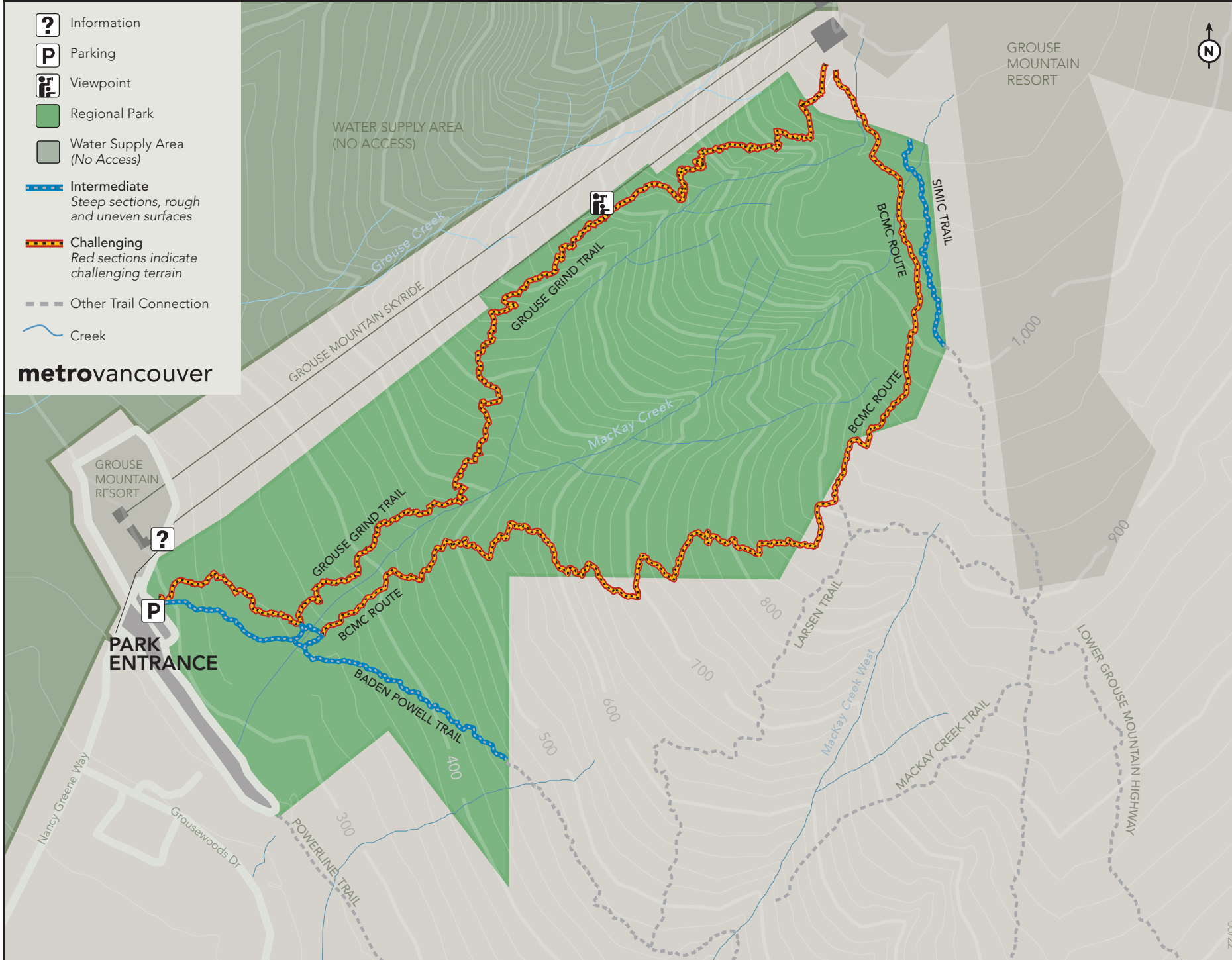


GROUSE MOUNTAIN REGIONAL PARK

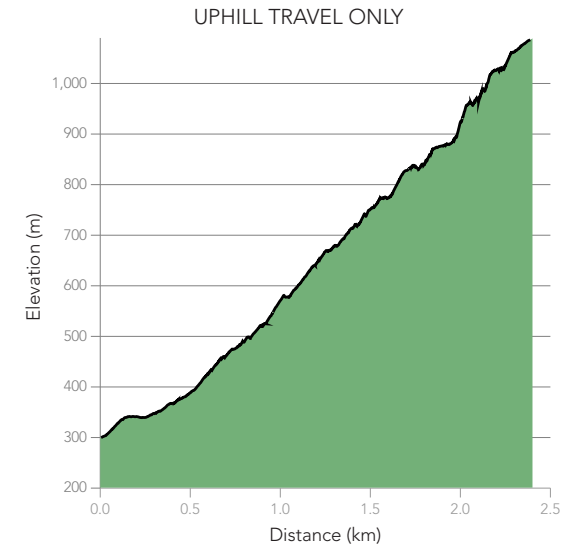
-  Information
-  Parking
-  Viewpoint
-  Regional Park
-  Water Supply Area (No Access)
-  Intermediate
Steep sections, rough and uneven surfaces
-  Challenging
Red sections indicate challenging terrain
-  Other Trail Connection
-  Creek

metrovancouver



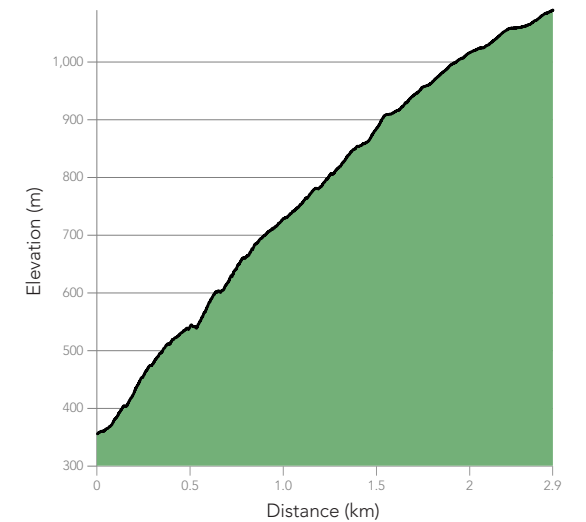
TRAIL AND ROUTE INFORMATION

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.