Connect with Regional Parks!

Programs and Events

Check out fun nature activities and events:
metrovancouver.org (search "nature programs")

Stewardship

Want to lend nature a helping hand and have fun at the same time?

Join our Ecological Restoration Team:
meetup.com (search "regional parks" in Groups)

More information

For more information on the regional park or greenway closest to you, go to **metrovancouver.org** (search "regional parks") or call 604-432-6350.

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metrovancouver | REGIONAL PARKS

Regional Parks & Greenways

Regional Park	Walking Trails (km)	Equestrian Trails (km)	Cycling Trails (km)	Camping	Camping - Group	Canoeing or Kayaking	Fishing	Leash Optional Area	Leash Optional Trail	Visitor Centre (seasonal)	Picnic Shelter	Swimming (unsupervised)	Transit
Aldergrove Langley	15.1	5.0	6.7					●			●		
Barnston Island Electoral Area A	0.3	0	0.3				●						
təmtəmíx̌ʷtən/Belcarra Belcarra, Anmore, Port Moody	26.4	0	8.6			●	●				●	●	●
Boundary Bay Delta	23.7	17.0	19.2								●	●	●
Brae Island Langley	3.8	0	3.5	●	●	●	●						●
Burnaby Lake Burnaby	19.0	6.2	3.5			●				●			●
Campbell Valley Langley	33	16.7	9.0		●			●		●	●		●
Capilano River North Vancouver, West Vancouver	16.8	0	4.7		●		●		●		●		●
ƛéxətəm (formerly Colony Farm) Coquitlam, Port Coquitlam	11.8	0	9.6										●
Crippen Bowen Island	11.4	5.6	5.5			●	●	●			●		●
Deas Island Delta	5.9	3.4	0		●	●	●				●		●
Derby Reach Langley	12.8	4.2	6.0	●		●	●	●			●		
Glen Valley Langley	0.6	0	0			●	●						
Grouse Mountain North Vancouver	6.1	0	0										●
Iona Beach Richmond	12.8	0.8	5.6						●				
Kanaka Creek Maple Ridge	11.8	5.3	2.8			●	●						
Lynn Headwaters North Vancouver	40.1	0	1.8						●	●			●
Minnekhada Coquitlam	10.2	0	2.3										
Pacific Spirit Vancouver	55.5	34.4	37.1						●			●	●
South Langley Langley	2.0	0.5	0.5										
Surrey Bend Surrey	6.8	0	5.3								●		
Thwaytes Landing North Vancouver	0.2	0	0			●							
Tynehead Surrey	15.1	0	6.3		●			●					●
Widgeon Marsh (limited public access) Coquitlam	6.5	0	6.1										

Metro Vancouver Regional Parks & Greenspace

orange-crowned warbler

Regional Parks

There are 24 regional parks in the system, from Langley to Bowen Island. They protect a diversity of landscapes and habitats including beaches, creeks, lakes, forests, mountains, and wetlands.

Regional parks provide homes for wildlife as well as places for us to hike, cycle, picnic, and swim.

But did you know they help provide clean air, clean water, and health benefits? Research shows that just being in nature has a positive effect on your physical and mental health.

Regional Greenways

There are five regional greenways: Brunette-Fraser, Delta South Surrey, North Alouette, Pitt River, and Seymour River. These pedestrian and cycling routes connect important greenspaces and provide corridors for wildlife. They also offer recreational and, in some cases, attractive commuting options for people.

Regional Park Reserves

Think of these as parks in waiting. Public access is limited until plans and facilities are in place.

Ecological Conservancy Areas

These areas are set aside to protect sensitive natural areas and are closed to the public.

All of these places are located on the shared territories of many Indigenous peoples, including 10 local First Nations: q̓íc̓əy̓ (Katzie), q̓ʷɑ:ńƛənń (Kwantlen), kʷikʷəƛəm (Kwikwetlem), máthxwi (Matsqui), xʷməθkʷəy̓əm (Musqueam), qiqéyt (Qayqayt), Semiahmoo, Skwxwú7mesh úxwumixw (Squamish), sc̓əẃaθən məsteyəxʷ (Tsawwassen), and səl̓ílwətaʔɬ (Tsleil-Waututh).