STANLEY PARK SEAWALL LOOP

Vancouver, British Columbia

A coastal walk around Vancouver's iconic Stanley Park, combining ocean views, Indigenous cultural landmarks, beaches, old-growth forest, public art, and one of the world's most celebrated urban waterfront paths. A perfect introduction to Vancouver on foot.

6 Miles	~246 ft	Easy	2.5–3.5 Hours	Loop
DISTANCE	ELEVATION GAIN	DIFFICULTY	TIME	TYPE

FACILITIES

- Restrooms available at:
  - Coal Harbour
  - Brockton Point
  - Third Beach
  - Second Beach
  - Rose Garden
  - Vancouver Aquarium area
- Benches and scenic seating throughout the route
- Water fountains available seasonally
- Cafés, restaurants, and concessions near Coal Harbour, Second Beach, and Prospect Point
- Bike rentals available near the park entrance and Coal Harbour
- Paid parking available nearby

ACTIVITIES

- Explore the Brockton Point Totem Poles
- Visit the RMS Empress of Japan Dragon Figurehead
- Discover Brockton Point Lighthouse
- View the Girl in a Wetsuit sculpture
- Photograph Siwash Rock and ocean vistas
- Wander inland forest trails and Beaver Lake
- Visit the Stanley Park Rose Garden
- Birdwatching, wildlife viewing, and nature photography
- Relax at Third Beach and Second Beach

WHAT TO BRING

- Comfortable walking shoes
- Layers for changing ocean temperatures
- Lightweight rain jacket
- Water bottle
- Camera or smartphone
- Sunscreen and sunglasses

DOGS

- Dogs permitted throughout most of the route
- Leash required
- Some beach and wildlife areas may have seasonal restrictions
- Water available at several locations

COST: Free to walk; parking fees may apply nearby.

MAP: Available on: Stanley Park Trails Map
https://vancouver.ca/files/cov/stanley-park-trails-map.pdf

www.adventurousambles.com