

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

DISTANCE



~246 ft

ELEVATION GAIN



Easy

DIFFICULTY



2.5–3.5
Hours

TIME



Loop

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