

# NORTH SHORE SPIRIT TRAIL

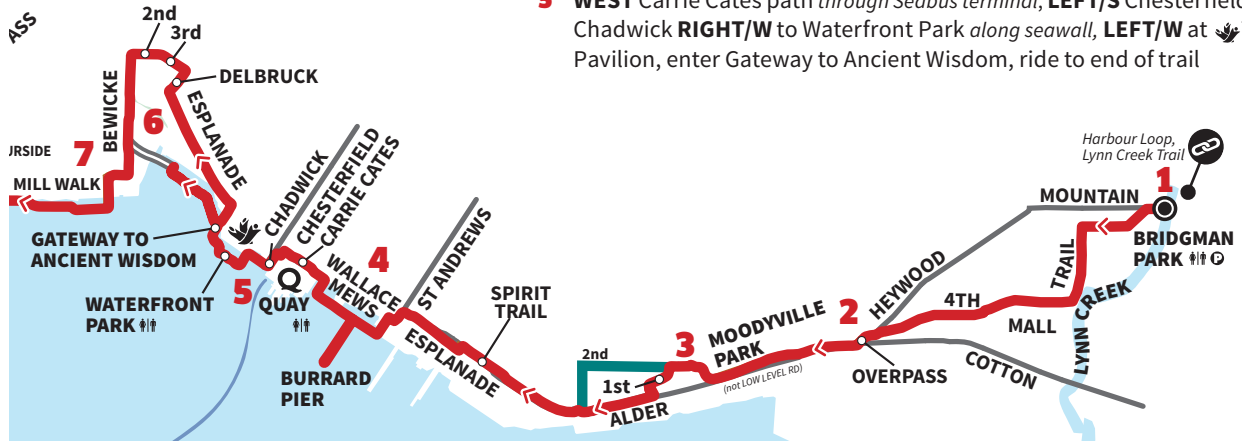
**NORTH VANCOUVER** Paved separate paths and quiet roads **30km**

That's the Spirit...Trail! For a fun and easy ride head over to the North Shore and enjoy the Spirit Trail. The well-signed route is a safe and separated pathway with lots to discover along the way. Explore Lonsdale Quay Farmer's Market, see views of the Vancouver skyline and visit beaches along the way.

📍 **START at Bridgman Park - North Vancouver**

- 1 SOUTH** on trail along Lynn Creek, **WEST** 5th and behind mall, **WEST** 4th - Spirit Trail
- 2 LEFT/S** Heywood across overpass, **RIGHT** through Moodyville Park (not Lower Level Rd)

- 3 LEFT/W** 2nd, choose
  - a) **MORE FUN: LEFT** 1st, **L** down winding path, **R** Alder
  - b) **STREET: W** on 2nd
- 4 LEFT** St Andrews, cross Esplanade \*explore Wallace Mews, ride to end of Burrard Pier and say Oh Wow! **WEST** to Lonsdale -\*visit Lonsdale Quay
- 5 WEST** Carrie Cates path through Seabus terminal, **LEFT/S** Chesterfield, at Chadwick **RIGHT/W** to Waterfront Park along seawall, **LEFT/W** at TCT Pavilion, enter Gateway to Ancient Wisdom, ride to end of trail



- 6 FUTURE BRIDGE DETOUR:** Retrace to Gateway, **LEFT/N** across tracks, **LEFT/W** Esplanade, **RIGHT** Delbruck, **LEFT/W** 3rd, **LEFT** 2nd, **LEFT/S** Bewicke
- 7 WEST** through Kings Mill Walk \*lunch - Thomas Haas, **NORTH** across overpass

- 8 LEFT/W** 1st, through Welch Park, **WEST** Welch, **RIGHT** under Lions Gate Bridge
- 9 LEFT/W** Taylor ⚠️ shared road, before mall quick **LEFT** on trail, **WEST** through Ambleside Park
- 10** At 8th return via same route

**LEGEND**

- Start
- Ride Direction
- Main Route
- Future Bridge
- Alternate Route
- Washrooms
- Parking
- Bike With Caution!
- Lonsdale Quay
- Thomas Haas
- TCT-TransCanada Great Trail

