



# 18 BC PARKWAY



VANCOUVER • BURNABY • NEW WESTMINSTER Paved separated paths, quiet roads **18km one way • 36 km return**

For a great city ride through New Westminister, Burnaby and Vancouver, take the BC Parkway. The mostly flat route follows the Skytrain most of the way. It's 18km long from the Fraser River to Trout Lake. I start at 22nd Station, have lunch on Commercial Drive and take the train back. For a longer loop, connect with Central Valley Greenway.

## EAST TO WEST • 18km one way

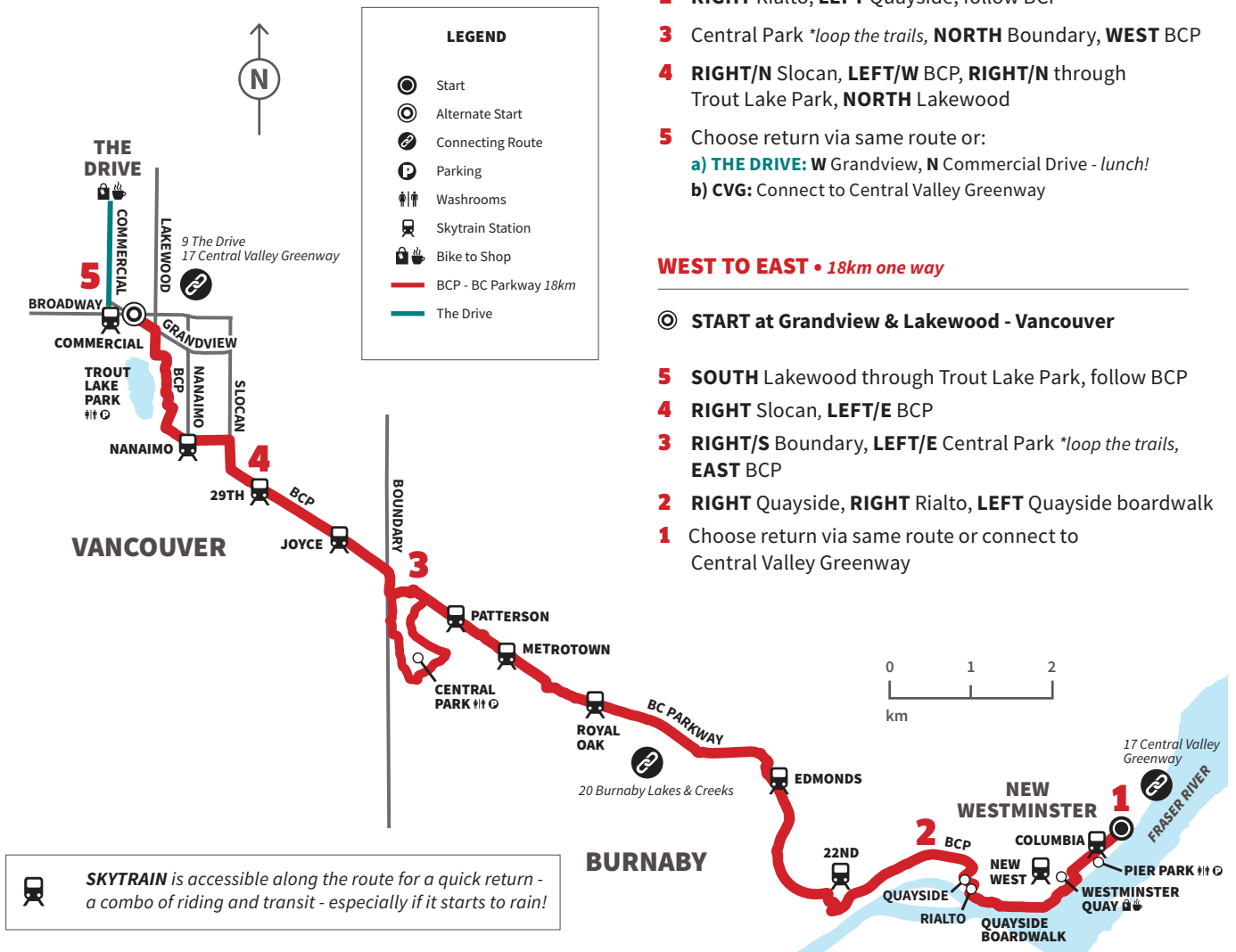
📍 **START at Westminster Quay - New Westminister**

- 1 WEST** on Quayside boardwalk
- 2 RIGHT** Rialto, **LEFT** Quayside, follow BCP
- 3** Central Park \*loop the trails, **NORTH** Boundary, **WEST** BCP
- 4 RIGHT/N** Slocan, **LEFT/W** BCP, **RIGHT/N** through Trout Lake Park, **NORTH** Lakewood
- 5** Choose return via same route or:
  - a) **THE DRIVE**: W Grandview, N Commercial Drive - lunch!
  - b) **CVG**: Connect to Central Valley Greenway

## WEST TO EAST • 18km one way

📍 **START at Grandview & Lakewood - Vancouver**

- 5 SOUTH** Lakewood through Trout Lake Park, follow BCP
- 4 RIGHT** Slocan, **LEFT/E** BCP
- 3 RIGHT/S** Boundary, **LEFT/E** Central Park \*loop the trails, **EAST** BCP
- 2 RIGHT** Quayside, **RIGHT** Rialto, **LEFT** Quayside boardwalk
- 1** Choose return via same route or connect to Central Valley Greenway



**SKYTRAIN** is accessible along the route for a quick return - a combo of riding and transit - especially if it starts to rain!

DISCLAIMER: This map is a route aid, not to scale, does not show all roads and trails. Information was accurate when printed, but things change! Author/Publisher disclaim any liability with use of information; your safety is your responsibility, be safe and have FUN! If you enjoyed this map, please consider purchasing the guidebook or ebook to support mapping and cycling advocacy. Check for updates, report corrections - [www.letsgobiking.net](http://www.letsgobiking.net) ©Colleen MacDonald 2018 | updated 2019-03-01