



# 37 DEEP COVE



**NORTH VANCOUVER** *Hardpacked trails, quiet shared roads* **10km loop**

There's lots to see and do in Deep Cove on this cycling and walking route. See the ruins of the old mill in Cates Park, ride through Dollarton, choose the flat Spirit Trail, or climb the hills and trails of Cove Cliff. Add on a stretch along Panorama for views of the cove and Indian Arm. Explore the quaint Deep Cove village — visit the wharf, stores and galleries, and stop at Honey's for a famous RolyPoly donut!

**START** at Cates Park - North Vancouver

- 1** NORTH on Malcolm Lowry trail, past old mill ruins
- 2** Exit park **LEFT** Sea Shell, **RIGHT** Beachview
- 3** **LEFT** Mt Seymour, quick **RIGHT** Kinloch
- 4** **RIGHT/E** Strathcona, **LEFT** Norah's Walk, behind school stay **NORTH** on trail to Myrtle Park, choose route **5** or **6**:

### SPirit TRAIL • 1km to Deep Cove Village

- 5** **NORTH** Banbury, **RIGHT/E** Raeburn, **LEFT/N** Rockcliff, **NORTH** on Banbury to Gallant Wharf

### HILLS & TRAILS • 3km

- 6** From Myrtle Park **RIGHT/E** on trail, keep **LEFT** at bridge, emerge on Strathcona \*visit Strathcona Park, **EAST** up Strathcona - steep, **LEFT** Roxbury, **RIGHT/E** Cove Cliff, **LEFT** Naomi \*take Wickenden Park trail, emerge at Lockenhaven, **WEST** Raeburn, **RIGHT/N** Parkside, **WEST** through Deep Cove Park to Gallant Wharf
- 7** **DEEP COVE VILLAGE:** **LEFT/W** Gallant \*explore Deep Cove Village, wharf, Honey's RolyPoly!
- 8** \***PANORAMA** • 2km out and back **N** through Panorama Park, **R** Panorama Dr to marina, return same route
- 9** From Gallant go **SOUTH** on Panorama, **RIGHT** Naughton, **LEFT/S** Caledonia Trail, at Cove Cliff enter Myrtle Park trail, **EAST** around school, **RIGHT/W** Strathcona, **LEFT/S** Caledonia, quick **RIGHT/W** Mt Seymour Pkwy
- 10** **SOUTH** Baycrest, **LEFT/E** Bakerview, **RIGHT/S** Roslyn, enter Cates Park, **RIGHT/W** on first trail



**letsgobiking.net**  
 • Enjoyed this map? Explore more in the new guidebook!

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