



17 CENTRAL VALLEY GREENWAY

VANCOUVER • BURNABY • NEW WESTMINSTER *Paved separated paths, quiet roads* **25km one way • 50km return**

A multi-use pedestrian and cycling route linking New Westminster, Burnaby and Vancouver, the CVG-Central Valley Greenway is a great place to walk, run, or ride. From end to end the 25km route is flat, separated and safe with many parks, shopping and transit hubs along the way. Start from either end, return via same route for a 50km out and back ride, or return on BC Parkway for a 50km loop.

WEST TO EAST

🕒 **START at Science World-Main Skytrain - Vancouver**

- 1 SOUTH** past Science World, **LEFT/S** Ontario, **LEFT/E** 1st, follow CVG along Great Northern then Grandview
- 2** At Victoria watch for CVG signage, continue **EAST**
- 3** Cross Sperling overpass, **EAST** on CVG-Winston
- 4** *For Burnaby Lake Nature House: **S** on Piper
- 5 EAST** along CVG-Winston, **RIGHT/S** Cariboo, **LEFT/E** along Brunette River, through Hume Park, **SOUTH** on CVG-Columbia
- 6** *Visit Westminister Quay, return via same route or connect to BC Parkway

EAST TO WEST

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

- 6 NORTH** on CVG-Columbia
- 5** Through Hume Park, **EAST** along Brunette River, **RIGHT/N** Cariboo, **LEFT/W** on CVG-Winston
- 4** *For Burnaby Lake Nature House: **S** on Piper
- 3 WEST** on CVG-Winston, cross Sperling overpass, **WEST** on CVG
- 2 WEST** follow CVG along Grandview, then Great Northern, then 1st
- 1 RIGHT/N** Ontario to Science World-Main Skytrain

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

