



# 33 NORTH SHORE SPIRIT TRAIL



**NORTH VANCOUVER • WEST VANCOUVER** Paved separate paths and quiet roads **15km one way • 30km return**

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. Ride to the end of Burrard Pier for view of Vancouver City, explore Lonsdale Quay Market, 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 Low Level Rd*)
- 3** Emerge from park, **LEFT/W** 2nd for one block, 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
- 6 WEST** through Kings Mill Walk *\*lunch - Thomas Haas on Harbourside*, **NORTH** across overpass
- 7 LEFT/W** 1st, through Welch Park, **WEST** Welch, **RIGHT** under Lions Gate Bridge
- 8 LEFT/W** Taylor - *shared road*, before mall quick **LEFT** on trail, **WEST** through Ambleside Park
- 9** At 18th return via same route



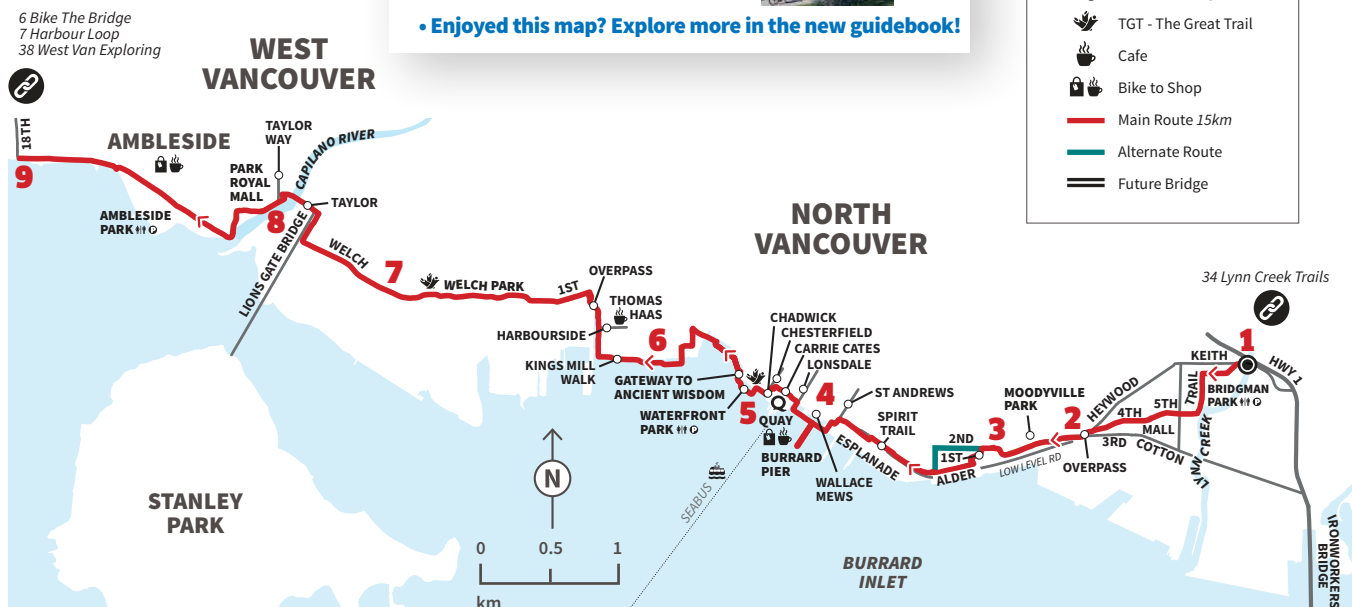
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LEGEND	
	Start
	Connecting Route
	Ride Direction
	Parking
	Washrooms
	Lonsdale Quay
	TGT - The Great Trail
	Cafe
	Bike to Shop
	Main Route 15km
	Alternate Route
	Future Bridge



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.lets gobiking.net](http://www.lets gobiking.net) ©Colleen MacDonald 2018 | updated 2019-03-01