**DIGITAL MAP**

**Vancouver's**

**Stanley Park**

**West Coast Rainforest**

Stanley Park features one of the world's premier urban forests—and much of the 400 hectares (1000 acres) public park is still as densely forested today as it was in the late 1880s. There are nearly half a million trees, some hundreds of feet tall and as tall as 70 metre (230 ft).

To experience the real Stanley Park, take one of the many guided tours. There are 25 kilometers (16 miles) of trails winding through this lush setting of towering red cedar, hemlock and Douglas fir. Much of the park was logged in the 1800s and early 1900s, and some trails are actually old logging roads. There are stump piles that still bear the tell-tale marks of lumberjacks and their saps. For a few of the larger, old forest tracts in the park, remember to check the “Big Tree” icon on the map to find them.

Though a hurricane-force windstorm struck Vancouver in December 2006, destroying 10,000 Stanley Park trees and damaging the Seawall, an award-winning restoration plan has the park in tip-top shape. First Nations stories and significance. The creation of Stanley Park in 1886 gave rise to the Vancouver Board of Parks and Recreation, one of a few elected boards of EcoTrust Canada. Today, the Park Board oversees Vancouver's 240 parks and 24 community centres, plus many pools, rinks, golf courses, sports fields and beaches.

**First Nations**

Coast Salish artwork in the park expresses the history of the land and people who lived here and surrounding regions. Installed in 2008 at Brockton Point, the first Coast Salish carvings are three cedar totem poles by renowned Musqueam artist Susan A. Point. Her People Amongst the People sculpture provides visual welcome to all visitors. The second Coast Salish work is the Totem Pole Artwork, created by seven carvers led by Squamish artist Robert Cheese. The third most recent is Coast Salish artist Luke Morton’s 2020 installation, which commemorates the ancestral connection between the people and nations throughout the Pacific Northwest.

**Wild, Wild, Wild Life**

With its diverse habitats—from coniferous forest to boggy wetlands and rocky shoreline—Stanley Park is home to a wide variety of flora and fauna. A wide variety of birds, mammals, reptiles and amphibians can be seen or heard in Stanley Park. For a complete list of flora and fauna, see the Stanley Park website.

**For the Family**

For a family-friendly outing, find a path or trail that interests you and explore Stanley Park. To learn about the flora and fauna of the park, try one of the many guided tours available. Stanley Park features one of the world's premier urban recreation areas, and the Park Board oversees Vancouver's 240 parks and 24 community centres, plus many pools, rinks, golf courses, sports fields and beaches.

**Buds and Blooms**

There are many gorgeous gardens throughout the park, at their peak from June to October. See vancouver.ca/stanleypark-gardens for what's in bloom when.

**The Seawall**

Stanley Park is connected by the Seawall—the world's most popular recreation spot—on a huge part of that offering stunning views of the downtown skyline, Lions Gate Bridge, English Bay, sandy beaches and lush, old-growth forest. Fried and mainly flat, the Seawall is designed for your safety; take one side for pedestrians, the other for cyclists/rollerbladers. Use caution on autumn, summer and holiday weekends.

**Recreation**

**Second and Third Beaches and English Bay Beach**

Grab a towel, sunscreen and a good book and get ready for a day of swimming. A spectacular outdoor pool near the west end of English Bay is open from mid-May to early September. Summer is an ideal time to explore Stanley Park, as the weather is sunny. For the Seawall dry the 27 kilometers of walking and bike paths that take you from the water's edge through towering forests. Cycling only permitted on designated paths. See maps for details.

**Concession Stands and Food Trucks**

For food and drinks, there are many stands near the Seawall and at Brockton Point where you can enjoy fresh seafood and a huge variety of other options. For food trucks, look for the Seawall snack carts and food trucks.*

**For Sailors**

**The Stanley Park Train**

Ride the Stanley Park Train, visit the Easter Bunny and go on an egg hunt; here games, crafts and food stalls. Stanley Park Train Plaza is nestled in Stanley Park. Allow 1 hour, a day, or a lifetime to explore the scenic 10-kilometre Seawall—the city's most popular recreation area. For a complete list of flora and fauna, see the Stanley Park website.

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Stanley Park

Points of Interest
- Painters’ Circle (inset B)
- Nine O’Clock Gun (inset B)
- Lumberman’s Arch
- Jubilee Fountain (Under Restoration)
- Japanese Canadian War Memorial
- Hollow Tree
- Heron Colony
- Harry Jerome Statue
- Girl in a Wetsuit Statue
- Community Garden
- Chief of the Undersea World, Bill Reid (inset B)
- Biofiltration Pond (inset A)
- Air India Memorial (inset B)

November 11 daily, rain or shine.

Getting Around
- Bike Rentals
- Cycafe Playground (inset A)
- Harbour Cruise
- Lumberman’s Arch Picnic Area
- Summer Courses ( eyeball steps)
- Pitch & Put Course
- Prospector Road Area
- Putting Green
- Second Beach
- Second Beach Point Area (inset A)
- Second Beach Picnic Area
- Stanley Park Nature House
- Tennis Courts (Lost Lagoon)
- Tennis Courts (Upland Site)
- Third Beach
- Variety Kid Water Park (inset B)

Restaurants
- Stanley’s Bar & Grill
- Prospector Road Bar and Grill
- The Teahouse
- Waterfall Café (seasonal)

Activity Areas
- Blue Rentsal
- Bulkley Outfitters
- Cycafe Playground (inset A)
- Harbour Cruise
- Lumberman’s Arch Picnic Area
- Summer Courses ( eyeball steps)
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Attractions
- Stanley Park Horse-Drawn Tours
- Brockton Point Interpretive Centre & Gift Shop (Tadamoto House)
- Malkin Bowl-Theatre Under the Starn
- Stanley Park Train
- Prospector Road Lookout & Gift Shop
- Vancouver Aquarium

Sports Clubs
- Brockton Point Pavilion
- Stanley Park Lawn Bowling Club
- Vancouver Racing Club
- Royal Vancouver Yacht Club

A Storytelling Adventure

Horses have been featured in Stanley Park for well over a century.

A century later, the clip-clop of horses still echoes in the park. Stanley Park Horse-Drawn Tours offers one-hour narrated tours of the park’s eastern side. Buy tickets next to the Information Booth by the Rose Garden and Malkin Bowl.

Many facilities are smoke-free.