

Title of Document: List of Accessible Trails in the Lower Mainland

Overview: This document contains a listing of paths and trails around the Lower Mainland that are wheelchair accessible. Remember that standards differ and it is your responsibility to make sure that trails are suited to your needs.

- Trails:**
- Alice Lake Loop, near Squamish**
<https://bcparks.ca/alice-lake-park/>
One trail is accessible and others may be suitable for some users. The area includes accessible toilets and camping.
- Bear Creek Park, Surrey**
<https://www.surrey.ca/culture-recreation/2083.aspx>
Selection of hard-surface trails (hard-packed gravel and boardwalk).
- Burnaby Lake**
<https://www.burnaby.ca/explore-outdoors/parks/burnaby-lake-regional-nature-park>
In the heart of Burnaby, this is an easy-to-reach hiking location. Essentially a smooth trail around a lake through an area rich in birdlife. The website also has other trails in the area that are accessible.
- Burns Bog (Delta Nature Reserve)**
<https://www.burnsbog.ca/visit-burns-bog>
This is a very accessible trail, mostly consisting of boardwalks through a nature reserve. This area is undergoing extensive reconstruction in 2026; check the website for current information before heading out.
- Central Park**
<http://www.burnaby.ca/Things-To-Do/Explore-Outdoors/Parks/Central-Park.html>
Hard packed dirt level trails. Located by Patterson Skytrain station.
- Cheam Lake Wetlands, Chilliwack**
<https://www.fvrd.ca/EN/main/parks-recreation/parks-trails/cheam-lake-wetlands.html>
Accessible boardwalks and viewing platforms.

Cypress Mountain, Yew Trail

<https://bcparks.ca/cypress-park/hike-ski/>

This 2 kilometre trail loops through meadows and past several small lakes.

Great Blue Heron Nature Reserve, Chilliwack

<https://www.chilliwackblueheron.com/about/site-and-trails/>

Several accessible loops.

Green Timbers Park, Surrey

<https://www.surrey.ca/culture-recreation/2104.aspx>

Selection of hard-surface trails (hard-packed gravel and boardwalk).

Hidden Grove Trail, Sechelt

www.vancouvertrails.com/trails/hidden-grove/

Two accessible trails through an old growth forest.

Inland Lake Trail, near Powell River

<https://bcparks.ca/inland-lake-park/>

This 13 kilometre, one-of-a-kind trail, loops around Inland Lake and is fully wheelchair-accessible. The circuit includes boardwalks, bridges, and a crushed limestone path.

Maplewood Flats (Wild Bird Trust), located in North Vancouver

www.wildbirdtrust.org

This area has three kilometres of accessible trails with viewing platforms to see the birds.

Old Riverside Discovery Trail, Abbotsford

<https://www.alltrails.com/trail/canada/british-columbia/old-riverside-discovery-trail--2>

Flat and accessible sections.

Pacific Spirit Park

<https://www.vancouvertrails.com/trails/pacific-spirit-regional-park/>

Some trails are accessible and there are accessible washrooms available. The BC Mobility Opportunities Society can help access the other trails with the Trail Rider. Contact BCMOS at www.bcmos.org for information on organized hikes and renting the Trail Rider.

Seymour Valley Trailway, North Vancouver

<https://wandervancouver.com/seymour-valley-trailway/>

10km paved forest trail.

Spirea Nature Trail, Golden Ears Provincial Park, Maple Ridge

<https://bcparks.ca/golden-ears-park/>

This trail is 1.5 km each way and relatively flat and hard packed. Day use permit may be required at certain times of the year.

Stanley Park

<http://vancouver.ca/parks-recreation-culture/explore-stanley-park.aspx>

The seawall and some of the paths in the interior of the park are accessible.

Valley Trail, Whistler

<http://www.whistler.com/activities/valley-trail/>

Whistler has over 40 kilometres of paved trail with various access points.

Vedder Rotary Loop, Chilliwack

<https://www.chilliwack.com/main/page.cfm?id=1754&doWhat=locationView&plID=167>

Some sections of the loop are accessible.

Waterfront Esplanade, New Westminster

<https://www.newwestcity.ca/parks-and-recreation/parks/community-parks/articles/5504.php>

Boardwalk close to New Westminster Skytrain station. There are great views of the river and it is close to many restaurants.

Useful References:

BC Parks

<https://bcparks.ca/find-a-park/>

Find information about all BC Parks facilities in BC. You can filter by amenity, including accessibility information.

BC Mobility Opportunities Society

www.bcmos.org

Information about trails and organized hikes in the Lower Mainland. Make arrangements to rent the TrailRider.