

PACIFIC SPIRIT REGIONAL PARK

Foreshore-Acadia to Trail 6

NO DOGS: Mar.1 – Sept. 30
LEASH OPTIONAL & UNDER CONTROL: Oct. 1 – Feb. 28

No commercial dog walkers in this area year-round.

WEEKEND DOG RESTRICTIONS (AND STATUTORY HOLIDAYS)

These red trails indicate **No Dogs** on weekends and statutory holidays.

Park Centre
 BCMOS AND CTS OFFICES



LEGEND

- ? Information
- P Parking
- Bus Stop
- Toilets
- Telephone
- Bicycle Path
- Wheelchair Access
- Drinking Water
- Picnic Area
- Viewpoint
- Creeks
- Iva Mann Loop Walk
- School
- Church
- Park
- Environmentally Sensitive Area
- On-Leash Dog Area

Forests in this park provide important habitat for wildlife. Please stay on trails shown on this map. No off-trail entry without approved permit. Call 604-224-5739.

TRAIL INFORMATION

Trail	Distance	Walking Time (approx.)	Terrain	Comments
Forest Discovery Interpretive Trail – from park centre	1.5 km loop trail	1/2 hr.	Level trail suitable for all ages and abilities. Wheelchair accessible.	Discover second growth forest habitats. Enjoy interpretive signs en route.
Iva Mann Loop Walk	8 km full loop	2 - 2 1/2 hrs. for full loop	Level, easy trails.	In honour of Iva Mann's commitment to the preservation of the endowment lands as a Regional Park.
Upland Forest Trails	73 kms of trail options	1/2 - 4 hrs.	Variable trail conditions. Some short climbs.	Experience a diversity of forest types in an urban setting.
Beach Walk Wreck Beach – Acadia to Trail 7	5 km one way	minimum 3 hrs. one way	Rocky/sandy shoreline; challenging trail from Trail 6 to Trail 7.	View scenic vistas of city and mountains. At low tide, explore extensive flats. Wreck Beach is clothing optional.