**TRAIL INFORMATION**

<table>
<thead>
<tr>
<th>Trail Name</th>
<th>Distance</th>
<th>Time to Return</th>
<th>Terrain</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coho Loop Trail (from Hatchery and back)</td>
<td>1.1 km</td>
<td>30 minutes</td>
<td>Flat, a few short climbs and stairs.</td>
<td>Spectacular views, Mixed forests, rocky outcrops, old cedar stumps, scenic river crossings.</td>
</tr>
<tr>
<td>Second Canyon Viewpoint Trail (from Hatchery and back)</td>
<td>0.6 km</td>
<td>20 minutes</td>
<td>Flat, easy</td>
<td>Breathtaking views up the canyon to Cleveland Dam spillway.</td>
</tr>
<tr>
<td>Capilano Pacific Trail (from Cleveland Dam to Ambleside Park)</td>
<td>15 km</td>
<td>6 hours</td>
<td>Short climbs, stairs, some rough sections.</td>
<td>Wind through impressive forests of Douglas-fir and cedar, along-side the Capilano River.</td>
</tr>
</tbody>
</table>

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**HOW TO GET TO THE PARK**
From Highway 1 take the Capilano Rd./Grouse Mtn. exit (exit #14) and drive north to the fish hatchery turnoff, or continue to the Cleveland Dam parking lot.

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**CAPILANO PACIFIC TRAIL**
Stretching from Cleveland Dam at the north to Ambleside Park at the south end, the Capilano Pacific Trail runs for about 6 km.

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**CAPILANO RIVER REGIONAL PARK**
PARK OVERVIEW
Leash REQUIRED
& UNDER CONTROL
Leash OPTIONAL
& UNDER CONTROL
Dog must stay on trails at all times

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**PARK INSET LEFT**
Information
Drinking Water
Parking
Toilets
Picnic Area
Bus
Gate
Viewpoint
Patio
Bridge
Trans Canada Hwy
Regional Park
Hiking/Cycling
Leash Required
Hiking/Cycling
Leash Optional
No Entry
No Dogs in Area