Metro Vancouver operates a regional parks system composed of 24 regional parks, three regional park reserves, two ecological conservancy areas and five regional greenways.

Regional parks has two goals:

- To protect important natural areas
- To provide opportunities for people to connect with, enjoy, be active and learn about nature

Regional parks typically include amenities such as:

- Trails (hiking, cycling, equestrian)
- Picnic tables, areas &/or shelters
- Open space and viewpoints
- Natural habitat and trees
- Beaches
- Interpretive displays and features