A regional park since 1983, Crippen measures 220.6 hectares. It preserves a variety of landscapes from wetlands to forest to dry coastal bluffs.

It features 13 km of trails that are used by hikers, cyclists and horse riders. Other facilities include picnic tables, picnic shelters, a dog off-leash area and an equestrian ring.

Metro Vancouver Regional Parks has partnerships with several community groups including Bowen Heritage, the Bowen Island Fish & Wildlife Club, the Bowen Island Horse Owners and Riders Association, the Bowen Island Memorial Garden Society and the Crippen Weed Warriors.