RECOMMENDED ROUTE:
Stanley Park

Type: Point to Point
Start/Finish: Denman Running Room (Georgia and Denman)
Route Info: This is the epitome of Vancouver running. You will see views of downtown, the North Shore mountains and Vancouver Island. You will run under the famous Lion’s Gate Bridge and around many historic spots in Stanley Park. Don’t forget to watch the water for seals and otters (maybe even an orca pod) and to look up at the eagles and owls.