5 Routes to Run in Vancouver

When you’re struggling for fitness inspiration, reacquaint yourself with the city and try one of these picturesque routes! If running isn’t your style, these routes are perfect for walking too.

**Convention Centre Run**

*Start and finish:* Georgia & Denman  
*Total distance:* 5 km  
*Tip:* Take the path along Georgia towards Stanley Park until you get to the 0km marker. Turn right then head along the sea wall. Go over the ramp towards the convention centre, and turn around at the raindrop sculpture (the Drop).

**Old Marine Drive**

*Start and Finish:* just behind Totem Park Residence  
*Total distance:* 2.8 km  
*Tip:* This path runs parallel to SW Marine Drive and has a couple of nice lookouts. The short length makes it terrific for a midday run!

**Langara Golf Course Loop**

*Start and finish:* Cambie and W 58th Ave  
*Total distance:* 2.7 km  
*Tip:* Another short distance trail, this route is more easily accessible from other parts of Vancouver and beyond.

**Burnaby Lake Trail**

*Start and finish:* Sperling Ave  
*Total distance:* 10km  
*Tip:* If you’re looking for a longer run, the trail connects to the Central Valley Greenway via Kensington Ave. The CVG leads to the seawall, so it’s a great biking path too!

**Pacific Spirit Park**

*Start and finish:* Anywhere east of Wesbrook Mall  
*Total distance:* varies  
*Tip:* The multiple trails in the forest can also be considered an easy hike. The paths south of 16th Ave are flatter, while the parts between Chancellor Blvd and Spanish Banks are more hilly.

Sources: [http://ubyssey.ca/sports/running-routes-point-grey-495/](http://ubyssey.ca/sports/running-routes-point-grey-495/)  
[http://www.mapmyrun.com/routes/view/528446828](http://www.mapmyrun.com/routes/view/528446828)  