



The best fall hikes in Vancouver

Please note: While I make every effort to ensure posts remain up-to-date, I encourage you to check the opening hours and details of the attractions and places mentioned. This post may include affiliate links. These give me a small source of income and come at no additional cost to you.

[Summer in Vancouver](#) came and went in a flash. All of a sudden we're back to rain. But we've still got time before the snow comes to get in some fall hikes in Vancouver!

Hiking in the forests and the mountains (on clearer days) is one of the best things to do in Vancouver in the fall. BC hiking trails come alive in the fall; the leaves turn a beautiful colour, you can see BC's larch trees go all golden and the waterfalls become more powerful again.

So if you're looking for things to do in Vancouver during fall, or about what to do in Vancouver BC on a rainy day, make sure you check out these fall hikes near Vancouver.

NEW 2023 UPDATE!

You will need a day pass to access popular BC parks, Garibaldi (from June 14 – Oct 9), Joffre (May 6 – Oct 9) and Golden Ears

(June 14 – Sept 4). The passes are free and available from 7 am two days before your visit. All details & information [here](#).

Make sure to check trails are open before heading out. This is best done by checking the district's website (e.g [District North Vancouver](#))

[AllTrails](#) is my go-to [hiking app](#) for finding, planning, and navigating while I'm out on the trails. With offline maps on [AllTrails+](#) you can be confident you're still on the right track, even without mobile signal.

Best fall hikes in Metro Vancouver

Be prepared

ALWAYS remember to take your 10 essentials with you, no matter how short or long the hike you're planning is. [Get a reminder of what they are here.](#)

Remember to leave no trace when you hike, take out everything you take in.

Check trail conditions before you go. It's fall in Vancouver but that doesn't mean there won't be snow at some higher elevations.

What to pack for Vancouver hikes

Foreshore trail

If you're looking for a Vancouver hike close to home then don't forget about Pacific Spirit Regional Park over by UBC.



janameerman.com

Known as one of the best swimming holes in Vancouver's north shore, Cabin Lake is a great place for hiking in Vancouver BC in fall. And, if the fall weather is warm you can cool down with a dip in the lake!

- **Time:** 2 hours
- **Distance:** 5km
- **Elevation:** 357m
- **Trailhead:** Cypress Mountain Parking lot
- **Distance from Vancouver:** 45 mins

Mystery Lake

The intermediate trail to High Falls isn't one for those scared of heights. Use ropes to scramble over the rocks and take in the stunning vistas of the waterfall and mountains.

- **Time:** 5 hours
- **Distance:** 12km
- **Elevation:** 650m
- **Trailhead:** 23km off the Squamish Valley Road off the Sea to Sky highway
- **Distance from Vancouver:** 2 hour

Petgill lake



Want a Vancouver hike with beautiful coloured lakes? Try hiking to Petgill Lake. This great fall hike near Squamish starts with a steep scramble before levelling out into revines and switchbacks.

At the end you'll not only have Petgill Lake but views of Howe Sound, Mount Sedgwick, and the Tantalus Mountain Ranges.

- **Time:** 6 hours
- **Distance:** 11.5km
- **Elevation:** 650m
- **Trailhead:** Just opposite Murrin Lake Provincial Park parking lot
- **Distance from Vancouver:** 1 hour

Best fall hikes on the Sea to Sky between Vancouver and Squamish

Tunnel bluffs hike