

Capilano River Regional Park - 8 km Loop

Getting There

In North Vancouver, follow Capilano Road north and continue under Hwy #1. Watch for sign on left for Cleveland Dam. Park in parking lot. If you reach Grouse Mtn, you have gone too far.

Trailhead

- Behind the picnic area, find the trailhead indicating the fish hatchery and stairs.

Picnic Area to Fish Hatchery

- Take the stairs down to the hatchery area.
- Cross the road and find the trail on your right.
- Continue down, cross another road and find Coho Trail beside the gazebo.

Coho (East Side)

- Follow the Coho Loop on the east side of the river. (If you crossed the bridge, you are on the west side.)
- You come to the intersection of Pipeline, Coho and Chinook.

Chinook

- Take Chinook south, cross a bridge and continue until you reach a road (Pipeline Road).
- Turn around and return on Chinook Trail.

Turnaround

- Take Chinook as it winds its way north.
- At the fork, keep right (left goes down to the river).

Calculate Heart Rate

Put index and middle finger against side of throat. For 20 seconds, count beats. Multiply by 3 = beats per minute. Monitor resting heart rate daily, weekly. Best time is when you wake up. A trend toward slower heart rate often shows improved fitness. Trend toward higher rate may show overtraining, dehydration, nutritional deficiencies, or increased stress. With improved fitness, you may increase intensity of exercise but keep same or lower heart rate.

75% of Maximum Heart Rate. To increase aerobic capacity, exercise at 75% of maximum heart rate.

| Age | Max HR (220-age) | 65-80% |
|-----|------------------|---------|
| 20 | 200 | 130-160 |
| 30 | 190 | 124-152 |
| 35 | 185 | 120-148 |
| 40 | 180 | 117-144 |
| 45 | 175 | 114-140 |
| 50 | 170 | 111-136 |
| 55 | 165 | 107-132 |
| 60 | 160 | 104-128 |

Note: These are guidelines only. Your fitness trainer or doctor may recommend a different rate.

- You'll come to an intersection of Chinook, Pipeline and Coho.
- Find the bridge on your LEFT and cross over.

Shinglebolt

- Almost immediately, take a left onto Shinglebolt.
- At Capilano-Pacific Trail turn LEFT.

Capilano Pacific Trail

- Keep left on Capilano-Pacific Trail and you reach a bridge over Houlgate Creek.
- Stay on Capilano-Pacific Trail heading south to the third bridge (just before intersection of Rabbit Lane).
- Turn around and return on Capilano-Pacific Trail.
- Cross back over bridge at Houlgate Creek and this time take **first left** onto Shinglebolt Trail.

Shinglebolt to Cleveland Dam

- At top of stairs at junction where Shinglebolt splits, go LEFT.
- Stay on Upper Shinglebolt and you'll reach a few stairs. Keep right.
- You reach the intersection of Baden-Powell. Keep right and cross the dam to the picnic area.

Forget the calculations; get a heart rate monitor! See article about heart rate monitor in your booklet

