



BIKE PARK AT BEBAN PARK



GET CREATIVE AT NECK POINT



ACTIVITIES FOR ALL AGES



WESTWOOD LAKE

Quick Reference Destinations

In Nanaimo, we love exploring our parks and trails! Below we have listed a few of our most popular places, including some suggested walking destinations. Look at the symbol and number in the list below. It will correspond with the icons on the map & amenities grid locating that listed destination. Take a moment to discover Nanaimo's parks and trails!

- Top Walking Destinations (easy to moderate level)
1 Beban Park - Nanaimo's premier recreation hub has the Participark with meandering soft surface trails totalling 2.1 kilometres or a perimeter trail of 1 kilometre. A paved trail is found encircling the artificial turf fields and the golf course which is approximately 1.2 kilometres.
2 Bowen Park - one of Nanaimo's main destination parks, trails of various types are found throughout, including paved and gravel. Approximate distance from one end of the park to the other is 3 kilometres (from parking lot off Wall Street to Bowen West Field).
3 Colliery Dam Park - located in Nanaimo's south end, trails are found around both the Upper Lake (0.9 kilometres) and Lower Lake (1.2 kilometres).
4 E&N Trail - located along the E&N Rail Corridor and along the Island Highway, this paved, multi-use trail is approximately 8 kilometres.
5 Linley Valley Park - a wilderness park located between Departure and Hammond Bay. The network of trails within the park will take you through various landscapes from forested trails to valleys, fields and rocky knolls. The city managed portion of the parkland includes groomed trails and maintained boardwalks.
6 Lost Lake Park - the distance around the lake is 1 kilometre with boardwalks and some stairs.
7 Neck Point Park - the trail from the parking lot around the park is approximately 3 kilometres. Parts of the trail are flat while other parts have stairs. Beach access available from the main parking lot.
8 Parkway Trail - following along the Parkway, challenge yourself with this distance trail of over 20 kilometres from end to end. The entire trail is paved.
9 Pipers Lagoon Park - the trail distance is 1.6 kilometres that includes accessible beach access.
10 Waterfront - arguably the most popular walking destination, the waterfront trail is paved, flat and accessible. It extends 2.2 km from around Cameron Island, through Maffeo Sutton Park, across the Lions Great Bridge and along the Queen Elizabeth II Promenade towards the Nanaimo Yacht Club.
11 Westwood Lake Park - the perimeter trail is approximately 5.6 kilometres with several trail off-shoots found throughout.

BF Bike Friendly
* There are many parks that are great for young riders to develop their riding skills.

- Nanaimo's Sports Fields
1 Barney Moriez Park
2 Merle Logan Field at Beban Park (1st Artificial Turf Sport Field)
3 2nd Artificial Turf Sport Field at Beban Park
4 Gyro Sport Fields (4) at Beban Park
5 Bowen West Sports Field
6 Caledonia Sports Field
7 Comox Gyro Park
8 Departure Bay Centennial Park
9 Deverill Square Gyro Park
10 Elaine Hamilton Park
11 Groveland Sports Field

- Top Family Playground Destinations
1 Altrusa Playground at Beban Park,
2 Harewood Centennial Park
3 Maffeo Sutton Inclusive Playground
4 Mansfield Park
5 Oliver Woods Playground

- Water / Spray Parks
1 Departure Bay Centennial Park
2 Deverill Square Gyro Park
3 Harewood Centennial Park
4 Mansfield Park

- Nanaimo Pools
1 Beban Park Pool (lane pool, leisure area, slides, child area, hot tub)
2 Kin Pool at Bowen Park (outdoor pool)
3 Nanaimo Aquatic Centre (largest indoor facility with full amenities)

- Nanaimo Ice Arenas
1 Frank Crane Arena at Beban Park
2 Cliff McNabb Arena at Beban Park
3 Nanaimo Ice Centre (2 ice sheets)

- Community Gardens
1 The Beaufort Park Commons
2 Beban Learning Gardens
3 Forest Drive Gyro Park
4 Pawson Park
5 Smugglers Park, Protection Island

- Boat Launch
1 Brannen Boat Ramp
2 Brechin Boat Ramp
3 Charlaire Boat Ramp
4 Diver Lake Park
5 Fillinger Waterfront Park 1
6 Kinsmen Park
7 Westwood Lake Park

- 12 Sherry Fields - Harewood Centennial Park
13 Old Harewood School Sports Field
14 Harry Wipper Sports Field
15 Mansfield Park
16 May Richards Bennett Pioneer Park
17 McGirr Sports Complex - (4)
18 NDSS Artificial Turf Sports Field
19 Pleasant Valley Sports Field
20 Robins Park
21 Rotary Bowl
22 Serauxmen Stadium
23 Serauxmen Gyro Fields - Third Street Park
24 Sid Clark Gyro Park

Search Amenities Amenities

For more detail, please visit our website at www.nanaimo.ca and use our "parks search tool".

* Popular destinations

Grid of parks and trails with icons for amenities like accessible area, washroom, drinking fountain, etc. Includes a 'Places' column on the left listing park names and addresses.

Numbers correspond with icon numbers on the activity grid to the right & the map on the reverse side.

Icon numbers correspond with listed destinations to the left & locations on the map on the reverse side.

Dog Parks The City of Nanaimo's parks and trails are multi-use and are for everyone. There are 12 established off-leash locations to exercise dogs leash free. Each site has unique characteristics.

12 maps of dog parks: 1 | Beaufort, 2 | Beban, 3 | Cable Bay, 4 | Colliery Dam, 5 | Diver Lake, 6 | Gallows Point, 7 | Invermere Beach, 8 | May Richards Bennett Pioneer, 9 | Northfield Rest Area (Rotary Lookout), 10 | St. George Ravine, 11 | Westwood, 12 | Wardropper.

- Please be responsible by:
1. Being considerate
2. Honouring bylaw rules
3. Allowing your dog off-leash only within the designated off-leash areas
4. Keeping restricted dogs leashed and muzzled at all times
5. Training your dog to respond to voice and signal commands
6. Immediately putting your dog on a leash if it acts hostile towards people, dogs or wildlife
7. Picking up after your dog and depositing into a receptacle
8. Protecting your dog and other dogs by vaccinating
9. Holding back dogs from chasing wildlife
10. Carrying a leash on every walk
11. Sharing on-leash parks and trails with others



2026

PARKS & TRAILS

Nanaimo Parks, Recreation and Culture

Welcome to our Parks and Trails...

Some of Nanaimo's most popular destinations are its parks and trails. With over 1000 hectares of parks and open space and over 180 kilometres of trails, the City has an abundance of places to visit. Take a moment to walk, hike, cycle, roller blade, beachcomb or picnic and to discover Nanaimo's exceptional beauty, unique characteristics and abundance of nature found within an urban setting. Take a moment to explore the many parks and trails found all around you!

Things to Know:

Parks Hours - Unless Otherwise Posted:
* October to March 6 am to 9 pm
* April to September 6 am to 11 pm
* Please know that many of our parks are gated and will be locked at the closing times.

BBQs in Parks:

* Portable gas BBQs are permitted in picnic areas EXCEPT during fire bans

Feeding Wildlife:

* Wildlife doesn't need a handout to survive. In fact, when you feed them it can cause overcrowding and disease. Please refrain from feeding wildlife.

Smoking & Vaping:

* All City of Nanaimo parks, playgrounds, community centres, fields, beaches and other city-managed public spaces are smoke free and vape free.

Alcohol:

* The consumption of alcohol is prohibited.

Please remember to tread lightly
Take nothing but photos
Leave nothing but footprints