

URBAN TRAILS

TRAIL FEATURES

- Birding
- Trail Running
- Swimming
- Parking
- Mountain Biking
- Horseback Riding
- Canoeing/Kayaking
- Airport

DIFFICULTY

- Easy
- Moderate
- Difficult

DISCOVERY TRAIL

- 1 | Albert Dyck Memorial Park | 1.6km**
A lakeside trail near Abbotsford International Airport, perfect for a short stroll or jog.
- 2 | Bassani Park | 125m**
A small neighbourhood green space with open grassy areas perfect for casual walks, play, or a quiet break outdoors.
- 3 | Bateman Park (Stoney Creek) | 1.2km**
Features forested trails, open fields, and access to scenic stretches of Stoney Creek.
- 4 | Clayburn Creek Park | 2.6km**
A natural corridor following the flow of Clayburn Creek, this park offers shaded walking paths, lush vegetation, and opportunities to spot local wildlife.
- 5 | Clearbrook Park (Downes Bowl Trail) | 4.8km**
A hidden gem in Clearbrook Park featuring marshes, boardwalks, and forest trails. Short hills add variety and provide a quick nature escape within the city.
- 6 | Horn Creek Park | 1.2km**
A forested park with trails, footbridges, and a creek that runs through the heart of the valley.
- 7 | Fishtrap Creek Park | 2.2km (North) | 1.6km (South)**
A short, paved trail through wetlands that's perfect for families and wildlife spotting. Look for ducks, geese, and rabbits.
- 8 | McKee Creek Park | 800m**
Features wooded pathways and links to nearby trail networks.
- 9 | Mill Lake Park | 2.3km**
A popular urban trail with boardwalks, picnic areas, playgrounds, and a public outdoor pool. Flat and accessible, great for families and casual walkers.
- 10 | Old Riverside Park | 1.8km**
Offers open green space, mature trees, and pleasant walking paths near the water.
- 11 | Willband Creek Park | 2.4km**
A flat gravel trail circling wetland ponds with viewing platforms. Stroller-friendly and ideal for a short, relaxing walk. Note: Occasional flooded sections during heavy rain.

SUMAS DYKE TRAIL

- 12 | Arnold Dyke Trail | 5.3km**
A flat, easy route suitable for all ages, this trail winds past farmland, pastures, and local agricultural operations. The best access point is Hougden Park on Cole Road.
- 13 | Barrowtown and Vedder Dyke Trail | 4.2km**
An easy, mostly flat route suitable for a variety of activities, offering scenic views of the river and surrounding landscape.
- 14 | McKay Creek Dyke Trail | 1.68km**
Offers a peaceful setting for individuals to immerse themselves in nature and enjoy a leisurely walk or hike.
- 15 | Sumas River Dyke Trail | 8.1km**
This flat, easy trail is suitable for all ages and offers views of Taggart Peak, Vedder Mountain, and the Cheam Mountain Range.
- 16 | Matsqui Trail Regional Park (Part of Experience the Fraser) | 20.4km**
A flat riverside trail along the Fraser River, part of the Experience the Fraser Trail. Scenic views of the river and mountains, with picnic spots and birdwatching opportunities.
- 17 | Glen Valley Regional Park | 2.02km**
A scenic park along the Fraser River. It is a popular destination for fishing, picnicking, walking, and enjoying river views.



***DISCOVERY TRAIL**
A multi-use route that connects east and west Abbotsford and is suitable for year-round use. The trail winds through forests, creeks, ponds, and open meadows, with interpretive signage and lookout points that highlight the area's natural ecosystem.

About Abbotsford

In Halq'eméylem, Abbotsford is known as Selxwí:chel, meaning "the centre of something" or "the middle of three," a reflection of the deep, interwoven history of the Semá:th, Máthxwi, and Nooksack Peoples. That connection to place lives on today, as the Abbotsford community shapes a landscape where carefully tended agricultural lands blend seamlessly into natural surroundings and rugged mountain peaks.

PLEASE NOTE:
This guide highlights some of Abbotsford's most popular public hiking trails and is intended for reference only.

Know Before You Go

Before you head out on your adventure, take time to plan and prepare. Know the rules, access points, current restrictions, and trail-specific details.

Be ready for changing weather, natural hazards, and unexpected situations. Always bring an up-to-date map and compass to stay oriented and on the right path. For additional trails and current mountain conditions, explore the resources below.

Some trailheads and parking areas are accessed by service roads that may not be regularly maintained. Use caution when driving, watch for uneven surfaces or changing conditions, and be mindful of hikers, cyclists, and other trail users who may also be on the road. Please respect and follow all posted signage along forest service roads.



All Trails
alltrails.com



Trail Forks
trailforks.com



Fraser Valley Mountain Bike Association
fvmba.com

City of Abbotsford | abbotsford.ca/trails
Adventure Smart | adventuresmart.ca/hiking
Wild Safe BC | wildsafebc.com/learn/play

Responsible Travel & Sustainability

Help keep Abbotsford's trails safe, enjoyable, and resilient by following these simple guidelines.



- Pack it in, pack it out, including garbage, food, recycling, and pet waste.
- Stay on designated trails to protect yourself and the environment.
- Keep dogs on-leash to prevent damage to sensitive habitats.
- Stay to the right of the trail and pass on the left.
- Park in designated areas only, be mindful of driveways and private property.
- Cell phone reception may be unreliable in some areas.
- Leave nature as you found it! Take only photos, leave plants and rocks in place.
- Wear proper footwear and clothing for changing terrain and weather.
- No motorized vehicles. Trails are for non-motorized use only unless stated otherwise.
- Always let someone know your hiking plans including where you're going and when you expect to return. This simple step can make all the difference in an emergency.
- Respect other trail users and share the space kindly.
- Be aware of wildlife and give animals plenty of space.



Selxwí:chel

RECOGNITION

Out of respect for the longstanding relationships that Stó:lō People have with this territory, we gratefully acknowledge the Máthxwi First Nation and Semá:th First Nation who are the original caretakers of the ceded land we operate on.

Stay Connected

FACEBOOK: [Tourism Abbotsford](https://www.facebook.com/TourismAbbotsford)
INSTAGRAM: [@tourismabbotsford](https://www.instagram.com/tourismabbotsford) | [#ExploreAbbotsford](https://www.instagram.com/ExploreAbbotsford)
TIKTOK: [@tourismabbotsford](https://www.tiktok.com/@tourismabbotsford)
WEBSITE: tourismabbotsford.ca



HIKING & TRAIL GUIDE



FRASER RIVER
(Stó:lō)

(TEQ'GÉYEX)

SUMAS MOUNTAIN TRAILS



TRAIL USAGE

All Sumas Mountain trails are designated for mixed use, including hiking, trail running, biking, and Class 1 pedal-assist e-bikes. Some trails are primarily downhill routes, so users should remain alert for cyclists.

Motorized and e-powered motorcycles (non-pedal assist) are not permitted on any trails.



*Please note that the upper parking lot is accessed via service roads. Drive with caution and be aware that trail users may also be using these roads.

TRAIL FEATURES

- Birding
- Mountain Biking
- Swimming
- Hiking
- Trail Running
- Parking

DIFFICULTY

- Easy
- Moderate
- Difficult

Access to Trail Head

1 | Emma Peel

Distance: 4.1km | Climb: 78m | Ascent: 231m



2 | Emma Less

Distance: 242m | Climb: 0m | Ascent: 22m



3 | Emma Connector

Distance: 243m | Climb: 5m | Ascent: 16m



4 | Pre-Peel

Distance: 246m | Climb: 0m | Ascent: 49m



5 | Extra Sauce

Distance: 500m | Climb: 0m | Ascent: 54m



6 | Holiday Sauce

Distance: 542m | Climb: 6m | Ascent: 28m



7 | Pine Pleasures

Distance: 209m | Climb: 0m | Ascent: 7m



8 | Squid Line

Distance: 5.2km | Climb: 68m | Ascent: 358m



9 | Salty Nozzle

Distance: 889m | Climb: 0m | Ascent: 168m



10 | Glen Ryder Trail

Distance: 1.0km | Climb: 4m | Ascent: 168m



11 | No Time Out

Distance: 1.3km | Climb: 45m | Ascent: 78m



12 | World Cup

Distance: 702m | Climb: 0m | Ascent: 140m



13 | Time Killer

Distance: 2.2km | Climb: 1m | Ascent: 318m



14 | Bob's

Distance: 782m | Climb: 13m | Ascent: 82m



15 | Devil's Throat

Distance: 303m | Climb: 0m | Ascent: 93m



16 | Old Saw

Distance: 273m | Climb: 0m | Ascent: 37m



17 | Lower Rock Diva

Distance: 836m | Climb: 8m | Ascent: 106m



18 | Middle Rock Diva

Distance: 847m | Climb: 10m | Ascent: 51m



19 | Rock Diva

Distance: 597m | Climb: 0m | Ascent: 141m



20 | Code Blue

Distance: 325m | Climb: 0m | Ascent: 34m



21 | Noah's Rear

Distance: 448m | Climb: 8m | Ascent: 48m



22 | Noah's Fear

Distance: 1.0km | Climb: 5m | Ascent: 108m



23 | Harder Way

Distance: 2.2km | Climb: 14m | Ascent: 238m



24 | Eastern Lookout Trail

Distance: 377m | Climb: 9m | Ascent: 8m



25 | Chadsey Lake Trail

Distance: 1.7km | Climb: 4m | Ascent: 261m



26 | Centennial Trail

Distance: 5.0km | Climb: 82m | Ascent: 553m

