

Take a hike



Summer 2010



Waterfront view: Eric Molendyk, with his father Gordon, overlooking Kalamalka Lake, Vernon.

TrailRider: access all areas

The British Columbia Mobility Opportunities Society (BCMOS) summer 2010 season focuses on "Day Hikes" that enable people with disabilities to venture out to parks, trails and wilderness areas.

While TrailRiders can be rented for individual use year round, the summer season of program hikes and organized activities gets underway May 26, and closes at the end of August.

During this time, BCMOS will be making TrailRiders available for guided hikes around Vancouver's 1,885-acre Pacific Spirit Regional Park **Wednesdays to Fridays**, running theme hikes that venture a little further afield on **Saturdays** (see Page 2) and geocaching on **Sundays**.

The TrailRider is a specially designed one-wheeled remote access wheelchair,

powered by two able-bodied "sherpas." Although BCMOS recruits volunteers to help out, it recommends that participants bring their own "sherpas," which makes the outing more of a family event.

Judy Milinkovic, of Surrey, is registered for this year's hiking season, and particularly hopes to see a hike through the area's Green Timbers Urban Forest.

"The TrailRider experience is definitely fun," she said. "I think everyone should try it, to have the experience. There's a lot of beautiful sights to see.

"It's allowed me to go to areas I'd not been to before, places I could not go in a powerchair – they even get stuck on gravel. I've been out in a TrailRider with my daughter and grandson, and hope to have more family trips this year."

Show me the cache

BCMOS is offering something a little different on Sundays this summer season – geocaching.

Often referred to as "high-tech hide and seek," it's an outdoors adventure in which participants use GPS receivers in the search for buried treasure. Actually, these are small containers, called "geocaches" or "caches," which contain a logbook and items for trading – usually toys or trinkets of little value.

As the "official global GPS cache hunt site" explains: "A geocacher can place a geocache in the world, pinpoint its location using GPS technology and then share the geocache's existence and location online. Anyone with a GPS device can then try to locate the geocache."

BCMOS is offering this activity because of demand, said program manager Kirk Duncan.

"Geocaching is a new area for us," he said. "We had a number of inquiries, so we did some research and figured it's a suitable activity, considering that the TrailRider can get anywhere in the Lower Mainland.

"It's a new way of looking at theme hikes – an exciting opportunity for treasure hunting. It's teambuilding, and there's some sleuthing to find out where the cache is."

BCMOS: outdoor adventure for people with disabilities

Join BCMOS for Saturday hike fever

Join BCMOS this summer for Saturday theme hikes. These will be half-day hikes to specific destinations, or with specific activities in mind. (More on our website, www.bcmos.org.) Hike destinations include:

Admiralty Point, Belcarra Park, Port Moody: A beautiful hike along waterfront forest trails, boasting great ocean views. It's a moderate trail with some hard sections, and a variety of picnic points. Allow two to four hours.

Brohms Lake, Squamish: A difficult hike, requiring four Sherpas per TrailRider, but rewarded by beautiful views of Paradise Valley and the Cheakamus River.

Burnaby Lake: In the heart of Burnaby, this is an easy-to-reach hiking location for many of our clients. Essentially a smooth trail around a lake, through an area rich in birdlife.

Burns Bog (Delta Nature Reserve): a very accessible trail, considering the amount covered by boardwalks. Being so wheelchair accessible, most clients can access it themselves.

Buntzen Lake: A moderately technical trail through a beautiful area, crossing over a variety of small creeks. It's possible to follow a circular route around the reservoir.

Comosun Bog, Pacific Spirit Park: Three-hour Pacific Spirit Park route crosses a series of fallen trees in order to access a biologically important wetland habitat.

Cypress Falls Park, West Vancouver: A tough, technical hike to a spectacular canyon boasting two breathtaking waterfalls. It's well worth the effort.

Four Lakes Loop, Squamish: A modified version of the classic Lake Loop, extended and improved! It's a tough hike, but the breathtaking views make it worthwhile.

Green Timbers Urban Forest, Surrey: A patch of forest in urban Surrey with a manmade lake stocked for fishing. It's an easy hike, with free interpretive trail walks offered by park staff during the summer.

Giant Douglass Fir Trail, Cultus Lake: A brief, 15-minute excursion from the Clear Creek Campground to the large tree of the title.

Hick's Lake Loop, Harrison: A beautiful circular walk with amazing views of the water and mountains. Being located past Chilliwack, it's a long drive – but worth the effort.

Kilarney Lake, Bowen Island: A beautiful hike through Crippen Regional Park – to, and around, the beautiful and peaceful Killarney Lake. An ideal hike for someone looking to venture a little further afield, but without having to spend hours in the car to get there.



Time and tide: TrailRiders crossing on the beach, during a 2009 theme hike to Spanish Banks.

Lighthouse Park, West Vancouver: A low-level old growth forest with 55m Douglas firs that offers a variety of terrain, with fantastic lookout points across English Bay and a historic lighthouse (the original 1874 lighthouse burned down and was replaced 1912). The trails are tough in places.

Lower Seymour, North Vancouver: A trail through the woods of the lower Mount Seymour, over bumps and rocks and tree roots. Hike lasts around two-and-a-half hours.

Lynn Canyon Suspension Bridge/Rice Lake, North Vancouver: The hike begins with a crossing of the swaying suspension bridge, 50m above Lynn Creek – and then goes on to get even more spectacular as it takes you through dense forestry. It includes a hike around Rice Lake.

Rocky Point, Port Moody: This hike follows the boardwalk along the water's edge in Port Moody. There are interpretive signs along the route identifying the local birdlife.

Seven Sisters Trail, Cultus Lake: A narrow trail leads through dense woods to view the famous seven sisters, a group of giant Douglass fir trees.

Spanish Banks, Vancouver: Starting from the Pacific Spirit Park trailer, this hike takes you through the wooded trails to the beach. There are picnic tables along the waterfront.

Tea Pot Trail, Cultus Lake: This hike, although only 2km long, gains 280m in height. It takes around two hours to reach the top of Tea Pot Hill by TrailRider, but once there, the views take in Cultus Lake and the rest of the Fraser Valley.

Tynehead Regional Park, Surrey: A thickly forested area, with a variety of views: from forest to open wildflower meadows, and some pretty bridges to cross. A few steps at the beginning, and a hill or two, but otherwise an easy hike.