

Hikes on the North Shore With Delbrook Trail Trekkers Fall 2018

Age: 18 + years

Explore trails and pathways on the North Shore with the Trail Trekkers.

Participants should have good walking or hiking shoes / boots, dress with appropriate wear for weather conditions, bring hydration, and a flashlight for evening walks. Routes may be subject to change for safety reasons (dependent on weather and trail conditions).

Trail Trekkers drop-in hikes are free for anyone with an annual North Vancouver Recreation & Culture Fitness Membership. Non members can purchase a drop-in fee or purchase a FLEX 10 card at any NVRC site.

Hikes are 2 hours long. Sorry, no dogs allowed.



Date	Meeting Place	Hike Area / Rating
Sept 7	Lighthouse Park parking lot	Lighthouse Park—Moderate
Sept 14	Hollyburn Cross Country area by kiosk.	Blue Gentian Lake Intermediate with some rooty sections
Sept 21	End of the Line store, Lynn Valley at Dempsey Rd	Lynn Loop Moderate/Intermediate
Sept 28	Cleveland Dam by the washrooms.	Cleveland Dam—Moderate
Oct 5	Take Hwy 1, Exit 4 to Woodgreen Dr. Meet in top parking lot at end of Woodgreen Pl.	Cypress Falls Moderate/Inter with some steep uphill sections.
Oct 12	Cypress top parking lot.	Bowen Lookout Intermediate with long, steep sections.
Oct 19	Top of Eyremount and Millstream.	Brothers Creek Intermediate with some steep, rooty sections
Oct 26	St Marys and Wooddale Rd	St Marys Connector to Mosquito Creek Falls. Intermediate with some rooty sections.
Nov 2	End of the Line store, Lynn Valley at Dempsey Rd	Fisherman's/Homestead Loop Moderate with some rooty sections
Nov 9	Inter River Park lower parking lot by the washrooms.	Richard Juryn/Old Lillooet Moderate with some rooty sections
Nov 16	Panorama Park	Quarry Rock—Moderate/Intermediate with some steep sections and stairs
Nov 23	Parkgate Community Centre	Bridal Path to Hyannis trails and return around the golf course Moderate
Nov 30	End of the Line store, Lynn Valley at Dempsey Rd	Lynn Canyon Moderate with stairs
Dec 7	New Delbrook lobby	Mosquito Creek Trails-Easy/Moderate
Dec 14	Trailhead on Westport Rd. (TCT/ Whyte Lake parking lot), Exit 4 from Hwy 1	Whyte Lake Intermediate
Dec 21	East end of Keith Rd West Van	Capilano Canyon - Easy/Moderate

Hike Area / Rating Definitions

- **Moderate:** Up to approximately 500' elevation change
- **Intermediate:** More than 500' elevation change (or moderate with some short, steep sections.
- **Difficult:** Challenging terrain (may include steep sections, roots, dead falls, etc...) more than 500' elevation gain.

For Friday Route Updates, please visit www.routescout.wordpress.com

**WEDNESDAY Morning Intermediate
Hikes with Barbara (604-980-4492)
Meet at 9:30am**



NORTH VANCOUVER
**Recreation
& Culture**

**THURSDAY Evenings Intermediate
Hikes with Barbara (604-980-4492)
Meet at 6:45 pm (or 6:30pm)**

Date	Meeting place	Hike Area
Sept 5	Indian River and Mt Seymour Rd North Van	Bridal Path to Hyannis return via golf course
Sept 12	Inter River Park	Richard Jury Variety
Sept 19	Douglas Woodward Park parking lot Exit #11—Right at 15th St, West Van	Brewis Trail Loop
Sept 26	Trans Canada Trail Parking lot—Westport Rd, West Van	Whyte Lake Trail
Oct 3	Top of Mtn Hwy parking lot	Cedar Trail
Oct 10	In front of Lynn Canyon Café	Lynn Loop Variety
Oct 17	Meet in front of Cypress Day Lodge. Upper Cypress Mtn parking lot	Bowen Lookout and Howe Sound Crest Trail
Oct 24	Panorama Park Deep Cove	Big Rock Loop (Quarry)
Oct 31	Gleneagles Community Centre parking lot, West Van	Eagle Ridge loop. Seaview Trail to Whyte Lake
Nov 7	End of the Line store, Lynn Valley at Dempsey Rd	Forest trails
Nov 14	In front of Lynn Canyon Café	Trail Variety
Nov 21	Carisbrook Park - Kensington just off Lonsdale Ave, North Van	St Georges Trail
Nov 28	Ambleside Beach at Argyle & 13th, West Van	Village Walk
Dec 5	Lynn Headwaters North Van—Meet by Rangers house parking area	Cedar Mills Trail
Dec 12	Caulfeild Shopping Centre, West Van	Sahalee Trail

Date	Meeting place	Hike Area
Sept 6	End of the Line store , Lynn Valley at Dempsey Rd	Lynn Canyon
Sept 13 Meet at 6:30pm	Old Delbrook upper parking lot—carpool to Eyremont and Chartwell, West Van	Brewis Trail Loop to Hollyburn Fir
Sept 20	Grouse Mtn by Trailhead	B.P. and Powerline return
Sept 27	Old Delbrook upper parking lot	Mosquito Creek to Mahon Park
Oct 4	Cleveland Dam—park outside gates on street	Trail variety
Oct 11	Ambleside Beach—Argyle & 13th, West Van	Village Walk
Oct 18	Old Delbrook upper parking lot	Braemar Loop
Oct 25	New Delbrook lobby	McKay Creek Loop
Nov 1	New Delbrook lobby	Bowser Trail
Nov 8	Panorama Park—Deep Cove	Indian Arms Trail
Nov 15	New Delbrook Lobby	Hatchery Walk
Nov 22	Old Delbrook upper parking lot	Grand Blvd Area
Nov 29	New Delbrook Lobby	Park Royal Loop
Dec 6	Old Delbrook upper parking lot	Lonsdale Quay
Dec 13	Ambleside Beach at Argyle & 13th, West Van	Seawall Walk Variety

Please bring a flashlight on evening walks

For Monday Evening Hike Info please contact Barbara at 604-980-4492