

NVRC Trail Trekkers Fall 2020



Explore trails and pathways
on the North Shore with
Trail Trekkers - 18yrs+

Free with your NVRC fitness membership

Advance registration is required for all of our hikes & walks

Explore trails & pathways on the North Shore with Trail Trekkers. Advanced registration required, we cannot accept drop-ins.

Trail Trekkers hikes are **FREE** for anyone with a **North Vancouver Recreation & Culture Fitness Membership**. Membership price \$34.30 adult \$25.75 for senior, per month. Non-members can purchase a day visit pass or purchase a FLEX10 card.

- Participants should have good walking/hiking shoes or 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 & trail conditions)
- 18yrs+
- Hikes are 2 hours
- No dogs allowed

NVRC fitness membership Move to an active you

Fitness Memberships include:

- Access to 6 fitness centres across North Vancouver
- Access to land and water-based fitness classes
- Professionally certified, trained and experienced staff
- Public swim and public skate sessions
- Lane swimming
- Squash and racquetball courts
- Trail Trekkers hikes and walks

Find out more about our fitness memberships at nvrc.ca/memberships

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) more than 500' elevation gain.

Monday Evening 6:45pm
Intermediate with Sharon

October

Oct 19 Capilano Hatchery
Delbrook Community Recreation Centre, outside the entrance.

Oct 26 Homestead / Fisherman's Trail
End of the Line General Store, corner of Lynn Valley Rd. & Dempsey Rd.

November

Nov 2 Powerline via Mosquito Creek Trail
Delbrook Community Recreation Centre, outside the entrance.

Nov 9 Bowser Trail
Delbrook Community Recreation Centre, outside the entrance.

Wednesday Morning 9:30am
Intermediate with Barbara 604.980.4492

October

Oct 7 Forest Trail Variety
End of the Line Store, Lynn Valley Rd. at Dempsey Rd.

Oct 14 Cedar Trail
Top of Mountain Hwy, parking lot.

Oct 21 Sahalee Trail
Caulfield Shopping Centre, West Vancouver.

Oct 28 St. Georges & Baden Powell Trails
St. Mary's Ave & Wooddale Rd.

Friday Morning 9:15am
Intermediate with Femina & Bev

October

Oct 16 Cleveland Dam
Cleveland Dam, by the washrooms.

Oct 23 Lighthouse Park
Lighthouse Park parking lot, at the kiosk nearest the entrance.

Oct 30 Richard Juryn Trail
Inter River Park, lower parking lot by the washrooms.

November

Nov 6 Lynn Loop
Lynn Headwaters, by the washrooms/ranger's house.

For Friday route updates, please visit www.routescout.wordpress.com