

Date	Time	Meeting Place	Hike	Rating
Jan 5	9:15am	End of The Line Store	Lynn Canyon	Moderate , some stairs
Jan 12	9:15am	Cypress top parking lot	Cypress snowshoe, Howe Sound Crest Trail to Bowen Lookout	Intermediate with long, steep sections
Jan 19	9:15am	Inter-River Park	Richard Juryn/Old Lillooet Loop	Moderate-some rooty sections
Jan 26	9:15am	Take exit 4 from Hwy #1, meet at trailhead at Westport Rd.	Whyte Lake	Intermediate-some steep sections
Feb 2	9:15am	Top parking log	Mt Seymour Dog Mountain snowshoe	Intermediate with some steep terrain
Feb 9	9:15am	End of the Line Store	Fisherman's/Homestead Loop	Moderate with long, uphill section
Feb 16	9:15am	Parking lot	Lighthouse Park	Moderate
Feb 23	9:15am	Behind Parkgate	Bridal Path to Hyannis trails and return to golf course	Easy/Moderate
Mar 2	9:15am	Cypress Cross Country parking lot by information kiosk	Hollyburn snowshoe	Moderate, with some steep uphill sections
Mar 9	9:15am	End of the Line store	Lynn Loop	Moderate/Intermediate
Mar 16	9:15am	Capilano Canyon/Hatchery Walk	Cleveland Dam	Easy/Moderate
Mar 23	9:15am	Cypress Falls-Hwy #1, take Exit 4 to Woodgreen Drive	Cypress Falls	Moderate/intermediate with steep uphill sections
Mar 30	9:15am	No hike	No hike	No hike

Please show hike leaders an Annual Membership, Flex 10 or Trail Trekkers 5/10 Punch Card at the start of the hike. Cash will not be accepted. You can buy these cards at the Delbrook Front Desk. Save Money! Consider purchasing a membership if you hike with us or use other facilities more than once a week! Ask at the Delbrook front desk for details.

Easy: Little to no elevation gain.

Moderate: To approximately 500' elevation change

Intermediate: More than 500' elevation change (or moderate with some steep sections)

Intermediate+: Challenging terrain includes steep sections, roots, dead fall; more than 500' elevation change

Please Note: **For safety, routes may be subject to change dependent on weather and trail conditions.**

Guides: **Bernie Leaker, Femina, Sharon & Bev**

Proper footwear is required for all hikes. Hiking boots and poles are highly recommended for all hikes. Individuals must take care of their own transportation to and from the trailhead. Dress appropriately for the weather and bring adequate hydration.