



# DELBROOK TRAIL TREKKERS

## Winter 2018 – Intermediate Level

### Wednesday Mornings 9:30am - 11:30am

### Jan 3 – Mar 28, 2018



For more information please call 604-987-PLAY or visit [www.nvrc.ca](http://www.nvrc.ca)

| Date                  | Time    | Meeting place  | Hike/walk area   |
|-----------------------|---------|--|--|
| January 3             | 9.30am  | Old Delbrook Upper Parking Lot   | Hatchery Walk - Easy   |
| January 10            | 9:30am  | Starbucks at bottom of Grouse mountain –<br>Snowshoe at Grouse – Please pre-register with Barb.<br>If no snow – alternate trails-area hike meet @<br>Trailhead | Come with snowshoes<br>Dress for winter outing<br><b>Bring snack.</b>  |
| January 17            | 9:30am  | Caulfield Shopping Centre. Meet by Safeway.  | Sahalee Trail  |
| January 24            | 9:30 am | Starbucks at bottom of Grouse mountain –<br>Snowshoe at Grouse – Please pre-register with Barb.<br>If no snow – alternate trails-area hike meet @<br>Trailhead | Come with snowshoes<br>Dress for winter outing<br><b>Bring snack..</b> |
| January 31<br>(Tracy) | 9:30am  | End of the Line Café – Lynn Valley and Dempsey<br>Road, North Van  | Trails – Lynn Canyon   |
| February 7<br>(Tracy) | 9:30am  | Top of Berkley and Hannis Drive  | Trail Variety  |
| February 14           | 9:30am  | Cleveland Dam Parking Lot  | Capilano Canyon  |
| February 21           | 9:30am  | Meet at Cypress Alpine parking lot in front of Guest<br>Services, West Van   | Snowshoe, Bowen Island and<br>Howe Sound Cres                          |
| February 28           | 9:30am  | Meet behind Parkgate   | Bridal path to Hyannis Trails,<br>return via golf course               |
| March 7               | 9:30 am | Trans Canada Trail parking lot<br>Westport Rd, West Van  | Whyte Lake Trails  |
| March 14              | 9:30 am | Ambleside Beach – Meet start of walk at Argyle &<br>13 <sup>th</sup> Street, West Van (By big tree)  | Village Walk   |
| March 21              | 9:30am  | Lighthouse Park – Meet in Parking Lot  | Trail Variety  |
| March 28              | 9:30 am | End of the Line Café @ Lynn Valley Rd + Dempsey<br>North Vancouver   | Fisherman’s Homestay Loop<br>or Lynn Loop                              |

**Payment Options: Adult/Senior 10 Visit Trail Trekker Punch Cards  
Adult/Senior Flex 10 Pass**

*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.*

\* Please note: for safety reasons routes may change due to weather and trail conditions.

Hike Leader: Barbara

\*\* Wear good walking or hiking shoes/boots - No Running Shoes – Dress for the weather –  
**Bring hydration and a flashlight.**

\*\*\* Individuals must take care of their own transportation to and from trailhead or starting point.

**For more information please call 604 987 7529 or visit [www.northvanrec.com](http://www.northvanrec.com)**