

Take a hike



Summer 2008

Gliding program reaches new level of accessibility

A gliding program for people with significant disabilities is taking to the skies again this summer.

The British Columbia Mobility Opportunities Society (BCMOS) Easy Gliders program started up again in May, with flights planned until September. In total, says organizer James Willetts, there will be 45 flights, each of around 45 minutes' duration.

Easy Gliders is run in conjunction with Hope Gliding Centre, operated by Vancouver Soaring Association. Organizers are working with volunteer engineers from the Tetra Society of North America for a device to prevent people that experience leg spasms from knocking the joystick, which should be completed for the end of this season.

"There is a lot of interest in gliding," said Willetts. "It's an adventure. Some people have flown before, and some come along to try something new."

"There are probably 10 people that want to learn to fly."

There were 40 flights last year, with 10 trial flights in 2006.

Call Willetts at 604-837-5616, email him at todsworld@hotmail.com, or visit www.disabilityfoundation.org/bcmos/gliding.



Theme hike: Last summer's theme hike to Whistler, BC.

Theme hikes bring outdoor activities within easy reach

This year's BCMOS theme hikes will focus on outdoor activities including stargazing, bird watching and fishing.

The idea is to focus on the end result – the activity – rather than the journey, according to BCMOS programs manager Kirk Duncan. Rather than being a ride in a TrailRider, it's a fishing trip or on-the-scene lesson on provincial natural history.

"We will be using the TrailRider as a means to an end," he said. "It's about the experience. It could be a nature walk in Rocky Point Park, Port Moody, fishing on the Fraser River or stargazing."

He said theme hikes will cost \$10 per session, the same as other TrailRider outings. Most theme hikes will be single-day, but there may be scope for camping overnight – which must be booked at least one week ahead.

See Page 2 for dates of upcoming theme hikes, with possible updates posted online at: www.disabilityfoundation.org/bcmos.

Wheels in Motion

Once again, BCMOS is supporting the Rick Hansen Wheels in Motion challenge.

This year's – the sixth annual Wheels in Motion – is held Sunday, June 8 at locations across Canada. BCMOS, along with a TrailRider, will be taking part in the Pacific National Exhibition (2901 East Hastings Street, Vancouver) event that day. There is free admission to Playland with a \$20 donation.

Other Lower Mainland Wheels in Motion locations include: North Shore (Park Royal Village), Richmond (Minoru Park), Burnaby/New Westminster (Mercer Stadium) and Surrey (South Surrey Athletic Park).

Info: www.wheelsinmotion.org

Access Challenge

This year's Access Challenge is held Aug. 8 – 10 at William Watson Lodge, Kananaskis, AB. The unique adaptive lodge is 85 miles (137 km) west of Calgary.

The event is fully booked.

BCMOS summer staff

BCMOS has appointed the staff who will be running the summer hiking activities: Sheila Best and Shannon Westlake.

Sheila volunteered as a 'sherpa' last year, and is familiar with the program. Shannon, who is new to BCMOS, has hiked throughout British Columbia and spent a month trekking in the Nepal Himalaya.

Volunteer vacancies

As anyone that has hiked with BCMOS could tell you, programs cannot run without volunteers. People interested in being a sherpa should contact Eric Molendyk at 604-688-6464 ext. 117.



The high life: Pippa Blake, with sons Ollie and Jasper, in the Nepal Himalaya.

That on-top-of-the-world feeling

BCMOS member Pippa Blake is making presentations of her November TrailRider trek to Everest Base Camp.

The days were "crystal clear" with stunning views, although the nights got cold and uncomfortable – "it was an amazing adventure." For information on her trek, and dates of any forthcoming presentations, see: <http://riseabovebarriers.com>.

Hiking calendar – 2008 activities

The hiking season opened May 28. Upcoming theme hikes include:

Saturday, June 7	Lighthouse Park
Sunday, June 8	Wheels in Motion at the PNE
Saturday, June 14	Spanish Banks
Sunday, June 15	Pacific Spirit Orientation Challenge
Saturday, June 21	Whistler
Sunday, June 22	BCMOS and DSA Kids' Day
Saturday, June 28	Burnaby Lake – Beaver Watching
Sunday, June 29	Lynn Canyon OR Canoe/Hiking Adventure
Sat./Sun. July 5/6	Overnight at Alice Lake (near Squamish)
Saturday, July 12	Rocky Point (Port Moody)
Sunday, July 13	Whistler
Saturday, July 19	Pacific Spirit Orientation Challenge
Sunday, July 20	Spanish Banks
Sat./Sun. July 26/27	Overnight to Cultus Lake (near Chilliwack)
Saturday, Aug. 2	Buntzen Lake (potential for fishing!)
Sunday, Aug. 3	Lower Seymour Conservation Reserve – Stargazing
Saturday, Aug. 9	Whistler
Sat./Sun. Aug. 16/17	Overnight to Golden Ears Provincial Park
Saturday, Aug. 23	Maplewood Mud Flats – Bird/Wildlife Watching
Sunday, Aug. 24	Cypress Mountain OR Harrison Hot Springs
Sunday, Aug. 10	Starlight Starbright Walk in Pacific Spirit Park
Thursday, Aug. 28	BC MOS Volunteer Appreciation BBQ
Friday, Aug. 29	Last day of hiking

Wednesday to Friday hikes are all at Pacific Spirit Park (4915 West 16th Ave.). Book hikes at 604-222-1312 or bcmossummer@disabilityfoundation.org.