

## Hiking Program

The British Columbia Mobility Opportunities Society (BCMOS) summer office is open from May to August. It is located at:

Pacific Spirit Park,  
4915 West 16th Ave,  
Vancouver, BC

Phone: 604-222-1312  
Fax: 604-224-5841  
Email: [bcmossummer@disabilityfoundation.org](mailto:bcmossummer@disabilityfoundation.org)

It is staffed Wednesday through Sunday, 10am to 6pm. Hikes take place at Pacific Spirit Park Wednesday through Friday. Saturday and Sunday hikes are theme hikes, and have specific destinations, which can involve camping out overnight.

May-June	Event
Monday, May 21	BCMOS begins taking bookings
Sunday, May 25	Volunteer orientation & open house
Wednesday, May 28	BCMOS opening day!
<b>Wednesday, to Friday</b>	<b>Hiking at Pacific Spirit Park</b>
<b>Saturday &amp; Sunday</b> These are potential theme hike locations that will take place on the weekends	<b>Theme hikes</b> • Lighthouse Park • Spanish Banks • Buntzen Lake • Delta Watershed • Lynn Canyon • Deer Lake Park • Seymour Demonstration Forest
Sunday, June 8	No bookings accepted, due to our support of Rick Hansen Wheels in Motion event at Playland at the PNE (all day from 8:30 a.m.). But come and meet us there!
Sunday, June 22	BCMOS and DSA Kids Day
July	Event
<b>Wednesday to Friday</b>	<b>Hiking at Pacific Spirit Park</b>
<b>Saturday &amp; Sunday</b> These are potential theme hike locations that will take place on the weekends	<b>Theme hikes</b> • Stanley Park • BCMOS & DSA Kid's Day! • Spanish Banks • Overnight at Golden Ears Park • Burns Bog • Burnaby Mountain • Lynn Canyon • Buntzen Lake • Maplewood Mudflats
August	Event
<b>Wednesday to Friday</b>	<b>Hiking at Pacific Spirit Park</b>
<b>Saturday &amp; Sunday</b> These are potential theme hike locations that will take place on the weekends	<b>Theme hikes</b> • Spanish Banks • Delta Watershed • BCMOS & DSA Kid's Day! • Stanley Park • Burns Bog • Buntzen Lake • Cypress Mountain
Friday, August 29	Last day of hiking