

# Take a hike



Fall/Winter 2009 - 2010

## Children's adventures

British Columbia Mobility Opportunities Society (BCMOS) makes the great outdoors accessible for all ages.

Every year BCMOS hosts a Children's Day, to promote hiking opportunities to the younger generation.

In July, 16 people aged 11-18 from Canuck Place Children's Hospice spent a day trying various hiking and sailing options. BCMOS operated sessions with its TrailRider, a specially designed wilderness access wheelchair, while society the Disabled Sailing Association of BC ran hands-on sailing events.



TrailRider demo: Children's day.

"We always reach out to young people – they are the hikers of the future," said BCMOS program manager Kirk Duncan. "It was a very successful day. Everyone enjoyed themselves."



On the beach: A TrailRider theme hike to Spanish Banks, from July 2009.

## Access for all thanks to TrailRider

BCMOS is making plans for the upcoming summer season of accessible adventures.

Activities will include a gliding program and a wide variety of hiking options using the TrailRider, BCMOS's revolutionary outdoor wheelchair.

The 2010 gliding program will involve 30 to 40 flights from Vancouver Soaring Association's facilities at Hope Airfield.

Hikes will range from self-directed TrailRider rentals – available year round – to theme hikes taking in scenic and dramatic locations. Hikes in 2009 included Buntzen Lake, Green Timbers Park, Belcarra Regional Park, Spanish Banks and

Whistler – expect similar next time around. In addition to hiking, the summer also featured a Children's Day.

Numerous external events conspired to interrupt the 2009 gliding season, but BCMOS is committed to this program.

"Overall, I'm pleased with the summer season," said BCMOS program manager Kirk Duncan. "Staff and volunteers alike worked hard to make activities accessible and enjoyable."

More info: visit the website at [www.bcmos.org](http://www.bcmos.org), phone Eric Molendyk at 604-688-6464 ext. 117, or email [bcmos@disabilityfoundation.org](mailto:bcmos@disabilityfoundation.org).

**BCMOS: outdoor adventure for people with disabilities**



# TrailRider



## TrailRider is now rockin' all over the world

The TrailRider, conceived and developed in Vancouver by BCMOS founder Sam Sullivan and Tetra Society volunteer Paul Cermak, is blazing a trail of accessibility around the world.

Alpenglow Adventures, an offshoot of the Kentucky Easter Seal Society, is using the TrailRider to run regular expeditions to the top of Mt. Kilimanjaro, Africa's tallest peak, and used one to reach the bottom of Grand Canyon National Park, in Arizona.

In addition this year, three more adaptive hiking programs have opened with the TrailRider as the centerpiece. These include the Kindale Development Association in Armstrong, BC; Jasper Victim Services, Jasper, AB; and Lakeland Union High School, in Minocqua, WI.

In the hopes of expanding further afield, the TrailRider is now being presented to potential program operators in Japan.

Alpenglow Adventures offers its Kilimanjaro and Grand Canyon programs as "adventure travel for individuals who cannot walk."

Founder and director Jim Ebert said the group offered people with physical disabilities "safe, accessible and unparalleled hiking opportunities to pursue once-in-a-lifetime experiences."

In November 2008 Alpenglow enabled 13 year old Skylar Cannon, who has spinal muscular atrophy, to reach the



Summit meeting: Juan Martin Botero reaches the top of Mt. Kilimanjaro - by TrailRider.

bottom of the Grand Canyon National Park, AZ. In December that year it allowed Juan Martin Botero from Cambridge, Massachusetts to reach Uhuru Peak, the highest point of Mt. Kilimanjaro in Tanzania (the highest peak in Africa).

Going a little further back, the TrailRider was recently used by two separate expeditions to reach Everest Base Camp in the Nepal Himalaya. Linda McGowan, of New Westminster,

reached Base Camp in October 2008 (fellow expedition member Doug Reid, of Vancouver did not summit due to health reasons), and Pippa Blake, of Victoria, BC, reached that point in November 2007

Info about the 34 groups across North America running TrailRiders is here: [www.bcmos.org/trailrider\\_north\\_america](http://www.bcmos.org/trailrider_north_america). In addition, the Japanese TrailRider page can be seen here: [www.hillforest.ca/trailrider](http://www.hillforest.ca/trailrider).

## Can you help BCMOS to offer accessible hiking?



Can you help?

BCMOS cannot exist without help – are **you** able to make a cash contribution or else offer your time to enable someone with a disability to hike?

Donations are required so that BCMOS can continue to offer hiking opportunities at a nominal fee (\$10 per trip). Tax receipts are issued. Just click the Donate Now button at [www.bcmos.org](http://www.bcmos.org).

In addition, BCMOS will require volunteers to help "Sherpa" the Trailrider, during the summer hiking season, which typically runs from May to August.

"It takes physical work," said program manager Kirk Duncan. "But the personal rewards are high."

Info: call Eric Molendyk at 604-688-6464 ext. 117.