

Take a hike



Summer 2009

Looking to 2009 season

British Columbia Mobility Opportunities Society (BCMOS) will be running two major programs for people with disabilities through the summer season: hiking and gliding.

The hiking program uses the TrailRider, a specially designed wilderness access wheelchair, and gliding is specially orientated for people with disabilities.

The hiking program this summer will offer guided hikes through Pacific Spirit Park Monday to Thursday and theme hikes at various locations on Fridays. We encourage clients to bring family and friends with them to help propel the TrailRider. If this is not possible BCMOS will do its best to assist in arranging volunteers.

TrailRiders are also available for rental both during the summer and the rest of the year. These can be used by clients for self-directed hikes anywhere they choose.

The gliding program, which will run May to August, will involve 40 flights using the Vancouver Soaring Association's facilities and equipment at Hope Airfield.



On the trail: A group from Canuck Place, Vancouver, seen enjoying a theme hike during the 2008 season.

Photography, fishing or forest: book your own TrailRider outing

BCMOS is promoting a series of summer theme hikes using its revolutionary outdoor wheelchair, the TrailRider.

These hikes will enable participants with disabilities to participate in new outdoor leisure opportunities – running in conjunction with regular (self-directed) TrailRider rentals.

“We want to encourage people to regard the TrailRider as a means to an end,” said BCMOS program manager Kirk Duncan. “It’s a way of getting to the location, or participating in the activities.”

Destinations will be decided based on demand, but so far requests include: treks through old growth forests of North Vancouver’s Lower Seymour Conservation Reserve and Lynn Canyon Park; Buntzen Lake, near Port Moody; Lighthouse Park in West Vancouver; Whistler; with activities including fishing, and photography.

Participants will need to arrange their own transport and, wherever possible, their own volunteer sherpas to guide the TrailRider.

More info: Eric Molendyk or Shannon Westlake at 604-688-6464.

BCMOS: outdoor adventure for people with disabilities



We want you: 'Sherpas,' like the group seen here on a Squamish camping expedition, are urgently required.

Can you help 'Sherpa' a TrailRider?

British Columbia Mobility Opportunities Society (BCMOS) cannot exist without volunteer help – can you or someone you know lend a hand to enable someone with a disability to venture into beautiful BC?

Although we encourage participants to bring their own 'Sherpas' – helpers who propel

the TrailRider – not everyone can, and volunteers are required to fill in.

"It requires physical work," said summer programs coordinator Shannon Westlake. "But the personal rewards are great."

Info: call Shannon at 604-688-6464 ext. 117.

BCMOS gliding and hiking calendar

The BCMOS **hiking** season runs from Wednesday, May 27 until Friday, Aug. 28.

During this time, TrailRiders will be available for rent Wednesday through Friday at Pacific Spirit Regional Park – they can be used in the park, or for any other self-directed hikes at a client's own chosen location.

In addition to rentals and guided hikes at Pacific Spirit Park, BCMOS will be arranging theme hikes to specific locations throughout the hiking season, as featured on Page 1. These will be determined according to demand, so let us know where you would like to go and what you would like to do – and check the website (www.bcmos.org) for announcements.

Meanwhile, the BCMOS **gliding** season runs from Tuesday, May 19 until Tuesday, Aug. 4. The program - *Easy Gliders* - runs in conjunction with Ontario-based *Freedom's Wings* and the Vancouver Soaring Association (VSA). Flights will take place:

- Tuesday, May 19
- Tuesday, May 26
- Tuesday, June 2**
- Tuesday, June 16**
- Tuesday, June 30**
- Tuesday, July 14
- Tuesday, July 28
- Tuesday, Aug. 4**



Easy gliders: BCMOS gliding program participants at Hope airfield.

A total of 40 flights will be offered during the 2009 season, which might be extended into early September if the weather causes postponements. All flights are from Hope Airport (Flood Hope Road, Hope, BC; adjacent to Trans-Canada Highway exit 165). For more information phone 604-688-6464 ext. 129, or see the BCMOS website: www.bcmos.org.

Summer staff

BCMOS has hired Shannon Westlake to run the summer hiking program.

Shannon, who worked with BCMOS last year, should be your first point of contact for information about adaptive hiking and TrailRider rental.

She can be contacted at the BCMOS Vancouver office Monday through Friday. TrailRiders can be rented, for \$10 per day, Monday to Friday, and used over the weekend, if required.



Shannon Westlake

Phone Shannon at 604-688-6464 ext. 129 or email bcmossummer@disabilityfoundation.org.

Wheels rolling

Once again, BCMOS is supporting the Rick Hansen Wheels in Motion challenge. This year's Vancouver event is held Sunday, June 14 at the Pacific National Exhibition (2901 East Hastings Street, Vancouver). For more info: www.wheelsinmotion.org

Reaching out

BCMOS is committed to outreach, to tell people at schools, rehab. centres and other facilities about adaptive hiking. If your group would like to know more, contact Shannon (details above) to book a presentation.