

- TREK for HOPE 2023 -

Use this card to track your progress as you complete as many North Shore adventures as you can during the two weeks of spring break: March 11th to 26th, 2023.

BEGINNER		INTERMEDIATE		ADVANCED	
ADVENTURE LIST:	COMPLETE	ADVENTURE LIST:	COMPLETE	ADVENTURE LIST:	COMPLETE
Rice Lake		The Lynn Loop		BCMC on Grouse	
West Van Sea Wall		Paddle Board Deep Cove		Snowshoe Grind	
Spirit Trail - Sections (walk, bike, or scooter)		Bike the Seymour Demo Road		Snowshoe Hollyburn Mountain	
Cleveland Dam / Capilano Canyon Loop		Cross Country Ski Cypress Mountain		First Pump Peak (Snowshoe or Ski Tour)	
Hyannis Trail		Dog Mountain		Norvan Falls	
West Van Trestle Bridge (Cypress)		Mountain Bike Bobsled on Fromme		Mountain Bike a Black Diamond Trail	