

Booking Procedures

BCMOS hikes five days a week

From the end of May, the BCMOS summer office is open five days a week, Wednesday through Sunday, 10am to 6pm. The office is located at 4915 West 16th Ave., Vancouver. You can find it in Pacific Spirit Park next to the GVRD Park Office. More info:

Phone: 604-222-1312
Fax: BCMOS c/o GVRD 604-224-5841
E-mail: bcmossummer@disabilityfoundation.org

To hike with BCMOS

Call the summer office at 604-222-1312 to book a hike. Please indicate if you are bringing your own volunteer 'sherpas' as these are always appreciated (but not mandatory)

We run two-hour hikes in Pacific Spirit Park Wednesdays through Fridays, with start times of 11am, 1pm, 3pm and 4pm. See the Calendar of Events for weekend event hikes.

Participants and volunteers are required to bring their own lunches.

Fees

There is a \$10 season's membership fee in order to hike with BCMOS, which includes the cost of the first hike. Each subsequent hike is \$10 (plus any admission costs to hike destinations, if applicable).

Rental of a TrailRider: \$10/day if available!

Renting your own TrailRider

You can rent a TrailRider independently. You are responsible for pick-up and delivery, and will be asked to sign a loan agreement form. Feel free to use www.trailpeak.com to find out where to go.

Forms

All members and volunteers must sign a disclaimer waiver form before participating in any activity within the program.

Clothing

Please check the forecast and dress appropriately. Bring water, snacks, sunscreen, sunglasses, hat, gloves and something warm. Volunteers should wear hiking boots. BCMOS has a limited number of Mummy bags/Rain Ponchos that can be borrowed.