

# Take a hike



Summer 2008

## Gliding program reaches new level of accessibility

A gliding program for people with significant disabilities is taking to the skies again this summer.

The British Columbia Mobility Opportunities Society (BCMOS) Easy Gliders program started up again in May, with flights planned until September. In total, says organizer James Willetts, there will be 45 flights, each of around 45 minutes' duration.

Easy Gliders is run in conjunction with Hope Gliding Centre, operated by Vancouver Soaring Association. Organizers are working with volunteer engineers from the Tetra Society of North America for a device to prevent people that experience leg spasms from knocking the joystick, which should be completed for the end of this season.

"There is a lot of interest in gliding," said Willetts. "It's an adventure. Some people have flown before, and some come along to try something new."

"There are probably 10 people that want to learn to fly."

There were 40 flights last year, with 10 trial flights in 2006.

Call Willetts at 604-837-5616, email him at [todsworld@hotmail.com](mailto:todsworld@hotmail.com), or visit [www.disabilityfoundation.org/bcmos/gliding](http://www.disabilityfoundation.org/bcmos/gliding).

**Theme hike: Last summer's theme hike to Whistler, BC.**

## Theme hikes bring outdoor activities within easy reach

This year's BCMOS theme hikes will focus on outdoor activities including stargazing, bird watching and fishing.

The idea is to focus on the end result – the activity – rather than the journey, according to BCMOS programs manager Kirk Duncan. Rather than being a ride in a TrailRider, it's a fishing trip or on-the-scene lesson on provincial natural history.

"We will be using the TrailRider as a means to an end," he said. "It's about the experience. It could be a nature walk in Rocky Point Park, Port Moody, fishing on the Fraser River or stargazing."

He said theme hikes will cost \$10 per session, the same as other TrailRider outings. Most theme hikes will be single-day, but there may be scope for camping overnight – which must be booked at least one week ahead.

See Page 2 for dates of upcoming theme hikes, with possible updates posted online at: [www.disabilityfoundation.org/bcmos](http://www.disabilityfoundation.org/bcmos).