Take a Hike!

The change in scenery helps motivate you in endurance training and the repeated uphill movement will tone your legs. You'll be rewarded for every step by stunning views!

**North Shore Rescue Advice – Learn safety precautions and be prepared**

**What should I take with me?**
- At least one friend. The more the merrier!
- Water
- Granola bars or fruit, in case you get snacky.

**Do I need hiking boots?**
Unless you're doing a very extensive hike, you can get away with wearing runners with good tread and good support.

**Why hiking?**
The incline means you have to work harder to move the same horizontal distance, and you put less stress on your joints than the up and down motions of running.

**Trails around Vancouver**

**Burns Bog in Delta**
This one’s in a flat conservation area, so it’s a nice n easy beginner’s trail. The walk is about 3 hours around.

**Burnaby Mountain**
There are multiple trails that go up and around the various areas mountain, including SFU. Burnaby mountain park offers gorgeous views of Vancouver and the Burrard Inlet.

**Grouse Grind**
Super popular, super famous, and super full of stairs. The Grind will take anywhere from 1-2 hours.

**Norvan Falls**
Starts from Lynn Valley and heads up to the waterfall feeding Norvan Creek. 4.5 hours round-trip.

**St Marks Summit (via Cypress Mountain)**
This was the last hike I did! It's a long trail that scales up in elevation, but there are a lot of ups and downs that make the trail interesting. Difficulty: moderate-hard.

**Sources:**

http://www.burnsbog.org/

https://www.burnaby.ca/Things-To-Do/Explore-Outdoors/Parks/Burnaby-Mountain-Conservation-Area/Trails.html

https://www.grousemountain.com/grousegrind

http://www.vancouvertrails.com/trails/norvan-falls/

http://www.vancouvertrails.com/trails/st-mark's-summit/