

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

- <http://www.northshorerescue.com/education/avoid-getting-lost/>
- <http://www.northshorerescue.com/education/what-to-bring/>

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/>