



NORTH SHORE



Information Sheet – November 2020

The right to wind in their hair.

Thanks to the support of donors, volunteers and other community members, Cycling Without Age North Shore began offering free rides on the Spirit Trail to mobility challenged people this summer, as shown in the above photo taken near Ambleside Pier. Our startup was delayed by COVID-19, but we intend to offer a full program of free rides on the Spirit Trail, Green Necklace and Lower Seymour Conservation Reserve (LSCR) Trail, COVID-19 permitting, in 2021.

Cycling Without Age North Shore is a program operated by volunteers through Silver Harbour Seniors' Activity Centre and supported by the West Vancouver Seniors' Activity Centre. We have been provided bases at Park Royal and by the City of North Vancouver at Mahon Park. We plan to offer group rides from The Boat Shed in Ambleside Park, The Shipyards at Lonsdale Quay and the gazebo at the LSCR trailhead. Groups of people will ride by bus or car to these locations, from where we will arrange rides for up to 4 passengers at a time while the balance of the group socializes. We also offer rides from the doors of care homes, if they can be safely reached from one of our bases. Those we are not able to reach and people living in their own homes will be offered free rides from pick up points, which include our bases, The Boat Shed, The Shipyards and other conveniently located coffee shops.

To book rides, care homes are invited to contact us to discuss arrangements for booking group excursions and rides on behalf of their residents. People living in their own homes will be provided with a telephone number they can call to contact a booking agent. This number will be displayed on our website early in 2021.

We will be recruiting and training pilots commencing early in 2021. We are also seeking bus drivers and additional management team members. Anyone interested in joining our team is invited to contact us by email.

With care homes spread out across the North Shore and with the shortage of space where we could locate permanent bases, we intend to purchase a cargo trailer, at a cost of \$5,000, to serve as a mobile base. This will allow us to access the LSCR and service many more care homes by taking the trishaws to our passengers' door. We will be fund raising for this purchase.

Please visit our web site for more information. <https://www.cyclingwithoutage.ca/northshore>

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