



CYCLING WITHOUT AGE NORTH SHORE

May 2026

2026 Trishaw Season Underway!

Welcome to another exciting season of **free** trishaw rides along beautiful forest trails on the North Shore!

While our pilots have been busy offering trishaw rides since the end of April, our team has been busy with pre-season planning since late January! Behind the scenes work includes liaising with our 20+ partners which includes senior residences and community centres, municipalities, donors and supporters. We now have 4 two-seater and 2 wheelchair-carrying trishaws operating from our four bases at Lynn Valley, Mahon Park, Phibbs Exchange and Park Royal. All our pilots have also undergone refresher training, new pilots have been trained and onboarded, and our trishaws have been inspected and maintained. We're ready to go!

Special Events for 2026

In addition to scheduled rides for our Partner Organizations, we will be offering the following ride opportunities.

Seymour Demonstration Forest

- July: Monday 6th, Tuesday 7th and Wednesday 8th
- August: Monday 10th, Tuesday 11th, Wednesday 12th

Bridgman Park and Ambleside Park on Fridays

- Bridgman dates: June 19th, July 17th, August 14th, September 11th
- Ambleside dates: June 26th, July 24th, August 21st, September 18th

To book free rides email Eva: cwarides@silverharbourcentre.com or phone 604 980 2474.

West Vancouver Senior's Activity Centre Bus



Residents living in non-profit seniors' residences on the North Shore are not able to participate in our Special Events rides because they do not have access to an accessible bus. While we have scheduled rides from the front doors of these seniors' residences, their residents are not able to join us for rides along the Spirit Trail, Seymour Demonstration Forest, along Lynn Creek at Bridgman Park, or at Ambleside and the Centennial Sea Walk.

We are extremely grateful to the District of West Vancouver for giving us free access to the WV Seniors' Activity Centre Accessible Bus this season. Having these buses means that we can bring residents from these seniors' residences to participate in our Special Events. This allows them to enjoy the wonderful forest trails and rides along the West Vancouver waterfront, which would otherwise be inaccessible to many of them. Thank you to the District of West Vancouver for making this possible!

West Vancouver Community Grants Program

We gratefully acknowledge the support of the District of West Vancouver through the Community Grants Program. Cycling Without Age North Shore received \$2,500 this spring to help defray costs for a summer student to assist with logistical and administrative tasks. We are also able to use these funds for other operational costs, including trishaw maintenance.

Thank you for your support!



St. Francis-In-the-Wood Legacy Fund

The St. Francis-In-the-Wood Legacy Fund manages gifts that come to the parish through testamentary bequests and testamentary trusts. It is managed by trustees consisting of the rector, wardens, and members of the parish council.

The funds generated are intended for those in need in British Columbia including disadvantaged youth, the poor, the elderly, the homeless, the sick, the disabled and those suffering from substance addiction, both within and outside the parish.

We are extremely grateful to receive \$7,500 from St. Francis-In-the-Wood to help our chapter achieve long-term sustainability. These funds will be used for our operational needs, specifically to hire a summer student to assist with the heavy work of running our Special Events each summer. This includes liaison with our 20+ partner organizations, interaction with the public to book rides, and to manage operations on ride days.

In addition, this funding will allow us to outsource trishaw maintenance during the riding season, ensuring that our equipment is in good shape to meet the increasing demands from our community.

Having this financial support allows to offer seniors with physical disabilities and individuals with mobility-challenges the opportunity to experience the outdoors through free trishaw rides along forest trails, multi-use paths and low-traffic roads.

Thank you for your support!



St. Francis-In-the-Wood
Legacy Fund

Have your Donation Matched to **Double its Impact!**

Cathy Harasym - a longtime donor and supporter of Cycling Without Age North Shore, has generously offered to match \$6,000 in donations to our chapter! All you have to do is to make your donation by clicking on [this link](#) - make your donation, and it will automatically be doubled through Cathy's gift!

Don't wait - do it now! These funds will allow us to meet our operating costs, and to set aside funds for the purchase of additional equipment!

Thank you Cathy!

Increasing Our Visibility!

Our pilots are even more visible in our community thanks to our new High Visibility Vests! Look out for our trishaws and pilots as we ride around your community this summer. Stop us for a chat, and say hi to our Very Important Passengers!

If you or someone you know would like a free trishaw ride, contact us at Silver Harbour: email cwarides@silverharbourcentre.com or phone 604 980 2474.



cyclingwithoutage.ca/northshore/



@cwanorthshore