

## OUTDOOR RECREATION

Join us for exploration, adventure and expert instruction in a wide range of land and water-based outdoor activities. It is the goal of UBC REC to provide the university community with the opportunity and instruction to enjoy comfortable and safe adventure in the outdoors, including hiking, skydiving, scuba diving, and climbing. UBC REC strives to provide fun, hands-on instructional programs for novice and intermediate participants, and unless stated, no prior experience is required.

### UBC REC HIKING DAY SERIES

Offering panoramic views in beautiful, mountainous areas and lush, forested terrain, these beginner and intermediate day hikes are a great introduction to BC's Coastal Mountain Range. No experience is necessary, and all UBC REC hikes include transportation to and from the UBC SRC. Led by professional guides, you will be provided with some unique information as you make your way to your destination. We'll bring along a snack for you and take your picture at the top.

#### BEGINNER HIKES

##### Fall Information

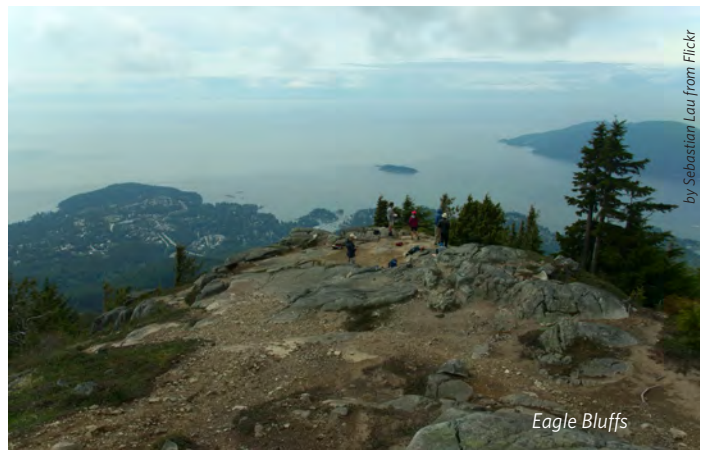
<i>Hike I - 1 session</i>	<i>Hike II - 1 session</i>	<i>Hike III - 1 session</i>
<i>Location: Light House Park</i>	<i>Location: Garibaldi Lake</i>	<i>Location: Capilano</i>
<i>Sep 18</i>	<i>Oct 16</i>	<i>Oct 30</i>
<i>Sunday 8:00am - 3:00pm</i>	<i>Sun 8:00am - 3:00pm</i>	<i>Sun 8:00am - 3:00pm</i>
<i>Reg by Sep 12</i>	<i>Reg by Oct 11</i>	<i>Reg by Oct 23</i>

##### Winter Information

<i>Hike I - 1 session</i>	<i>Hike II - 1 session</i>	<i>Hike III - 1 session</i>
<i>Location: Seymour Mountain</i>	<i>Location: Cypress Mountain</i>	<i>Location: Baden Powell</i>
<i>Jan 22</i>	<i>Feb 5</i>	<i>Mar 18</i>
<i>Sun 8:00am - 3:00pm</i>	<i>Sun 8:00am - 3:00pm</i>	<i>Sun 8:00am - 3:00pm</i>
<i>Reg by Jan 15</i>	<i>Reg by Jan 29</i>	<i>Reg by Mar 11</i>



Garibaldi Lake



Eagle Bluffs



Stawamus Chief

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall - Hike I	\$64	38082	\$71	38566	\$82	38064
Fall - Hike II	\$64	38079	\$71	38072	\$82	38065
Fall - Hike III	\$64	38081	\$71	38074	\$82	38066
Winter - Hike I	\$100	38086	\$108	38075	\$120	38068
Winter - Hike II	\$100	38083	\$108	38076	\$120	38069
Winter - Hike III	\$64	38085	\$71	38078	\$82	38070

#### INTERMEDIATE HIKES

##### Fall Information

<i>Hike I - 1 session</i>	<i>Hike II - 1 session</i>
<i>Location: Eagle Bluffs</i>	<i>Location: Stawamus Chief</i>
<i>Sep 11</i>	<i>Sep 25</i>
<i>Sun 7:00am - 3:00pm</i>	<i>Sun 7:00am - 3:00pm</i>
<i>Reg by Sep 4</i>	<i>Reg by Sep 18</i>

##### Winter Information

<i>Hike I - 1 session</i>
<i>Location: Stawamus Chief</i>
<i>Apr 1</i>
<i>Sun 7:00am - 3:00pm</i>
<i>Reg by Mar 25</i>

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall - Hike I	\$64	38103	\$71	38095	\$82	38087
Fall - Hike II	\$64	38104	\$71	38096	\$82	38088
Winter - Hike I	\$64	38107	\$71	38099	\$82	38091

FOR THE MOST UP TO DATE INFORMATION ABOUT TRIP DESTINATIONS FOR EACH HIKE, VISIT:  
[WWW.REC.UBC.CA/OUTDOOR/HIKINGDAYTRIP](http://WWW.REC.UBC.CA/OUTDOOR/HIKINGDAYTRIP)