

## Go outdoors...

### Mountain Bike Social Ride

#### Lori Redman & Suzanne Wood

Are you a novice mountain biker interested in exploring local trails but are unsure of where to go? Join us on Wednesday the 6th of July for our first mountain bike social ride! Local mountain bike enthusiasts, Lori and Suzanne will lead the group on a variety of trails throughout this 4 week series. All participants are required to wear a certified bike helmet, have a mountain bike in good mechanical condition, and must sign a waiver form prior to riding.

**Date:** Wed. Jul 6 - 27

**Time:** 7:00 – 8:30PM

**Cost:** FREE

**Location:** Meet at Rotary Skateboard Park

### Mountain Bike Basics

#### Barb and Darren Coates

This clinic is perfect for novice riders who are looking to build confidence and a strong off-road bike handling foundation.

**First night:** bring bike, any tools you may have and prepare to get greasy. You will learn how to change a flat tire, optimal seat height, basic bike care, cleaning/oiling chain, cleaning bike, tire pressure, what to have in your toolkit and proper riding attire.

**Second night:** bring bike and helmet, learn basic bike stance, proper braking, ascending/descending, tight turns, practice riding low skinnies and a we will finish up with a short group ride on Candle Creek Trails.

**Date:** Wed. Aug 24 & Thur. Aug. 25

**Time:** 6:00 - 8:00PM

**Cost:** \$40/2 sessions

**Location:** Candle Creek Hut & Trails

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Register online: [www.booking.ca/ClearwaterPub](http://www.booking.ca/ClearwaterPub)

OR stop into the

District of Clearwater Office,

209 Dutch Lake Road,

Monday to Friday, 8:30AM - 4:30PM

For more information on any of the programs listed  
please contact

Eleanor Collins,

Community Recreation, Healthy Living Coordinator  
at 250-674-1878

Like us on Facebook - Clearwater Community

### Hiking Series

#### Chance Breckenridge

Experience the beauty of the outdoors in your very own backyard! Join Chance for a variety of level of hikes to some spectacular locations. Please dress and plan for any type of weather. Wear sturdy shoes, bring a pack with water, snacks, bug spray, and of course, your camera!

**Cost:** By donation to support Wells Gray Park Trail maintenance

**\*All hikes meet at Rotary Sports Park**

#### Location: Trophy Mountain & Sheila Lake

approx. 1.5 hour drive and 3.5 hour hike round trip

This is one of the premier hikes in our area. The gentle uphill climb to the meadows results in a rewarding view of alpine meadows with mountainous backdrop. Continue hiking to Sheila Lake for a quiet picnic in a spectacular landscape.

**Date:** Sunday, July 29

**Time:** Meet at 9:00AM

**Rating:** Moderate

**\*Pack a lunch!**

#### Location: Moul Falls

approx. 30 min drive + 2 hour hike round trip

One of the best kept secrets of Wells Grey Park! You can actually walk behind these falls which are created as Grouse Creek plummets 35m into the canyon below. There is a thin slippery trail that leads you behind the falls and ends in a spectacular cave made by the erosion of the lava rock that is the basic make up of the canyon.

The trail is a fairly well kept descent, with some steep sections. A rugged stair case is there to help hikers through the steepest part.

**Date:** Friday, August 19

**Time:** Meet at 10:00AM

**Rating:** Easy to Moderate

#### Location: Helmcken Fall Rim Trail

approx. 40 min drive + 2 hour round trip

Helmcken Falls is the 4th largest waterfall in Canada and a must see for all! Approximately 8km one return, this hike promises a different close up view of the falls, a spectacular viewpoint and photo opportunity. Be advised, there are no safety fences so please exercise caution!

**Date:** Friday, August 28

**Time:** Meet at 10:00AM

**Rating:** Easy

#### Location: Triple Decker and Candle Creek Falls

approx. 20 minutes drive + 1 hour hike round trip.

This quick drive and hike will take you to 2 beautiful waterfalls in the gateway of Wells Gray Park. Reap the benefits from the fresh air, gorgeous scenery and fitness, all in time to make it home for dinner.

**Date:** Wednesday, August 31

**Time:** Meet at 4:30PM at Rotary Sports Park

**Rating:** Moderate