

# Great Walks of Vancouver

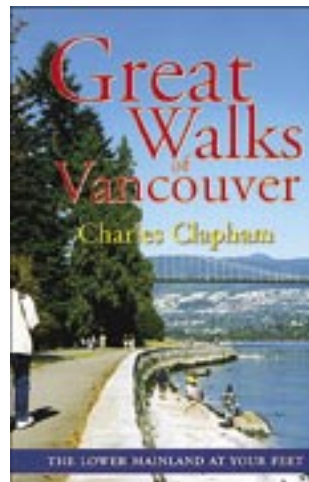
## The Lower Mainland at Your Feet

*Charles Clapham*

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*Vancouver is a profoundly rural city. As I made my way through small parks and subdivisions, passing by the backyards of contented homeowners, I reflected on the genius of Clapham's achievement. He has created a truly regional trail system practically by himself.*

Gordon Price, *Business in Vancouver*



**C**harles Clapham's two previous books, *Walk Horseshoe Bay to the USA* and *Walk the Burrard Loop*, have been updated and, together with a new section on walking the Fraser River from Vancouver to Mission, form this new book.

Clapham shows you how to leave your car at the end of the planned day's walk, bus to the start and walk back to your car. Or better still, use the bus and leave your car at home. He makes suggestions for parking and transit, special points of interest, stops for coffee and lunch and — of crucial importance to all urban walkers — possible “pit stops.”

**Charles Clapham's travels are outside of the box, beyond the norm. The 78 year old leaves his car at home and opts to lace up his hiking boots preparing for a four-hour wandering adventure. He discovers new treasures, sees things he's never seen before, but best of all, he experiences a view not known to many at all.**

**This book provides maps and complete instructions detailing how to reach and follow each of the one-way walks listed throughout the Lower Mainland and the Fraser Valley. *Great Walks* is the third in the series of Vancouver's great walks.**

— K. Robinson, *Burnaby News Leader*

**Charles Clapham** is a retired mathematician who hikes and walks for a hobby. He has hiked throughout British Columbia and in many foreign countries, accompanied by his wife Doris, who has had both hips replaced.

Besides the Vancouver area, Charles is mapping walking trails of the Gulf Islands and Bellingham, Washington. He is currently working on the walk from Squamish to Whistler.

Charles was born in Lincoln and grew up in London, UK. He moved to Vancouver in 1958.

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