

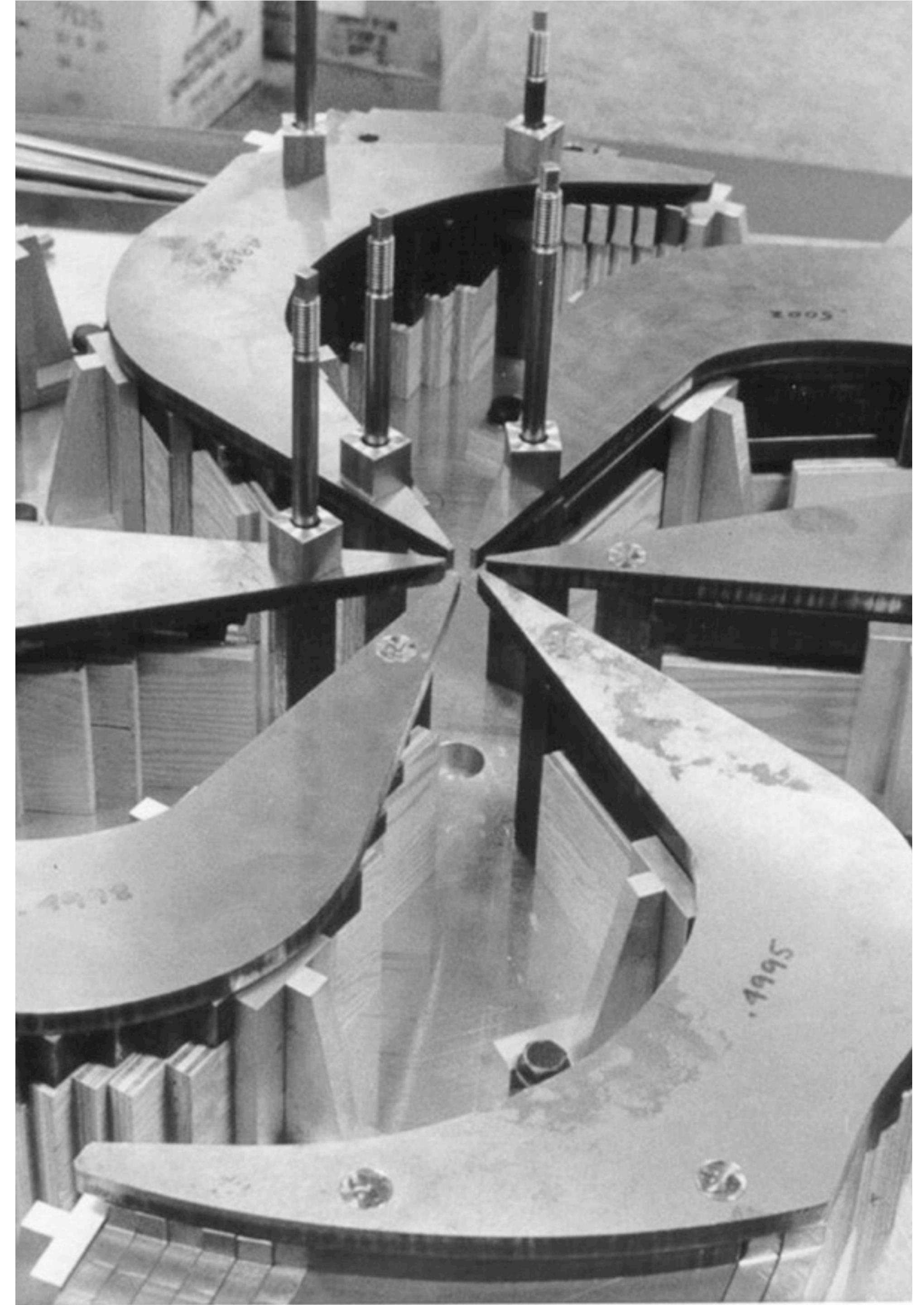


TRISEP 2022

Grouse Mountain

David Morrissey
(he/him)
dmorri@triumf.ca

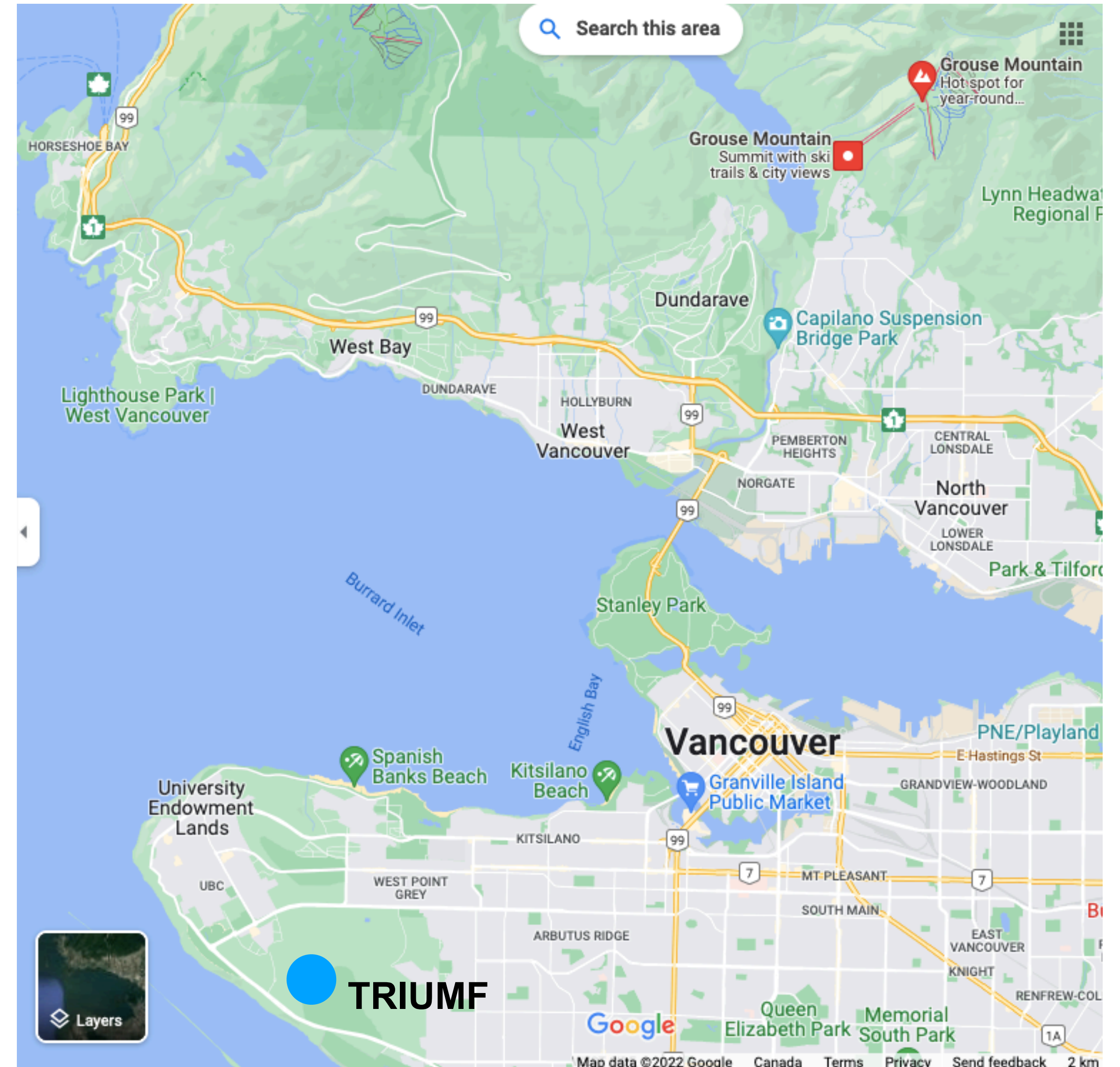
TRISEP 2022
July 4, 2022



**Discovery,
accelerated**

Grouse Mountain

- Located in North Vancouver:
- <https://www.grousemountain.com/>
- Base is at 274 m elevation.
- Chalet at 1127 m.
(Chalet is base of winter skiing.)
- Connected by Grouse Grind trail and Skyride gondola.



Transportation and Logistics

3

- We have a bus booked to get us there and back.
- Timeline:
 - **12:30pm** - pick up bagged lunch
 - **1:30pm** - bus leaves bus leaves TRIUMF
 - **1:45pm** - bus stops by and leaves from Gage
 - **2:30pm** - arrival at base of Grouse Mountain
 - **5:15pm** - meet at top of Grouse in the chalet courtyard to get gondola tickets down
 - **5:20pm** - get on the Skyride gondola down the mountain
 - **6:00pm** - bus leaves from Grouse base and returns to Gage

Skyride Gondola

- Connects Grouse Mountain base to upper chalet.
- Can take it up and down.
- **Everyone** will be taking it down!



Grouse Grind

- steep uphill only hike
- 2.5 km total length, 2830 stairs
- 853 m elevation gain (274 m → 1127 m)
- 0.5-2.0 hours to do, depending on pace
- similar effort to 10 km run*
- also have the option to take a gondola to the top!

* your mileage may vary - more leg work, less impact



Grouse Mountain

- Lots of stuff at the top:
 - gondola down
 - restaurant and washrooms
 - grizzly bear enclosure
 - “lumberjack” shows
 - more trails and a giant wind turbine



Grouse Mountain



Organizers Going

- David McKeen
 - David Morrissey (604-314-7997)
 - Katherine Pachal
 - Max Swiatlowski
-
- One of us will do a sweep to make sure everybody hiking makes it up.

Stuff to Bring

- good shoes and comfortable clothes
- water
- snacks
- sunscreen
- phone (would be good if you could email me your number)
- a watch to make sure you're in time for the bus back
- Note: we will not be able to leave things on the bus!
- Note: it is often 5-10 °C colder on the top of the mountain than at the base.

Thank you
Merci

www.triumf.ca

Follow us **@TRIUMFLab**

