

Grouse Grind Excursion



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- Logistics:
 - 12:30pm - pick up bagged lunch
 - 1:00pm - bus leaves from TRIUMF to Place Vanier
 - 1:25pm - bus leaves from Place Vanier
 - 2:30pm - Grouse Mountain arrival
 - 5:30pm - meet at gondola terminal up top for trip down
 - 6:00pm - bus returns to UBC

Grouse Grind

- steep uphill only hike
 - 2.9 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



MOUNTAIN GUIDE

- 1 Red Skyride**
Departs every 15 minutes, 8:45am-10pm.
Skyride Surf Adventure™ pre-booking recommended.
- 2 Peak Chalet**
- 3 Theatre in the Sky**
Open daily: 9:30am-9pm. Featuring nature-themed films and Extremely Wild.
- 4 Alpine Plaza**
- 5 Mountain Ropes Adventure & Kids Tree Canopy Adventure**
Mountain Ropes Adventure - Open daily: 10am-6pm
Kids Tree Canopy Adventure - Coming September!

- 6 Guided Eco-Walks**
Daily times (45 min): 11am, 1pm, 2:30pm, 4pm.
Starts at the large trail map outside the Chalet.
- 7 Heli-Tours**
Available daily: 12pm-dusk. Visit Guest Services, or call 604.980.9311 for more info or to book a tour.
- 8 Mountain Ziplines**
Available daily: 10am-6pm. Reservations are recommended but walk-ins are welcome based on availability. Visit Guest Services or call 604.980.9311 to book.
- 9 hÍwus Feasthouse**
- 10 Outpost - Flight Centre / Zipline Check-In Disc Golf / Scenic Mountain Bike Rental**
Disc Golf open daily: 9am-dusk Discs for sale at the Outpost. Course maps available here and at Alpine Guest Services.

- 11 Peak Chairlift**
Open daily: 10am-dusk. Included with the Mountain Admission Ticket.
- 12 World-Famous Lumberjack Show**
Daily showtimes (45 min): 11:15am, 2pm, 4:30pm.
- 13 Grizzly Lookout Café and Habitat**
Ranger Talks (15 min): 10am, 12:15pm, 2:45pm, 4pm.
Breakfast with the Bears available with pre-booking.
- 14 Pollinator's Garden**
Open daily: 9am-dusk.
- 15 Owl Interpretive Sessions**
Available daily (15 min): 10:45am.
- 16 BeaverTails Stand**
- 17 Rusty Rail BBQ**

- 18 Birds in Motion Demonstration**
Daily showtimes (30 min): 12:45pm, 3:15pm, 5:30pm.
- 19 The Eye of the Wind**
Open daily: from 10:30am. On-mountain upgrades available.
- 20 Tandem Paragliding**
Available daily: 11am-6pm. Please call 604.980.9311 for reservations or visit grousemountain.com.

- View Points
- Wheelchair Accessible
- Shopping
- Restrooms
- First Aid Station
- Charging Station
- Restaurants
- Guest Services / Information
- Ziplines
- Chairlift

Accessibility Map Available at:
www.grousemountain.com/accessibility

Stuff to Bring

- good shoes
- lots of water
- snacks
- sunscreen
- phone (and write down your number on the sign-up sheet)
- 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!**

Organizers and Lecturers Going

- Djuna Croon
- David McKeen
- David Morrissey (604-314-7997)
- Oliver Stelzer-Chilton
- Sean Tulin
- One of us will do a sweep to make sure everybody hiking makes it up.