

 CYCLING

# NORTH VANCOUVER SPIRIT TRAIL RIDE

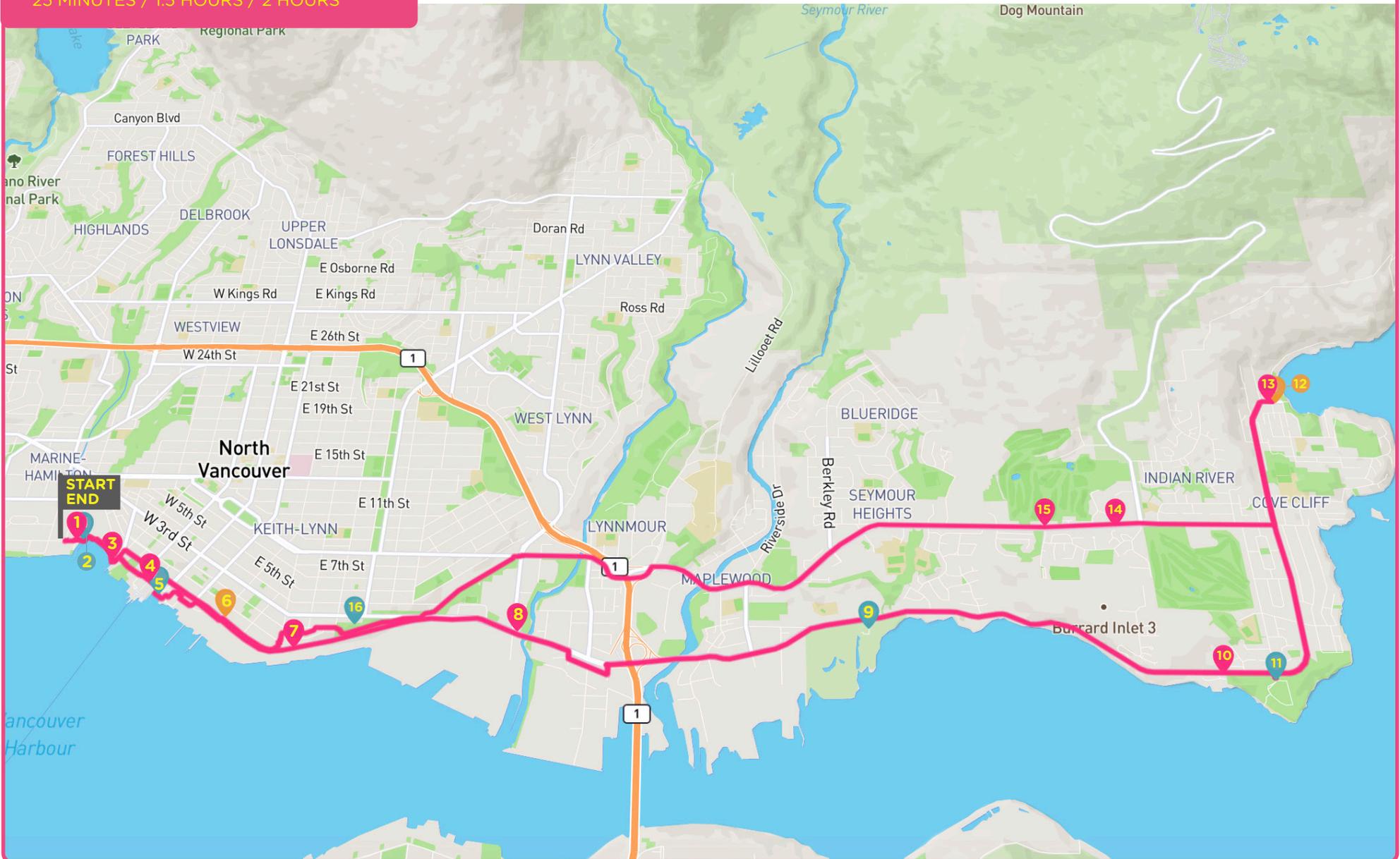
By Vancouver Biennale

4 KM / 22 KM / 30 KM  
25 MINUTES / 1.5 HOURS / 2 HOURS

VANCOUVER BIENNALE  
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PRESENTED BY





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## ABOUT THE ROUTE

Before starting this ride, take some time to consider the space it takes place in. You will see the land, the ocean, and the mountains-landmarks which have existed since before humans. Overlaid on the landscape are cement structures, an electrical grid, infrastructure for cars, and other marks of human intervention.

The area is also full of Indigenous history from the people who lived here before colonizers arrived. Imagine how different it would have been. What might it have been like?

To help understand and reposition your perspective of the land you will ride through today, consider listening to this podcast episode from Future Ecologies that features WE ARE OCEAN VANCOUVER educator T'uy't'tanat Cease Wyss.

### LISTEN HERE

<https://www.futureecologies.net/listen/fe1-1-decolonize-this-podcast>

### Bike Ride Safety

- Use bike lights and wear a helmet.
- Use designated bike lanes and routes, whenever possible.
- Ride at a leisurely pace and yield to people walking.
- When passing on the right, ring your bell or yell "ON UR LEFT"

*\*Follow rules of the road. The Motor Vehicle Act and city by-laws apply to cyclists.\**

## ROUTE STOPS

1	<b>WE HOLD OUR HANDS UP TO YOU - WA CHET K'AYÁCHTNTUMI</b> JODY BROOMFIELD	Spirit Trail at Bewicke Ave
2	<b>MOSQUITO CREEK ESTUARY</b>	1415 Johnston St.
3	<b>GATEWAY TO ANCIENT WISDOM - MINTLE-E-DA-US</b>	415 W Esplanade Ave
4	<b>SEA CHANGE - JILL ANHOLT</b>	Lower Lonsdale, Spirit Trail
5	<b>THE POLYGON GALLERY + NORTH VANCOUVER MUSEUM</b>	Vanier Park
6	<b>BEER BREWING   4 KM ROUTE TURNAROUND</b>	312 E Esplanade
7	<b>THE STORY OF LIFE - SUSAN POINT</b>	Spirit Trail - Low Level Roadway
8	<b>SWALE - VERONICA AND EDWIN DAM DE NOGALES</b>	212 Brooksbank Ave
9	<b>CHIEF DAN GEORGE EXHIBIT AT MAPLEWOOD FLATS</b>	2645 Dollarton Hwy
10	<b>STORY OF CREATION - ZACHARY GEORGE</b>	4141 Dollarton Hwy
11	<b>CATE'S PARK</b>	4141 Dollarton Hwy
12	<b>WHO'S GOT THE UMBRELLA - GREG KAWCZYNSKI</b>	4360 Gallant Ave
13	<b>HONEY DOUGHNUTS &amp; GOODIES</b>	4373 Gallant Ave
14	<b>THE LAND IS A PERSON - MARIANNE NICOLSON</b>	3633 Mount Seymour Parkway
15	<b>LOST STREAM FOUND - JILL ANHOLT</b>	3354 Mount Seymour Parkway
16	<b>MOODYVILLE PARK</b>	759 E 3rd St

