

NORTH VANCOUVER INTERMEDIATE AND ADVANCED LOCATIONS

Intermediate
9:00am-12:00pm

Monday (Day 1)

Drop-off: [Kilmer Park-Main Parking Lot, 1700 Dempsey Rd.](#)

Pick-up: [Kilmer Park-Main Parking Lot, 1700 Dempsey Rd.](#)

Tuesday (Day 2)

Drop-off: [Mount Fromme: Above the main parking lot next to the washrooms and bike wash](#)

Pick-up: [Upper Lynn Elementary School-Main Parking Lot, 1540 Coleman St.](#)

Wednesday (Day 3)

Drop-off: [Mount Fromme: Above the main parking lot next to the washrooms and bike wash](#)

Pick-up: [Upper Lynn Elementary School-Main Parking Lot, 1540 Coleman St.](#)

Thursday (Day 4)

Drop-off: [Mount Fromme: Above the main parking lot next to the washrooms and bike wash](#)

Pick-up: [Upper Lynn Elementary School-Main Parking Lot, 1540 Coleman St.](#)

Friday (Day 5)

Drop-off: [Mount Fromme: Above the main parking lot next to the washrooms and bike wash](#)

Pick-up: [Upper Lynn Elementary School-Main Parking Lot, 1540 Coleman St.](#)

Advanced
1:00pm-4:30pm

Monday (Day 1)

Drop-off: [Mount Fromme: Above the main parking lot next to the washrooms and bike wash](#)

Pick-up: [Kilmer Park-Main Parking Lot, 1700 Dempsey Rd.](#)

Tuesday (Day 2)

Drop-off: [Mount Fromme: Above the main parking lot next to the washrooms and bike wash](#)

Pick-up: [Upper Lynn Elementary School-Main Parking Lot, 1540 Coleman St.](#)

Wednesday (Day 3)

Drop-off: [Mount Fromme: Above the main parking lot next to the washrooms and bike wash](#)

Pick-up: [Upper Lynn Elementary School-Main Parking Lot, 1540 Coleman St.](#)

Thursday (Day 4)

Drop-off: [Mount Fromme: Above the main parking lot next to the washrooms and bike wash](#)

Pick up: [Parking area at the corner of Braemar Road E. and Dempsey Road](#)

Friday (Day 5)

Drop-off: [Mount Fromme: Above the main parking lot next to the washrooms and bike wash](#)

Pick up: [Parking area at the corner of Braemar Road E. and Dempsey Road](#)

Trail Difficulty Classes will ride

Intermediate: Beginner(Green) trails, Intermediate(Blue) trails

Advanced: Intermediate(Blue) trails, Advanced(Black) trails