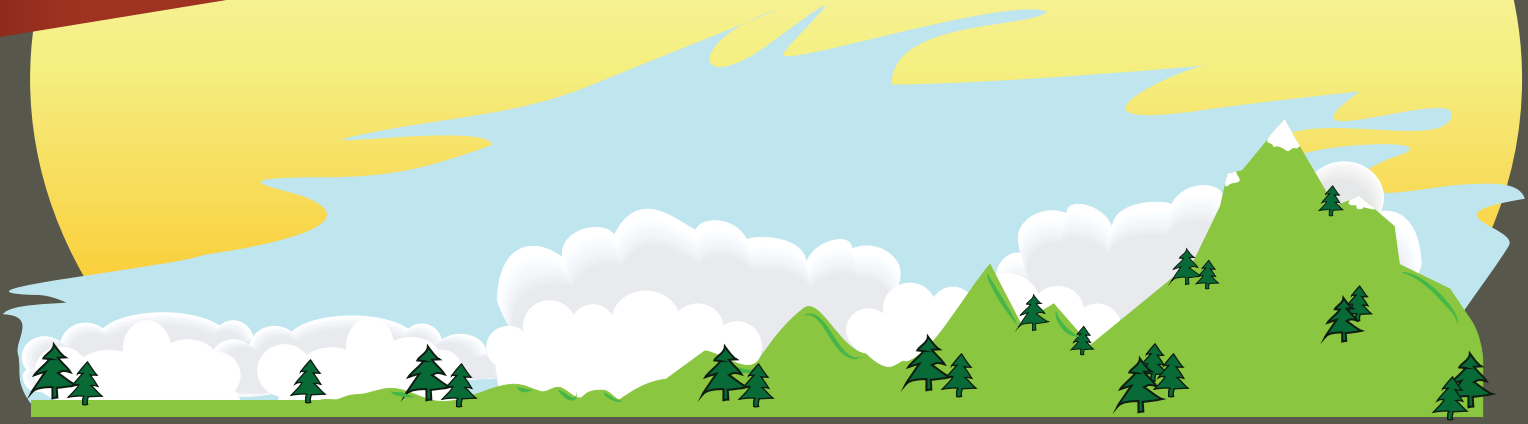


Going for a Hike?

KNOW YOUR COLOUR!



- Slope/Gradient
- Narrowness
- Obstacles
- Fitness Level
- Preparedness



The Greens

Very Easy & Easy

If you are a beginner hiker or have small children, are older or just have a low level of fitness then these trails are perfect for you!

While they may not be the most challenging walks and hikes, they still go to beautiful places and you can see awesome stuff.

Trail Characteristics	
<ul style="list-style-type: none"> Flat Smooth, firm footing Very wide Well-defined High maintenance 	<ul style="list-style-type: none"> Mostly flat & smooth Gentle slopes Wide Well-defined Some obstacles High maintenance

Suitable for people who enjoy walking.

The Blues

Moderate

If you want a bit of a challenge, but you are not ready for Mother Nature's stair-climber, you will want to choose a blue trail.

Blue trails have a little bit of everything.

Trail Characteristics
<ul style="list-style-type: none"> Flat to hilly trails Smooth or uneven footing Steeper slopes Narrow More obstacles Some maintenance

Suitable for most people.

The Blacks

Difficult & Very Difficult

For those of you with excellent fitness levels, these trails are for you. Others in not so fantastic physical shape will probably not enjoy these trails.

These hikes are clearly difficult and will get your heart-rate up. Often your hard work will be rewarded with some stunning Okanagan views.

Trail Characteristics	
<ul style="list-style-type: none"> Variable terrain Likely uneven footing Steep slopes Narrow More obstacles Low maintenance 	<ul style="list-style-type: none"> Variable terrain Likely uneven footing Very steep slopes Narrow More obstacles Low maintenance

Suitable for people who like a challenge.

What Colour Are You?

250-469-6232 • parks@cord.bc.ca
www.regionaldistrict.com/parks