

north shore news  
**ADVERTISING**  
 RATES • SIZES  
 INFORMATION  
 CLICK HERE

View This Weekend's  
**Open Homes**

Open Books  
 with  
**Nina**

Before you buy a home or renovate.  
 Be informed!  
 1.800.668.2642  
 www.cmhc.ca  


**DON'T WAIT!**  
 Make your DREAM a REALITY!  
  


**SITE INDEX**

- [Home Page](#)
- [News](#)
- [Opinion](#)
- [Sports](#)
- [Arts &](#)
- [Entertainment](#)
- [Living](#)
- [Automotive](#)
- [Contact Us](#)
- [Back Issues](#)
- [Classifieds](#)

**VANNET SITES**

- [VANNET Classifieds](#)
- [Astral Reflections Movie Listings](#)

**VANNET PAPERS**

- [Abbotsford Times](#)
- [Burnaby Now](#)
- [Chilliwack Times](#)
- [Coquitlam Now](#)
- [Delta Optimist](#)
- [Langley Advance](#)
- [Maple Ridge/Pitt](#)
- [Meadows Times](#)
- [New West Record](#)
- [Richmond News](#)
- [Surrey Now](#)
- [Vancouver Courier](#)

**RELATED SITES**

- [canada.com](#)
- [DRIVING on canada.com](#)
- [Classifieds on canada.com](#)
- [National Post Online](#)
- [FPinfomart.ca](#)
- [Canada News Wire](#)
- [Careerclick.com](#)
- [Sports on canada.com](#)

Site updated Tuesday, May 24, 2005 11:42 AM

Site Search

by  Search Tips

**LIVING**

**CBC trail set for revamp**

Deana Lancaster

dlancaster@nsnews.com

ONE of the North Shore's favourite mountain biking trails is getting a facelift.

Thanks to a one-time grant by the Gaming Policy and Enforcement Branch of the provincial government to the North Shore Mountain Biking Association (NSMBA), the CBC trail - located in the Lower Seymour Conservation Reserve - will be repaired and restored throughout the summer. "Because of the terms of the grant I can't tell you how much we got," said Lee Lau, spokesman for the NSMBA. "What I can tell you is that it's enough for a team of two to three people to do a summer's worth of work on the trail."

Originally an old hiking trail, the CBC is one of the most popular trails among those that make up the North Shore's world-famous trail network. Though it's designated as an intermediate to advanced trail, it is less challenging than some of the area's extremely technical trails, and is often ridden by novices and newcomers to the North Shore.

The bottom half of the trail was rerouted, rebuilt and renamed the Poster Child in 2001. Its construction was revolutionary - using sustainable trail-building practices it was constructed to protect the natural environment from riders and to handle an increase in use with minimal need for ongoing maintenance. But according to Lau, the earlier-built top half of the trail was constructed ad hoc, piece by piece, and was never intended to see the kind of use that it gets. It's that section that the grant will be used to improve, he said.

"It's really a showcase trail, and it's just getting so much traffic," he said. Especially hard on the trail is the use it gets during the winter. Lau said the NSMBA discourages winter riding by posting signs and doing rider education, "But people being people, sometimes they just ride it anyway."

The Gaming Policy and Enforcement Branch awards grants from lottery revenue to projects that have community value. It isn't the first time that the NSMBA has worked with government to do trail work. In building the Poster Child, the NSMBA had help from the GVRD, North Vancouver District and the province.

The association's mandate is to support mountain biking on the North Shore and to help maintain access to the trails for riders. For more information on

the NSMBA, go to [www.nsmba.bc.ca](http://www.nsmba.bc.ca).

posted on 05/24/2005



[Email this page to a friend](#)

[back to top](#)

All contents of this site are copyright by Lower Mainland Publishing Group Inc., A Canwest Company.  
No re-use of any portion of this site is permitted in any medium without the express written consent of LMPG. Please  
contact the [webmaster](#) for more information.

[Click here for our Privacy Policy](#)