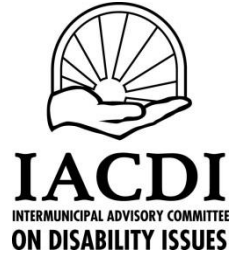




Making a difference...together



Media Release

For Immediate Release

April 12, 2013

Partners Publish New Guide to User-Friendly Trails

Victoria, BC – A new publication of easy-to-use trails to walk, wheel and hike in the outdoors is now available in Greater Victoria. *A Guide to User-Friendly Trails* is a pilot project developed through a partnership between CRD Regional Parks, the Intermunicipal Advisory Committee on Disability Issues (IACDI) and West Shore Parks & Recreation.

The guide contains 48 pages of full color photographs, maps and descriptions of user-friendly trails within the Capital Regional District parks system and the West Shore municipalities. The guide highlights trails that are welcoming to all ages and individuals with diverse levels of mobility and endurance. It provides visitors with trail profiles and information to enable them to determine which parks and amenities to visit based on their own levels of ability. In addition, *A Guide to User-Friendly Trails* highlights the benefits of being active in the outdoors. It showcases local photographers' images of beautiful landscapes, native species and local residents on the trails.

"A Guide to User-Friendly Trails is a new tool created as a result of the partnership to show opportunities that are suitable to individuals of diverse ages, levels of mobility and endurance," said CRD Regional Parks Committee Chair Susan Brice. "Our collective parks contribute to the overall quality of life and wellbeing of all residents of the Capital Regional District and this guide reflects that."

"West Shore Parks & Recreation is dedicated to providing diverse and accessible recreation opportunities and excellent experiences for healthy active lifestyles," said Bobbi Neal, Community Development Coordinator of West Shore Parks & Recreation. "The User-Friendly Trail initiative does this and more. It is a true collaboration that benefits the community."

"The power of partnerships demonstrates how together we can do more through leveraging grant funding, combining internal resources, community involvement and by fostering inclusion," said Marnie Essery, Chair of IACDI. "We invite you to use this guide to go beyond the parking lot and experience user-friendly trails in your community."

Pick up *A Guide to User-Friendly Trails* at Capital Regional District offices, recreation centres, and municipal halls. It is available for download at www.westshorerecreation.ca/userfriendlytrails.

-30-

For further information, please contact:

Laurie Sthamann, Communications Coordinator
CRD Regional Parks
Tel: 250.360.3332 | cell: 250.889.8030
lsthmann@crd.bc.ca

Marnie Essery, Chair
Intermunicipal Advisory Committee on Disability Issues
Tel: 250-474-5939
meteach@telus.net

Bobbi Neal, Community Development Coordinator
West Shore Parks & Recreation
Tel: 250-474-8665
bneal@westshorerecreation.ca