



Semiahmoo Secondary School

Physical Education 11/12

Hiking - Diez Vistas, Buntzen Lake, Anmore, BC

Location: Diez Vistas, Buntzen Lake, Anmore, BC
Activity: Hiking
Date(s): Sept. 12, 2018 - Sept. 12, 2018
Leave School: 7:30am Sept. 12, 2018
Return School: 4:00pm Sept. 12, 2018

Dear Participants & Parents:

Trip Information:

General: Students will be hiking on the east side of Buntzen Lake on a network of trails leading to Eagle Ridge. There is an initial steep hike to get to the top of the ridge, after which the trail will become more moderate with many views of Vancouver and the Lower Mainland and the coastal mountains.

Cost: \$15 - Covers transportation.

Supervision: There are supervisors with hiking experience and first aid.

Risk Assessment:

Activity	Wilderness hiking over rugged terrain.
Location	Diez Vistas, Buntzen Lake
Camping	N/A
Fitness Requirement	Average cardiovascular fitness and leg strength.
Weather	Students need to expect rain conditions and cold late Winter conditions. Bring appropriate outer layer clothing for potential inclement weather.
Medical problems	Possible ankle sprains and muscle soreness.

Special Equipment: A general equipment list is available online at <http://semioutdoor.weebly.com>.

Behavior: Due to nature of this trip, mature, responsible behavior is required at all times.

If you require further information or have any concerns please contact me at 604-536-2131 or winkler_d@surreyschools.ca. Please return the attached permission slip with the necessary funds as soon as possible. The trip will be filled on a "first come, first served" basis.

Itinerary:

Hiking - Diez Vistas, Buntzen Lake, Anmore, BC

Day 1: 7:30am - Depart Semiahmoo
9:00am - Arrive at Buntzen Lake and prepare for hike.
9:15am - Start hike.
11:30am - Stop for lunch at beach at the end of Buntzen Lake
12:00pm - Continue on trail back to starting point.
2:30pm - Return to vehicles
2:45pm - Leave for Semi
4:00pm - Arrive at Semi

Day 2:

Day 3:

Day 4:

Day 5:



SEMIAHMOO SECONDARY SCHOOL

1785 148th Street, Surrey, BC V4A 4M6 Phone 604-536-2131 Fax 604-536-4970

Field Trip Permission Form

I, _____ would like to attend the following field trip/event, which requires that I miss some class time. I understand I must meet with my teachers to make arrangements to make up any missed work.

Date of trip/event: Sept. 12, 2018 - Sept. 12, 2018

Name of field trip/event: Hiking

Location of field trip/event: Diez Vistas, Buntzen Lake, Anmore, BC

Teacher Signatures:

Period	Course	Teacher Signature
1		
2		
3		
4		