



## Metro Vancouver Conference Walkshop Schedule, October 2-5, 2011

There are 27 walkshops included in the conference program that will take you on fascinating guided tours through downtown Vancouver and across Metro Vancouver. Most Walkshops will be capped at 15 persons. Advanced sign-ups will not be accepted. You must sign up on the day the walkshop takes place. Signup sheets will be available each morning at the conference registration desk.

### Walkshop, Sunday, October 2, 6:15pm

#### Walkshop Oct 2\_1

#### *Southeast False Creek and the Olympic Village (Public Realm/Urban Lighting)*

Scot Hein, Senior Urban Designer, City of Vancouver Urban Design Studio, Vancouver, BC, Canada

*This night walkshop will leave at 6:15 p.m. from the Creekside Community Centre front entrance (facing the water). This walkshop, with a focus on urban lighting, will be repeated on Monday evening, October 3; the walkshop with the focus on the Public Realm will take place Tuesday, October 4.*

The Southeast False Creek and Olympic Village walkshop(s) will focus on Vancouver's most recent, and innovative, public realm achievement including sustainable best practices for waterfront design, open spaces, urban wetland and the conveyance of water, sustainable streets and the city's first true waterfront plaza. This newest Vancouver neighbourhood sought to achieve the very best in urban design practices. The result is a combination of authentic placemaking in a low-mid rise context as well as great attention to detail with respect to landscape elements, public art and especially lighting. Both walkshops will start at North America's first sewer heat recovery plant at the south Cambie bridgehead. Following an external overview of last year's Architectural Institute of BC's gold medalist, the tour will proceed through the soon to be developed "Worksyard Neighbourhood", the urban wetland, the waterfront and related new habitat island, the innovative streets culminating at the central plaza. A special focus on innovative best practices in urban lighting will highlight the same walkshop route after hours. Southeast False Creek and the Olympic Village neighbourhood was named the world's most liveable community last year when it competed against 27 other countries at the prestigious United Nations sponsored LivCom Awards held in Chicago.

## Walkshops, Monday, October 3, 3:30-5:00pm

### Walkshop Oct 3\_1

#### *Connecting People and Places: CRAB Park and Carrall Street Greenway*

[Linda Chow](#), Project Engineer, Active Transportation Branch, City of Vancouver, Canada; and  
[Nancy McLean](#), Development Planner, Community Planning and Development, The Corporation of Delta, BC, Canada

This walkshop will focus on the history, design and implementation of two important amenities in Vancouver's historic Downtown Eastside (DTES) community. The DTES consists of dense, urban living with few public open spaces and is considered Canada's poorest neighbourhood. Explore CRAB (Create a Real Available Beach) Park and learn about the creation of a park amid industrial and port uses to provide local residents access to nature and the waterfront. Walk from CRAB Park to the Carrall Street Greenway, a major public realm improvement project serving several functions: stimulating economic revitalization of the DTES; improving walking and cycling connections between historic neighbourhoods in the urban downtown core; and creating vibrant places and opportunities for people to meet and socialize. The walkshop will end at the Rennie Collection at Wing Sang, 51 East Pender Street.

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### Walkshop Oct 3\_2

#### *From the Seawall Walkway to the West End Neighbourhood: The Variety, Amenities and Pleasures of Vancouver's Downtown Sidewalks*

[Michael Gordon](#), Senior Central Area Planner, City of Vancouver, Canada;  
[Gordon Price](#), Director, SFU City Programme, Vancouver, BC, Canada

(This walkshop will be repeated on Wednesday afternoon.) The focus of this walkshop is on the history, issues and design of pedestrian environments in Vancouver's downtown and the neighbourhoods they serve. A key theme of the walkshop will be understanding the importance of variety in the design of pedestrian environments. Also, the common design elements and needs for pedestrians will be highlighted. The walkshop participants will meet at the Café in the Roundhouse Community Centre. Then we will begin a walk to experience and provide information on nine distinct sidewalk environments in a relatively small area of Vancouver's downtown. These will be:

- Vancouver's Seawall (pedestrians and cyclists)
- Davie Street (False Creek North)

- Old Yaletown (loading docks as a ‘pedestrian and café realm’)
- Davie Street (New Yaletown)
- Richard Street (New Yaletown)
- Granville Street (Shopping, Eating and Bar District)
- Burrard Street
- Bute Street (West End residential street)
- Davie Village (West End Shopping Street).

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## Walkshop Oct 3\_3

### *Exploring the University of British Columbia’s (UBC’s) Public Realm*

[Dean Gregory](#), Urban Designer/Landscape Architect, UBC Campus & Community Planning, Vancouver, BC, Canada;

[Carole Jolly](#), Director, Transportation Planning, UBC Campus & Community Planning, Vancouver, BC, Canada

UBC’s Vancouver campus is being transformed from a commuter campus into a vibrant, sustainable community where people can live, work and learn. Participants will bus to UBC’s campus while UBC hosts share how the university is becoming more pedestrian and cycling friendly. On campus they’ll explore on foot and see how a variety of housing and amenities are creating a more complete, engaging and enriching campus experience. The walk will also demonstrate how the university is transforming the design of its campus through outdoor learning and gathering spaces connected by walkways through a park-like setting.

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## Walkshop Oct 3\_4

### *Granville Island: From Declining Industrial Area to Vibrant Mixed-Use Community*

[Joost Bakker](#), Partner, Hotson Bakker Boniface Haden Architects, Vancouver, BC, Canada

(This walkshop may be repeated on Wednesday afternoon.) This walkshop, hosted by Norm Hotson, will take you on a walk through one of the most important waterfront planning precedents of our time, Granville Island. The design and master plan for the redevelopment of the 17 hectare island began in the 1970s, and transformed the formerly dilapidated industrial site into a vibrant and livable community. Norm will highlight the principles that informed the design of Granville Island, including how the existence of people at work adds to the pedestrian experience; and the benefits of multi-

modal street use. Granville Island is a mixed-use environment based on the adaptive re-use of early 20th century industrial warehouses, and has become a cultural legacy for the citizens of Vancouver.

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## Walkshop Oct 3\_5

### *Walking on Water: A Tour of Vancouver's Passenger Ferry Service*

[Lisa Leblanc](#), Blueways Program Manager, City of Vancouver, Canada, with support from [Jeff Pratt](#), Owner, Aquabus Ferry, and [David McInnis](#), Owner, False Creek Ferries, Vancouver BC, Canada

(This walkshop will be repeated on Wednesday afternoon.) The passenger ferry service in False Creek is an integral part of Vancouver's vibrant walking culture. The City of Vancouver, in partnership with the two private companies that operate passenger ferry service in False Creek, invites conference delegates to "walk" on the waters of False Creek. With Vancouver's magnificent waterfront setting as the backdrop, we look forward to sharing with delegates some insight into the infrastructure, planning and policy that work to support the passenger ferry service, highlight opportunities for improvement and share the City's plans for ongoing support for passenger ferry service in False Creek.

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## Walkshop Oct 3\_6

### *Writing/Walking Sticks/ Rearview Walking Stick*

[Barbara Lounder](#), Professor, Nova Scotia College of Art and Design, Halifax, Canada;  
[Elinor Whidden](#), Artist/Activist, Toronto, ON, Canada

(This walkshop will be repeated on Wednesday afternoon.) Rearview Walking Sticks: Join artist/activist Elinor Whidden, in her persona as "Mountain Man", on her quest to find a way to survive and adapt in a world threatened by car culture. She is coming to Walk21 with a collection of Rearview Walking Sticks for participants to use on a group voyage across the Granville Street Bridge to Granville Island. The Rearview Walking Stick is a simple object (a rearview mirror attached to a stick) that questions the superiority of the automobile by using the physical power of the human body. Writing/Walking Sticks: In this outdoor walkshop with artist Barbara Lounder, participants will use 26 custom walking sticks, each one fitted with a self-inking stamp mechanism on the bottom, to create a trail of words while walking. The writing/walking sticks are creative tools and demonstrate the connection between physical and mental well being experienced through walking. They underscore the role that walking often plays in the creation of works of art.

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## Walkshop Oct 3\_7

### *Urban Poling (Nordic Walking) - A Solution to Get Your Community Excited About Walking!*

Mandy Shintani, Occupational Therapist, Director Urban Poling Inc., North Vancouver, BC, Canada

(This walkshop will be repeated on Wednesday afternoon.) Take a lesson from the Swedes - learn how the use of walking poles promotes a culture of walking! Urban poling (Nordic walking) is a fun, easy-to-learn activity suitable for everyone from athletes to older adults and children that increases motivation and overall benefits of walking. Backed by over 60 research studies and featured in the Globe & Mail and Canadian Living, urban poling is gaining in popularity across Canada. Find out why urban poling has both urban and rural communities so excited! Bring your running or walking shoes and your enthusiasm - we'll supply urban poling poles for you to try.

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## Walkshop Oct 3\_8

### *Putting Walksheds on the Map*

Aaron Licker, GIS Specialist, HB Lanarc, Vancouver, BC, Canada;

Alex Boston, Director of Climate Protection and Sustainable Energy, HB Lanarc, Vancouver, BC, Canada

(Note: this "sit-down" walkshop will take place in the offices of HB Lanarc Vancouver, Suite 200 - 420 West Hastings St.) This session will be a highly interactive workshop that will enable participants to better understand walksheds and practically apply walkshed analysis and planning to enhance the walkability of diverse urban contexts. The walkshed is a unit of analysis that reflects the form, design and spirit of any given urban environment. Through a session divided into three parts: Information, Action, and Reflection, participants will increase their understanding of walksheds in general, key variables that determine walkshed range and quality, low and high-tech analytical planning processes, and how to use participatory walkshed mapping with municipal staff, councils, stakeholders and/or the public.

## Walkshop, Monday, October 3, 6:30pm

### Walkshop Oct 3\_9

#### *Southeast False Creek and the Olympic Village (Public Realm/Urban Lighting)*

Scot Hein, Senior Urban Designer, City of Vancouver Urban Design Studio

This night walkshop will leave at 6:30 p.m. from the Wosk Centre for Dialogue front entrance. This walkshop, with the focus on urban lighting, is also being held Sunday, October 2; the walkshop with the focus on the Public Realm will take place Tuesday, October 4.)

The Southeast False Creek and Olympic Village walkshop(s) will focus on Vancouver's most recent, and innovative, public realm achievement including sustainable best practices for waterfront design, open spaces, urban wetland and the conveyance of water, sustainable streets and the city's first true waterfront plaza. This newest Vancouver neighbourhood sought to achieve the very best in urban design practices. The result is a combination of authentic placemaking in a low-mid rise context as well as great attention to detail with respect to landscape elements, public art and especially lighting. Both walkshops will start at North America's first sewer heat recovery plant at the south Cambie bridgehead. Following an external overview of last year's Architectural Institute of BC's gold medalist, the tour will proceed through the soon to be developed "Workyard Neighbourhood", the urban wetland, the waterfront and related new habitat island, the innovative streets culminating at the central plaza. A special focus on innovative best practices in urban lighting will highlight the same walkshop route after hours. Southeast False Creek and the Olympic Village neighbourhood was named the world's most livable community last year when it competed against 27 other countries at the prestigious United Nations sponsored LivCom Awards held in Chicago.

## Walkshop, Tuesday, October 4, 3:30-5:00pm

### Walkshop Oct 4\_1

#### *Main Street*

[Michelle Babiuk](#), Project Planner, TransLink, Vancouver, BC Canada;

[Krisztina Kassay](#), Coordinator, Summer Spaces, City of Vancouver, BC, Canada;

[Winston Chou](#), Transportation Engineer, City of Vancouver, BC, Canada

“In general I’m in love with Main Street. You know what I mean.” - Douglas Coupland. This tour of the mid-Main antique district and Vancouver’s hipster mecca, Mount Pleasant, will showcase a diverse range of strategies for creating a vibrant pedestrian environment, including land-use, streetscape and cultural programming. It will discuss the opportunities and challenges of balancing different transportation modes and neighbourhood life on a busy urban corridor. Several walking-related initiatives on the corridor, including the Main Street Urban Transportation Showcase Plan, the Drift arts festival, and Summer Spaces will be discussed. This discussion will emphasize project design, public engagement, and project monitoring.

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### Walkshop Oct 4\_2

#### *Downtown Eastside Pedestrian Safety Project*

[Don Buchanan](#), Transportation Planner, City of Surrey, BC, Canada;

[Hugh Lampkin](#), President of VANDU (Vancouver Area Network of Drugs Users), Canada

Vancouver’s pedestrian death rate is the highest in Canada with 10% of injuries occurring on East Hastings Street. VANDU’s Downtown Eastside Pedestrian Safety Project engaged inner city residents and decision makers in creating awareness, knowledge and solutions with: 1. Community volunteers recording road user behaviour to gather baseline data, 2. A community health-based strategy and burmashave billboards for an education campaign on road safety, 3. Community engagement to elicit the experiences, ideas and suggestions of inner city residents, 4. Decision makers pre-approving recommendations. This walkshop will highlight the barriers to change as well as tour the epicentre of Vancouver’s pedestrian injury epidemic.

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## Walkshop Oct 4\_3

### *Connecting Communities - North Shore Spirit Trail*

[Kathleen Callow](#), Lands and Policy Planner, Project Negotiation and Development, Squamish Nation, North Vancouver, BC, Canada;

[Heather Reinhold](#), Deputy Development Manager, Waterfront Project, City of North Vancouver, BC, Canada;

[Ray Fung](#), Director, Engineering and Transportation, District of West Vancouver, BC, Canada;

[Erica Geddes](#), Section Manager, Transportation, District of North Vancouver, BC, Canada

The North Shore Spirit Trail is envisioned as a waterfront-oriented multi-use trail, connecting North Shore communities from Horseshoe Bay (District of West Vancouver) to Deep Cove (District of North Vancouver). Join us to walk the Spirit Trail, experiencing newly constructed sections, barriers to overcome and significant community connections. The walkshop will begin at the SeaBus, walking westward along the City of North Vancouver's waterfront, through the community of Esliha7an's Mosquito Creek Marina (Squamish Nation) to the edge of the District of North Vancouver. Along the way we will be greeted at the Gateway to Ancient Wisdom, where the first section of the Trail was built jointly by Squamish Nation and City of North Vancouver.

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## Walkshop Oct 4\_4

### *SkyTrain Town Centre Tours*

[Andrew Curran](#), Senior Planner, TransLink (South Coast British Columbia Transportation Authority), Burnaby, BC, Canada

For the past two decades, this region has made an effort to focus higher density, mixed-use, walkable development around frequent transit stops and stations. Hop on the SkyTrain for a tour of existing and emerging transit villages and town centres in the cities of Vancouver, Richmond, Burnaby, and New Westminister. You will be joined by regional and municipal planners who will provide illuminating first hand assessments of some of our successes and challenges in creating more walkable communities around transit. Tour #1: Expo and Millennium Lines (Vancouver, Burnaby, New Westminister). Tour #2: Canada Line (Vancouver, Richmond). Both tours are 2 hours long and both depart from Waterfront Station.

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## Walkshop Oct 4\_5

### *Commercial Drive Garden Crawl*

[Erin MacDonald](#), Green Streets Coordinator, City of Vancouver, BC, Canada

Meandering along East Vancouver's eclectic Commercial Drive, we'll explore what makes this one of the City's most interesting, creative and diverse neighbourhoods. Not only is The Drive a steady feast for the senses, its home to a fascinating variety of community-based garden projects which will shape our route, exposing the lively culture of community, food, music, art and coffee along the way. Meet the people who have come together to beautify their neighbourhood, creating more vibrant streetscapes and fostering a sense of pride, ownership and belonging that brings so much life to the area. With each garden we'll venture a little deeper into the character of Commercial Drive!

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## Walkshop Oct 4\_6

### *City Walk: An Experience through Sound & Touch*

[Richard Marion](#), Vice-President, Alliance for Equality of Blind Canadians BC Affiliate, Kelowna, BC, Canada;

[Christine Nieder](#), President, AEBC Metro Vancouver Chapter, Vancouver, BC, Canada

This walkshop is presented by the Alliance for Equality of Blind Canadians BC Affiliate. [www.blindcanadians.ca](http://www.blindcanadians.ca). The goal of this walkshop is to demonstrate alternate techniques use to experience the environment. You will have an opportunity to experience a busy city the way many people who are blind, partially sighted or deaf/blind experience walking on a daily bases. This will not be an actual simulation of blindness where participants will wear blindfolds; however, participants will be guided by the walkshop facilitators on techniques used by people who are blind, partially sighted or deaf/blind use to gain information from the environment through touch, and sound.

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## Walkshop Oct 4\_7

### *Tracing the Rails*

[Graham McGarva](#), Principal, VIA Architecture, Vancouver, BC, Canada;

[Jihad Bitar](#), Urban Designer, VIA Architecture, Vancouver, BC, Canada

The Expo Line has transformed Vancouver over the last 25 and it provides the basis for examining what has happened around and above it during that time. Experts from the architecture and planning communities will introduce participants to the changes above ground while the SkyTrain has passed below. Beginning with a 10-minute SkyTrain ride through the four downtown stations, a walking tour will trace the route back to the start from Stadium Station to the Waterfront Hub and highlight a host of timely urban issues along the way including density and design, public and cultural spaces, and cycling and multimodal integration.

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## Walkshop Oct 4\_8

### *Robson Street: Reprioritized for Pedestrians and Signal Reprioritization at Granville Street for Pedestrians and Buses*

[Tyler Thomson](#), Transportation Analyst, Bunt & Associates Engineering, Vancouver, BC, Canada;

[Kanny Chow](#), PTOE, Opus International Consultants, Vancouver, BC, Canada

Robson Street is Vancouver's busiest street for pedestrians, yet this is not reflected in its current form. Cars and space for cars dominate its landscape, as such, pedestrian safety, comfort, enjoyment and navigability is compromised. It's time the pedestrian, be placed ahead of the car in an effort to reprioritize Robson for pedestrians improving its look, feel and overall functionality. Further, the intersection of Granville and Robson is a crossroads for pedestrians and transit alike. Pedestrian flows cause delays to buses impacting schedule reliability while pedestrian priority at this intersection is also important and so we will also discuss signal phasing options analyzed in order to understand the impacts on buses and pedestrians in an effort to improve operations for both user groups. Join us for an interactive and exploratory walkshop on the potential of Robson Street for pedestrians.

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## Walkshop Oct 4\_9

### *Experience Still Creek - One of the Few Remaining Streams in Vancouver*

[Branca Verde](#), Community Planning (Planning Analyst), City Of Vancouver, BC, Canada;

[Simone Rousseau](#), Engineering Sewers Design (P. Eng), City Of Vancouver, BC, Canada

Beneath our feet are forgotten streams, lost habitat and untold stories. Come learn about Still Creek - it barely survived! Walk along Renfrew Ravine - listen to the rippling creek, view community art, experience the interface between development and nature and learn about our enhancement efforts. At 2.5 km you can return downtown (Skytrain) OR continue along with us through an industrial/commercial area (additional 2.5 km). Visit the first daylighted section of Still Creek (taken out of the pipe and naturalized). Past development turned its back on Still Creek, channelling it into concrete flumes and culverts. We are bringing nature back.

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## Walkshop Oct 4\_10

### *Southeast False Creek and the Olympic Village (Public Realm/Urban Lighting)*

[Scot Hein](#), Senior Urban Designer, City of Vancouver Urban Design Studio, Vancouver, BC, Canada

The Southeast False Creek and Olympic Village walkshop(s) will focus on Vancouver's most recent, and innovative, public realm achievement including sustainable best practices for waterfront design, open spaces, urban wetland and the conveyance of water, sustainable streets and the city's first true waterfront plaza. This newest Vancouver neighbourhood sought to achieve the very best in urban design practices. The result is a combination of authentic placemaking in a low-mid rise context as well as great attention to detail with respect to landscape elements, public art and especially lighting. Both walkshops will start at North America's first sewer heat recovery plant at the south Cambie bridgehead. Following an external overview of last year's Architectural Institute of BC's gold medalist, the tour will proceed through the soon to be developed "Worksyard Neighbourhood", the urban wetland, the waterfront and related new habitat island, the innovative streets culminating at the central plaza. A special focus on innovative best practices in urban lighting will highlight the same walkshop route after hours. Southeast False Creek and the Olympic Village neighbourhood was named the world's most livable community last year when it competed against 27 other countries at the prestigious United Nations sponsored LivCom Awards held in Chicago.

## Walkshop in Surrey, Wednesday, October 5, 10:15am-2:45pm

### Walkshop in Surrey

#### *Past Perceptions, New Directions: Surrey City Centre*

[Preet Heer](#), Senior Planner, City of Surrey, BC, Canada

[Philip Bellefontaine](#), Transportation Planning Manager, City of Surrey, BC, Canada

Surrey's City Centre has been the focus of much attention as the area transitions from a suburban form into the new regional downtown, south of the Fraser. This walk is just under 4 kilometres long leading you from Holland Park (Surrey's largest urban park), through to the future civic heart and into Surrey's historic beginnings at Whalley's Corner. The walk will show the participants the rich diversity of the area by walking through neighbourhoods of new development with award winning architecture, areas in transition and transformation, and also places and landmarks with unique heritage and cultural character. Learn about the evolution of Surrey's current form, the challenges it faces, and the plans underway as the city centre transforms into an urban, walkable downtown.. Part I of the tour begins at the Skytrain in Vancouver, where walkshop leaders will provide participants with a presentation of the history of the Skytrain development as you ride into Surrey. Arriving in Surrey, participants will have lunch in Holland Park, during which time the Park Designer will give a presentation about the park "re-design" and development. Then participants will be led through the central downtown area, looking at how a suburban mall has transitioned into an urban form with the Central City Tower, the new Central Library and the future City Hall. Part II of the route continues walkers through the area's social amenities including Chuck Bailey Centre (an Olympic Legacy Project), with its unique covered youth skatepark, the Gateway Shelter and services for Surrey's homeless and at-risk populations. Next, participants will see some of Surrey's unique heritage with the Ukrainian Church and Whalley's Corner, where the historic beginnings of the downtown began. The walk will end at the Gateway Skytrain Station where participants will ride the Skytrain back to Vancouver. \*participants will have the option of leaving the tour after Part I, or continuing on with Part II.

Special Instructions: This walkshop, hosted by the City of Surrey, will take place through the day on Wednesday, October 5, and will include lunch. Signup for this walkshop will open Monday morning, October 3 and end Tuesday afternoon at 2:30 pm to help plan for the required meals. Registration is open to 20 delegates. Departure from SFU Wosk, 580 West Hastings St.

## Walkshops, Wednesday, October 5, 3:30pm-5:00pm

### Walkshop Oct 5\_1

#### *Broadway/Cambie Hub and Historical West Mount Pleasant*

[Paul Cheng](#), Development Planner, City of Vancouver, BC, Canada;

[Neal LaMontagne](#), Senior Planner, City of Vancouver, BC, Canada

Broadway and Cambie is quickly becoming one of Vancouver's most important intersections. With the establishment of the new Canada subway line, this crossroads is a major transit hub while also serving the residential, industrial, municipal and hospital districts that are all within walking distance. Three major mixed-use projects have been recently completed which demonstrate the accommodation of dramatically increased pedestrian activity co-existing along vehicular arterials. These projects also demonstrate the successful integration of large big-box retail stores in a dense, pedestrian-oriented urban environment. West Mount Pleasant is one of Vancouver's oldest neighbourhoods. With many of its structures built before World War I, this neighbourhood has experienced several ups and downs throughout the decades, from its original inception as Vancouver's first wealthy suburb, to the post-war condition as an area of rooming houses for a transient population. The neighbourhood now enjoys a reputation as one of Vancouver's most vibrant and mixed neighbourhoods. Having profited from a Vancouver Planning policy that is now 25 years old, the supply of historical structures has been retained through careful conversion into multiple-family dwellings, while keeping the original historical streetscape virtually intact.

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### Walkshop Oct 5\_2

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- Davie Village (West End Shopping Street).

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## Walkshop Oct 5\_4

### *Granville Island: From Declining Industrial Area to Vibrant Mixed-Use Community*

Norman Hotson, Principal, DIALOG, Vancouver, BC, Canada

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## Walkshop Oct 5\_5

### *Walking on Water: A Tour of Vancouver's Passenger Ferry Service*

[Lisa Leblanc](#), Blueways Program Manager, City of Vancouver, BC, Canada; with support from [Jeff Pratt](#), Owner, Aquabus Ferry, and [David McInnis](#), Owner, False Creek Ferries, Vancouver BC, Canada

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## Walkshop Oct 5\_6

### *Moving Towards Inclusive and Accessible Streetscapes*

[Heather McCain](#), Executive Director, Citizens for Accessible Neighbourhoods, Vancouver, BC, Canada

Tour downtown Vancouver as we focus on the need for inclusive and accessible streetscapes. Disability affects 15-20% of every country's population and with an aging demographic there is an even greater need for understanding about accessibility and inclusion and how it can be achieved. People with various disabilities will attend the walk so that participants can witness, first-hand, how accessibility, or a lack thereof, affects a person in their day to day lives. Accessibility is not understood until a person lives it themselves; this tour will help participants move towards a better understanding by feeling, hearing, and seeing it themselves.

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## Walkshop Oct 5\_7

### ***Urban Poling (Nordic Walking) - A Solution to Get Your Community Excited About Walking!***

[Mandy Shintani](#), Occupational Therapist, Director Urban Poling Inc., North Vancouver, BC, Canada

(This walkshop is repeated from Monday afternoon.) Take a lesson from the Swedes - learn how the use of walking poles promotes a culture of walking! Urban poling (Nordic walking) is a fun, easy-to-learn activity suitable for everyone from athletes to older adults and children that increases motivation and overall benefits of walking. Backed by over 60 research studies and featured in the Globe & Mail and Canadian Living, urban poling is gaining in popularity across Canada. Find out why urban poling has both urban and rural communities so excited! Bring your running or walking shoes and your enthusiasm - we'll supply urban poling poles for you to try.

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## Walkshop Oct 5\_8

### ***Richmond***

[Joan Caravan](#), Transportation Planner, City of Richmond, BC, Canada;

[Carol Lepine](#), Fitness and Wellness Coordinator, City of Richmond, BC, Canada; with presentations from City Planners and Parks Planners TBA

(This walkshop is repeated from Monday afternoon.) Take a lesson from the Swedes - learn how the use of walking poles promotes a culture of walking! Urban poling (Nordic walking) is a fun, easy-to-learn activity suitable for everyone from athletes to older adults and children that increases motivation and overall benefits of walking. Backed by over 60 research studies and featured in the Globe & Mail and Canadian Living, urban poling is gaining in popularity across Canada. Find out why urban poling has both urban and rural communities so excited! Bring your running or walking shoes and your enthusiasm - we'll supply urban poling poles for you to try.

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## Walkshop Oct 5\_9

### *Writing/Walking Sticks/ Rearview Walking Stick*

[Barbara Lounder](#), Professor, Nova Scotia College of Art and Design, Halifax, NS, Canada;

[Elinor Whidden](#), Artist/Activist, Toronto, ON, Canada

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