

## Take a Hike

Trails abound throughout the Lower Mainland, **everything from easy strolls to near-vertical feats of endurance.** Local stores can outfit you with everything you need to tackle any terrain.—*Sheri Radford*



Put your best foot forward in Helly Hansen's (page 33) new **Odin Flow Hiker HT**, which blends cushioning, comfort and stability in an attractive technical boot. Waterproof yet breathable, this boot offers unprecedented temperature control thanks to the clever H2Flow technology.



Form or function? There's no need to choose with the attractive yet durable **Nikka shorts** from Fjällräven (page 33). Reinforced in all the right places, with well-placed pockets and a bit of stretch where it's needed most, these technical shorts were designed for trekking and climbing.



The **Crush Scoop** from Icebreaker (page 33) combines style with practicality and comfort in a soft, lightweight wool top that looks great on its own or layered. Bonus: it resists odours for days and dries quickly after washing—just like all of the company's other merino wool garments.



Lighten up: carry your day-hiking or trail-running essentials—and nothing extra to weigh you down—in the **Talon 6** from Osprey. This technical lumbar pack also includes two BPA-free water bottles, making hydration easy-peasy. Available at Atmosphere (page 33).



Both casual hikers and intrepid outdoor adventurers turn to **Easy Hiking Around Vancouver, 7th Edition** by Jean Cousins to discover picturesque new places to explore. Most of the 68 hikes described are located within an hour's drive of the city. At local bookstores (page 20).



Gotta go? In the great outdoors, it's awkward for women to answer the call of nature. Fortunately, the **Pee Pocket** can save the day. Small enough to stow in a pocket, this single-use, disposable funnel allows women to stand up to go. Purchase online at [www.thepeepocket.com](http://www.thepeepocket.com).