

Wellness Wednesday

Love to bike ride?

The City of Port Coquitlam supports cyclists of all ages and abilities! Little Sprocket’s and Trail Blazer’s bike programs teach children and youth about riding, and the beautiful Port Coquitlam multi-use paths and trails provide opportunities for families to have fun, be active and spend time together!

Plan a family ride while maintaining physical distancing from others on the local bikes paths! Complete the scavenger hunt and word scramble to help plan your family bike trip!

Time yourself and find these items at home:

- | | |
|----------------------------------|---|
| <input type="checkbox"/> Bike | <input type="checkbox"/> Backpack |
| <input type="checkbox"/> Helmet | <input type="checkbox"/> Snack |
| <input type="checkbox"/> Jacket | <input type="checkbox"/> Water bottle |
| <input type="checkbox"/> Runners | <input type="checkbox"/> Hand Sanitizer |

It took ____ minutes to find these items to help prepare for our family bike trip!

Unscramble the letters to name the Port Coquitlam parks, path and trail we will visit:

Lsino aPkr _ _ _ _ _ _ _ _ _ _

aTybrulao raTli _ _ _ _ _ _ _ _ _ _ _ _ _ _ _

lonDad iBek hPta _ _ _ _ _ _ _ _ _ _ _ _ _ _ _

tGase akrP _ _ _ _ _ _ _ _ _ _

My family’s favourite place to ride in Port Coquitlam is:

