



outdoor activities

Imagine what you could do in a place where majestic mountains ease into sandy beaches and where mighty rivers spill into the boundless ocean. Greater Vancouver is such a place. Our mild climate and diverse geography offer an abundance of outdoor pursuits for all interests and fitness levels. Indulge!



Golf In Vancouver

- Fraserview Golf Course
- Langara Golf Course
- McCleery Golf Course
- University Golf Club



Courses Close By

- Furry Creek
- Mayfair Lakes
- Meadow Gardens
- Morgan Creek
- Northview
- Westwood Plateau



Great Spots for a Casual Spin

- Stanley Park – Seawall (from Stanley Park, around False Creek to Vanier Park)
- Seaside Bicycle route around UBC
- Trails along the dykes in both Richmond and Pitt Meadows



Measuring the Mountains

- Grouse Mountain: 1,250 metres (4,100 feet)
- Cypress Bowl Ski Area: 1,450 metres (4,757 feet)
- Seymour Mountain: 1,455 metres (4,773 feet)

Getting into the Swing of Things

Greater Vancouver's golf courses are designed to complement their spectacular surroundings. Most courses bear the signature of renowned golf course architects: Arnold Palmer, Jack Nicklaus, Lee Trevino and Les Furber. With more than a dozen courses within an hour of downtown, you will have no problem finding a perfect match for your game; beginners and pros will be equally challenged. For total convenience you can team-up with a shuttle service providing daily, scheduled service from Vancouver hotels to top local courses. For golf listings see page 45.

Welcome to Cycling Heaven

Vancouver and the region offer numerous cycling paths ranging from the flat routes around Stanley Park, to rugged forest trails, to touring trips around the Gulf Islands. Provincial law in British Columbia requires that all cyclists wear approved bicycle helmets. For more information on cycling, call the **Bicycle Hotline** at 604.871.6070, or try **Cycling BC** at 604.737.3034.

A Peak Experience, Anytime of the Year

Greater Vancouver's three local mountains – **Cypress, Grouse** and **Seymour** – provide an endless playground for outdoor activities all year round. And they can all be reached in half an hour from downtown Vancouver. In the winter, you can hurtle yourself down the mountain on skis, a snowboard, a snow tube or toboggan. For those less vertically inclined, all three mountains offer trails for cross-country skiing and snowshoeing. When spring comes, skiers and boarders strap on their hiking boots and tune up their mountain bikes.

Activities	Grouse Mountain	Cypress Mountain	Seymour Mountain
Tobogganing		*	
Snow tubing		*	*
Snowshoeing	*	*	*
Cross-country skiing	*	*	*
Downhill skiing	*	*	*
Snowboarding	*	*	*
Sleigh rides	*	*	*
Ice Skating	*	*	*
Hiking	*	*	*

